

WORKSHEET 3

High Jump Scissor Technique

http://www.teachpe.com/track_and_field/high_jump/scissor_drill.php

This high jump drill draws on a technique that students will have learnt in their early years.

Technique:

Lower the bar and use a scissor action to jump over it, making sure that they land on their free foot.

Progression 1:

Encourage the student to then land on their bottom, making sure that they create a right angle from their back to their legs.

Progression 2:

Once progression 1 has been mastered get the student used to landing on their backs. Make sure that they keep their backs parallel to the bar.

High Jump - Scissors

<http://www.thegaplittleathletics.org.au/coaching/rules%20for%20little%20aths-%20final.pdf>

Rules

- Each athlete is allowed 3 attempts – must not be consecutive (exceptions under 6-7)
- Athlete must land on their feet
 - If the athlete does not land on their feet it is a foul
- Athlete must jump over the bar
 - If the athlete knocks the bar from its supports whilst in the act of jumping, or leaving the mat it is a foul. The athlete must not attempt to hold the bar or replace the bar while jumping
- Athlete generally has one minute to complete their jump, if not it is a foul

Coaching Tips:

Scissors

- 8-10 steps should follow a straight line – approx 30° to the bar
- Jumper accelerates through the last 3 strides & runs off the ground
- Take off foot is farther from the bar, the inside leg is the free swinging leg
- Take off is flat-footed with jumper's weight over the take-off foot
- Inside leg swings up over the bar
- Inside shoulder is not dropped towards the bar
- Clearance is effected by lifting the take off leg over the bar, whilst the swinging leg 'scissors' onto the mat
- Jumpers must land on their feet