PROGRAMME WEEKS 9-16

LANDING SKILLS

LANDING SKILLS WEEKS 9-16			
EXERCISE	**SETS**	**REPS**	**NOTES**
1. Arabesque with Overhead Reach	2	10 Each Side	
2. Jump Squat to Ball Catch	2	5	Hold landing for 3 seconds
3. 45 degree Leap and Hold	2	5 Each Side	Hold landing for 3 seconds
4. Broad Jump	2	5	Hold landing for 3 seconds
5. 180 degree Jump Squat	2	5 Each Direction	Hold landing for 3 seconds

NOTES

1. All landings must be held for 3 seconds with good alignment, hips and knees bent.
2. Coach your partner – if you see or hear a bad landing, give them feedback.
3. During all single leg landing tasks where you are travelling for distance, the non-working leg must not touch the ground. If the non-working leg is placed on the ground, start the set again.

PICTURES OF THE LANDING SKILLS PROGRAMME FOR WEEKS 9-16

1. Arabesque
Start/ Finish



Transition



2. Squat Jump to
Ball Catch- Start



Finish



3. 45° Leap-Start



Transition



Finish



4. Broad Jump-Start



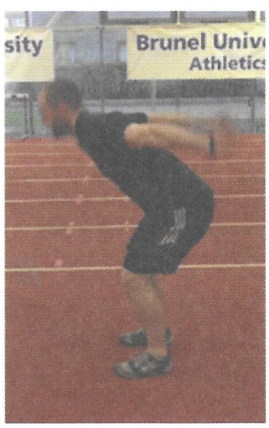
Transition



Finish



5. 180° Jump Squat-Start



Transition



Finish

