

ACTIVITY TYPE

Jump

Jumping Square

Objective

To develop jumping technique.

Equipment/Area

Netball court or suitable playing area.

Group Management

As a group.

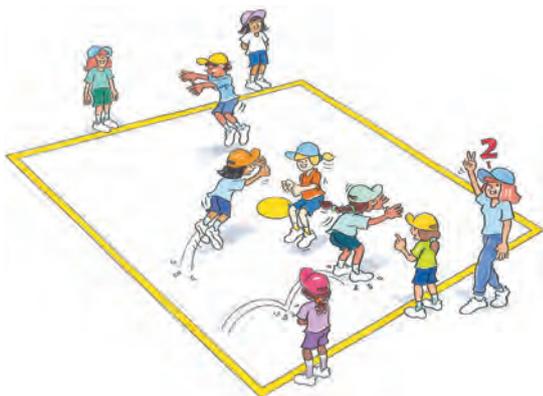
Description

Players stand evenly around a square.

Number opposite sides of the square 1, and the other sides 2.

When a player's number is called, players jump from one side to the other, exchanging places.

When the number three is called all players jump to the opposite side of the square.



! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tip

Jump:

- Eyes forward
- Bend at the knee, hip and ankle with arms back
- Bring arms forward and up as legs straighten to take off.

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes.

↻ Change It

Down: One side moves at a time so all going in the same direction.

Up: Call a different movement as well as the number (for example, leap, hop, skip).

? Questions

How many jumps did it take to get across the square?

Landings off a Step

Objective

To practise jumping and safe landing technique.

Equipment/Area

Netball court or suitable playing area.

Size 4 netballs (or equivalent).

Step.

Group Management

As a group.

Description

Jump off a step (make sure it is not too high) on to the ground landing on either two feet or one foot.

Hop off a step onto the ground landing on either two feet or one foot.



⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Land softly with two feet shoulder-width apart.

Keep body upright.

Bend at ankles, knees and hips.

Knees should stay in line with the feet over the toes.

↻ Change It

Down: Jump from the ground (as shown in illustration).

Up: Catch a ball on landing.

❓ Questions

What did you do to land safely?

Fancy Frogs

Objective

To develop awareness of different styles of jumping and landing.

Equipment/Area

Netball court or suitable playing area.

Markers.

Group Management

Individuals.

Description

Spread markers 0.5m apart in front of small groups of players.

Players complete the following activities by jumping over the markers:

- Jump two feet together
- One-foot jump (alternate landing on right foot and left foot).



! Safety

Define the area appropriate for numbers.

🎯 Coaching Tip

Eyes forward.

Bend at the knees, hips and ankles with arms back.

Bring arms forward and up as legs straighten to take off.

↻ Change It

Down: Remove the markers.

Up: Catch a ball after jumping over a marker.

? Questions

Which technique allowed you to jump higher, the two-foot jump or one-foot jump?

Elevation Jump

Objective

To develop jumping skills, focusing on gaining vertical height.

Equipment/Area

Netball court or suitable playing area.

Size 4 netball (or equivalent).

Group Management

As a group.

Description

The coach holds a ball high in the air.

Players line up in small groups five metres away, then run towards the coach and jump/leap and touch the ball. Players then return to the back of the line, opposite their original group.



! Safety

Define the area appropriate for numbers.

🕒 Coaching Tips

Eyes looking forward.

Bend slightly at the knees, hips and ankle, weight forward over toes.

Push strongly off take-off foot.

Drive arms up to extend towards ball.

Land on the foot away from the thrower, cushioning the land by bending at knees, hips and ankles.

↻ Change It

Down: Jump/leap with reduced run up.

Up: Grab the ball, land, pivot and pass to the next player who passes it back to the coach.

? Questions

What did you do to jump higher?

Landing on the Circle Edge

Objective

To practise landing technique in a confined space.

Equipment/Area

Netball court or suitable playing area.

Goal circle.

Markers.

Size 4 netballs (for advanced players).

Group Management

Groups of three.

Description

Players line up three metres from the circle edge in groups of three.

The first player in the line runs forward and jumps to land on the circle edge and hold their balance for 2–3 seconds.

They join a different line for their next turn.

! Safety

Define the area appropriate for numbers.

🎯 Coaching Tip

Land softly on two feet shoulder-width apart.

Keep body upright.

Bend at ankles, knees and hips.

Knees should stay in line with the feet over the toes.

↻ Change It

Down: Add a marker as a guide of where to take off.

Up: Add a ball to be thrown to the player as they land

? Questions

How did you make sure you didn't go offside when landing on the circle edge?



Leap from Hoop to Hoop

Objective

To practise landing technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Hoops.

Group Management

As a group.

Description

Place hoops in a third of the court. Hoops can be placed either next to each other or spaced apart.

Players leap from hoop to hoop, and balance after each leap.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tips

Body weight over the outside foot with shoulders even and weight on the outside foot.

↻ Change It

Down: Reduce the numbers of hoops.

Up: Leaps become continuous.

❓ Questions

How did you keep your balance after jumping?

Footwork at a Corner

Objective

To practise jumping technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Lines.

Group Management

Individuals.

Description

Players jog around the outside of a court/third and when they come to an intersection of two lines they perform one of the following activities:

- 10 jumps forward and backward across the line
- 10 jumps side to side across the line
- 5 hops on each leg
- 10 criss-cross legs across the line.



! Safety

Define the area appropriate for numbers.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tip

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes.

One-foot land:

- Land softly and bring the other foot down quickly
- Keep body upright
- Bend at ankles, knees and hips
- Knee should stay in line with the foot over the toe.

↻ Change It

Down: Reduce the number of jumps or size of area; Coach calls the activity.

Up: Increase the speed of running between activities.

? Questions

In which activity were you able to jump the highest?

Jump Up the River

Objective

To practise jumping technique for distance

Equipment/Area

Netball court or suitable playing area.

Long ropes.

Chalk.

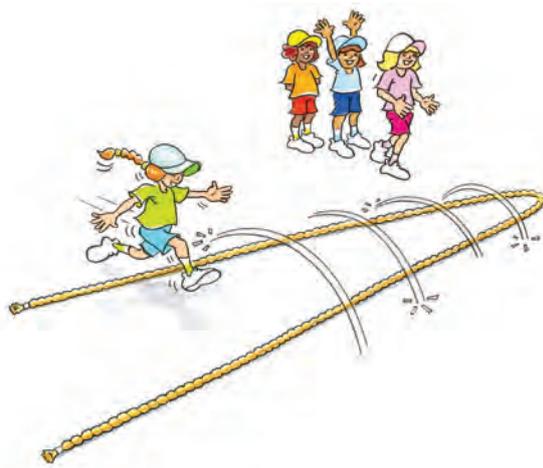
Group Management

Individuals.

Description

Loop a long rope around so it is narrow at one end and wider at the other.

Jump over the two pieces of rope starting at the narrow end and moving along the rope towards the wider end.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each player.

🕒 Coaching Tips

Two-foot jump:

- Bend slightly at the knees, hips and ankle, weight forward over toes
- Step into take off with a quick left/right or right/left step pattern
- Use both arms to drive up
- Land on both feet, cushioning landing by bending at knees, hips and ankles.

One-foot leap – right/left foot:

- Bend slightly at the knees, hips and ankle, weight forward over toes
- Push strongly off take-off foot
- Drive arms up
- Land on one foot, cushioning landing by bending at knees, hips and ankles.

↻ Change It

Down: Jump/leap over one piece of rope.

Up: Introduce a competition.

? Questions

Ask players to reflect on their jumping and landing technique – how does it feel when you jump/land?

Which jumping technique helped you jump the furthest?

Leap Frog

Objective

To practise jumping and landing techniques.

Equipment/Area

Netball court or suitable playing area.

Group Management

Groups of 3–4.

Description

Divide group into teams.

Participants leapfrog the width of the court.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Leap:

- Eyes looking forward
- Take off from one foot and land on opposite foot
- Arms and legs move in opposition.

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes.

One-foot land:

- Land softly and bring the other foot down quickly
- Keep body upright
- Bend at ankles, knees and hips
- Knee should stay in line with the foot over the toe.

↻ Change It

Down: Leap over only one person.

Up: Introduce a competition.

❓ Question

Which technique helped you jump over the person in front of you?

🏃 Stretch!

Select an appropriate activity from the Stretch Coaching resource.

Elastics

Objective

To practise jumping and landing technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Elastics.

Chair (or players)

Group Management

As a group.

Description

Set up hopscotch elastic between two players/chairs.

Complete different jumping patterns over the elastic.

! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🕒 Coaching Tips

Bend slightly at the knees, hips and ankle, weight forward over toes.

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes.

One-foot land:

- Land softly and bring the other foot down quickly
- Keep body upright
- Bend at ankles, knees and hips
- Knee should stay in line with the foot over the toe.

↻ Change It

Down: Complete the same jumping patterns over lines on the ground.

Up: Increase the difficulty of the patterns.

? Questions

Which pattern was the easiest?

Which pattern was the hardest?

Hopscotch

Objective

To practise jumping and landing techniques.

Equipment/Area

Netball court or suitable playing area.

Chalk.

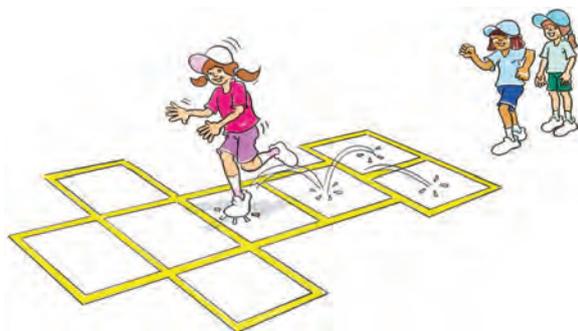
Group Management

As a group.

Description

Set up hopscotch so players need to hop and jump through the activity.

Variation – make it part of a circuit.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Leap:

- Eyes looking forward
- Take off from one foot and land on the opposite foot
- Arms and legs move in opposition.

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes.

One-foot land:

- Land softly and bring the other foot down quickly
- Keep body upright
- Bend at ankles, knees and hips
- Knee should stay in line with the foot over the toe.

🔄 Change It

Down: Set up the footwork pattern without the lines.

Up: Introduce a competition; Set a time limit.

? Question

Was it easier to hop on your left or right foot?

River, Rock, Bridge and Tree

Objective

To practise running, jumping and leaping in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Markers.

Group Management

Groups of four.

Description

Four players line up in a relay formation.

The first player runs out to a marker and lays on the ground to form a river.

The second player jumps over the river, runs to the next marker and crouches down to form a rock.

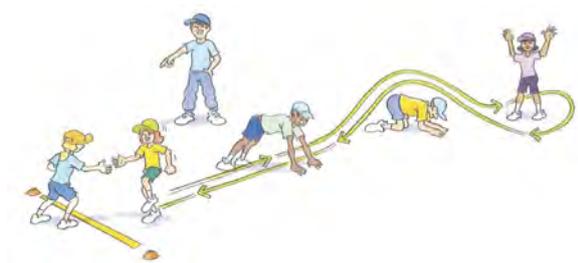
The third player jumps the river, leaps over the rock, runs to the next marker and stands astride to form a bridge.

The fourth player jumps over the river, leaps over the rock, crawls under the bridge and stands with arms out to form a tree.

Once the river is leapt by the fourth player, they stand up and leap over the rock, crawl under the bridge, run around the tree and run back to the start.

The rock, bridge and tree complete the activity in order.

Repeat with players taking on different roles.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🕒 Coaching Tips

Take off:

- Arms/legs in opposition
- Lean body forward
- Start with small steps and gradually move to bigger steps
- Arms drive forward in relaxed style, elbows bent
- Keep head erect and eyes up.

Two-foot jump:

- Bend slightly at the knees, hips and ankle, weight forward over toes
- Step into take off with a quick left/right or right/left step pattern
- Use both arms to drive up
- Land on both feet, cushioning landing by bending at knees, hips and ankles.

One-foot leap – right/left foot:

- Bend slightly at the knees, hips and ankle, weight forward over toes
- Push strongly off take off foot
- Drive arms up
- Land on one foot, cushioning landing by bending at knees, hips and ankles.

↻ Change It

Down: Reduce the number of formations in the relay.

Up: Introduce a competition.

? Questions

How did you encourage your team-mates in the relay?

Helicopter

Objective

To develop jumping with a focus on timing.

Equipment/Area

Netball court or suitable playing area.

Rope.

Group Management

Groups of 2–3.

Description

A coach/player stands in the middle of the circle holding a rope.

Swing the rope low over the ground so players can jump the rope as it passes.



! Safety

Define the area appropriate for numbers.

Beware that the rope is a tripping hazard.

🎯 Coaching Tips

Eyes forward.

Bend at the knees, hips and ankles with arms back.

Bring arms forward and up as legs straighten to take off.

Timing of when to jump.

↻ Change It

Down: Start the rope on the ground and swing in a half circle.

Up: Move the rope faster.

? Questions

How did you know when you should jump?

How close was the rope?

Two-Foot Land and Pivot

Objective

To practise landing and pivoting technique.

Equipment/Area

Netball court or suitable playing area.

Hoops.

Size 4 neballs (for advanced players).

Group Management

Groups of 3–4.

Description

Place four hoops in front of a line of 3–4 players.

The first player moves forwards and jumps into the first hoop, pivots a full circle (squash the spider with one foot and the other foot follow the hoop around) and then repeats for each hoop.

The next player begins when the first player is at hoop three.

Repeat pivoting with other foot.

! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🕒 Coaching Tips

Leap:

- Eyes looking forward
- Take off from one foot and land on the opposite foot
- Arms and legs move in opposition.

Two-foot land:

- Land softly with two feet shoulder-width apart
- Keep body upright
- Bend at ankles, knees and hips
- Knees should stay in line with the feet over the toes.

↻ Change It

Down: Jump into the hoop only (no pivot).

Up: Catch a ball as the player jumps in the hoop.

? Questions

Which way should you pivot if you land on your right foot? Left foot?

Why is this important?

Hopping Fight

Objective

To develop balance technique in a dynamic activity.

Equipment/Area

Netball court or suitable playing area.

Lines.

Group Management

Pairs.

Description

Players face each other across a line, holding each other's upper arms firmly.

On 'go', players try to hop their partners over the line.

Repeat using the other leg.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

Reinforce the importance of holding on to their partner.

🎯 Coaching Tips

Eyes forward.

Bend at the knee, hips and ankles.

↻ Change It

Down: Hop forward and back over a line with no partner.

Up: Play Hoppo Bumpo (cross arms and hop and bump partner off balance).

? Questions

What did you do to keep your balance and not get pulled over the line?

Skipping with Small Rope

Objective

To develop skipping technique.

Equipment/Area

Netball court or suitable playing area.

Small skipping ropes.

Group Management

Individuals.

Description

Each child has their own rope.

Players perform different skipping techniques when called by the coach (for example, forward, backward, running step, crossovers).

A player could also demonstrate their own for others to attempt.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Bend slightly at the knees, hips and ankle, weight forward over toes.

Step in to take off with a quick left/right or right/left step pattern

↻ Change It

Down: Start the rope on the ground;
Complete one jump at a time.

Up: Complete more complex skipping techniques.

❓ Questions

How many different skipping techniques did you try?

Jumping/Leaping Large Rope

Objective

To develop skipping technique.

Equipment/Area

Netball court or suitable playing area.

Large skipping rope.

Group Management

As a group.

Description

Two players/coaches on the end of the rope.

One player runs in and begins singing, and acting the rhyme. Once the rhyme is completed, change players.

Rhyme:

Teddy bear, teddy bear, touch the ground,

Teddy bear, teddy bear, turn around,

Teddy bear, teddy bear, climb the stairs,

Teddy bear, teddy bear, say your prayers,

Teddy bear, teddy bear, turn off the lights,

Teddy bear, teddy bear, say goodnight.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

↻ Change It

Down: Swing the rope from side to side, as it comes towards the player they leap over it; Players sing only one line from the rhyme and then exit the rope as the next player enters.

Up: Stay in the rope and try to have 4-6 children enter one at a time and keep jumping as a group then leave one at a time; Catch and throw a ball while jumping the rope.

❓ Questions

Which part of the rhyme was easiest to do?

Which part of the rhyme was hardest to do?