

Jumping Games

Traditionally taught, the jumping events are often associated with brief bursts of activity and long periods of waiting, particularly in a large group or class situation. Using games assists in greatly reducing waiting periods or can make the waiting periods more enjoyable by involving the entire group or class in the game, whether they are the current jumper or not. Some of these games could be combined so that the group or class is involved in a tabloid or circuit, with one of the activities leader - directed.

Some tips:-

- During all jumping games, always use a jumping signal. ie. Participants are not allowed to jump or commence a run in until you have given them the appropriate signal.
- If using a jumping sand pit, ensure that the pit is well dug and clear of all foreign objects. Keep a rake handy so that the pit can be regularly raked during the game.
- Ensure that the take off areas for all horizontal and vertical jumps are firm, even and not slippery.
- Avoid long lines. For the horizontal jumps with big groups, send smaller groups only to line up on the runway. The rest of the group can be kept under supervision next to the pit, or participate in other activities.
- For all high jump games requiring mats, ensure that the mats are of appropriate thickness for the technique being used, provide a large enough landing area, present no gaps, and preferably are held together by straps and a cover.
- For all high jump games requiring bar clearance and landing mats, mark a preferred take off area on the ground that will ensure the participants will land safely on the mats. Encourage beginner jumpers to abort attempts that do not bring them into this take off area.
- Do not request a beginner to perform an actual high jump, whether in a game situation or not, until they have received adequate lead up skill instruction.
- It should be noted that the high jump games dealt with encourage the use of the scissors technique. This technique is the basis for future high jump development and the introduction of the "Fosbury Flop" technique. However, introduction of the Fosbury technique at too early a stage is dangerous and can lead to technique faults that will later be difficult to correct.

GAMES FOR HIGH JUMP

Scissors Jump Relay



Development of scissors jumping action.

Equipment



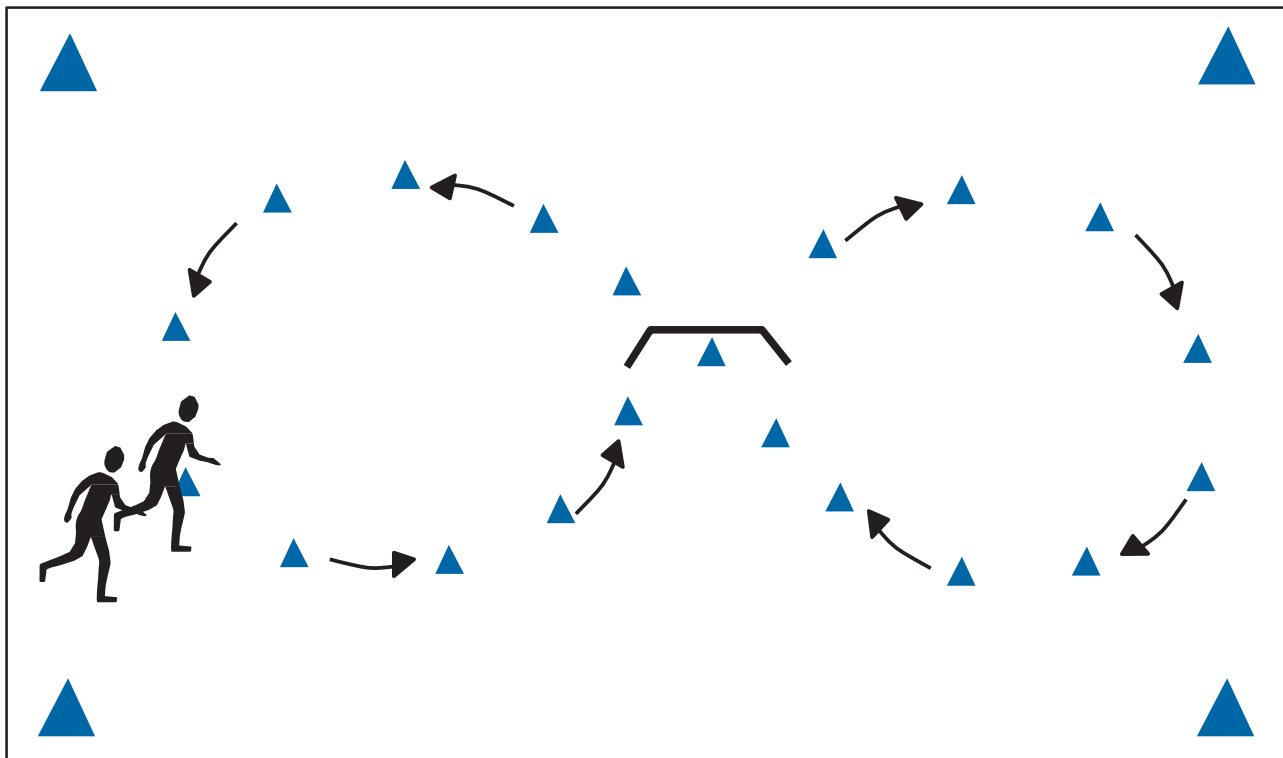
Ground markers, low obstacle / skipping ropes.



Make a large figure of 8 on the ground with markers. Place a low obstacle (or two skipping ropes) that can easily be scissored at the intersection of the figure 8. Players line up at the top of the figure 8.



Each player covers the figure 8 circuit, scissor jumping over the obstacle in the middle, before tagging the next runner.



Players will need to use both left and right legs as their take off legs for this activity.

ALTERNATIVE: This may be played as a follow-the-leader type activity, where up to six players go through at once, as long as measures are taken to avoid collisions in the middle.

High Jump Pointscore



Scissors action development, emphasizing correct take off, flight and landing.



High jump landing mats, uprights and flexi bar.



Players lined up preparing to jump on their preferred side.



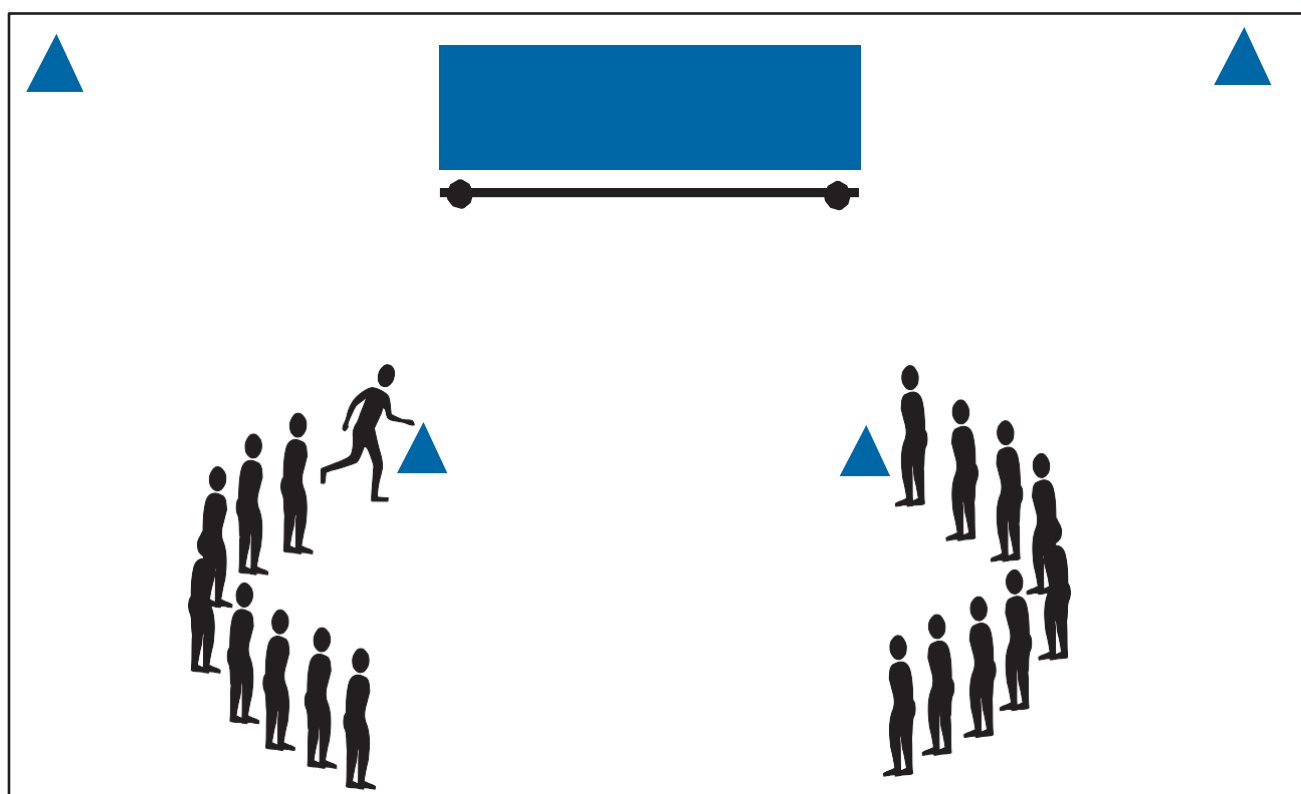
Players attempt to scissors high jump over the flexi bar and onto the mats to score points awarded by the leader. The point score is:

Correct take off foot = 1 point

Upright landing = 1 point

Clear bar = 1 point

Players keep their individual total, or may add their points to a progressive team score.



Escape from the Space Monsters



General high jump development.



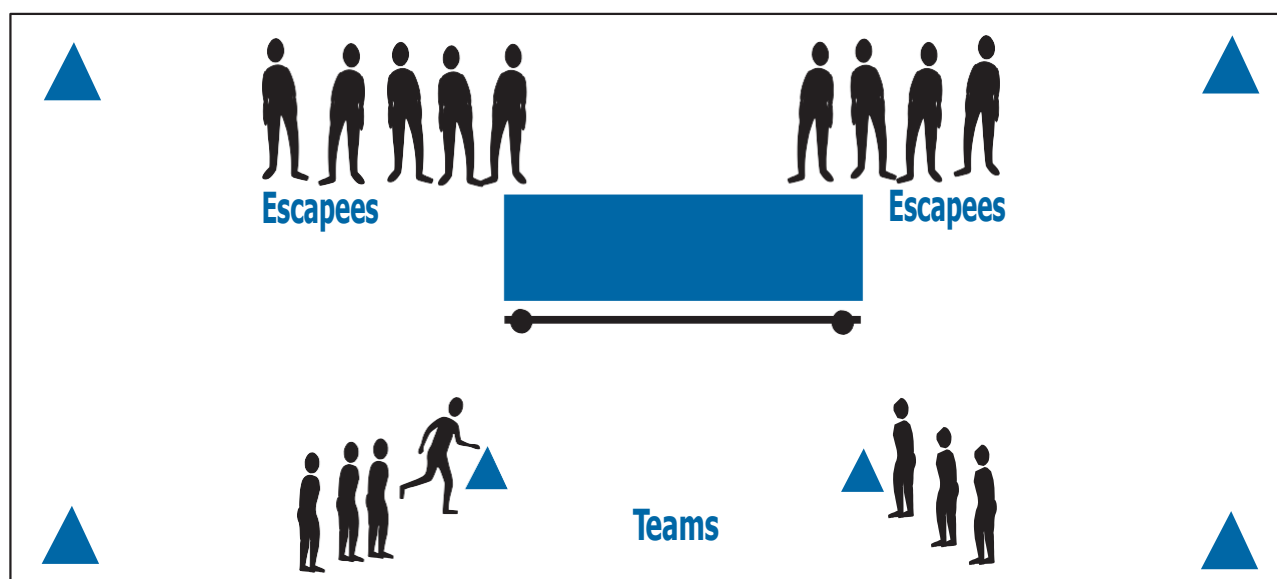
High jump landing mats, uprights and flexi bar, ground markers.



Set up all high jump equipment. Divide the group into two teams. Denote each team by a colour. Behind the mats, place two rows of ground markers - one colour for each team - so that there is enough markers for each player in both teams.



Explain to the group that they have all been captured by space monsters and are being held in the space monster prison. The only way of escape is to high jump over an electrified fence (high jump flexi bar). If a player clears the bar, they have escaped and must stand next to the first of their team's row of markers behind the mat. Should another person from the same team escape, the first player must move along one marker to allow the new "escapee" to stand next to the first marker. This continues until all players from a team have escaped. If a player touches the bar while jumping, they have set off an alarm and alerted the space monsters, and have therefore not escaped. This person must return to the end of the line and attempt to clear the bar again when it is again their turn. In addition, the person standing next to the first marker behind the mat has not yet got far enough away, and has also been recaptured, and must jump again. All remaining escapees must then move back one marker. The aim of the game is to be the first team to have all players safely out of prison.



High Jump Challenge



General high jump development.



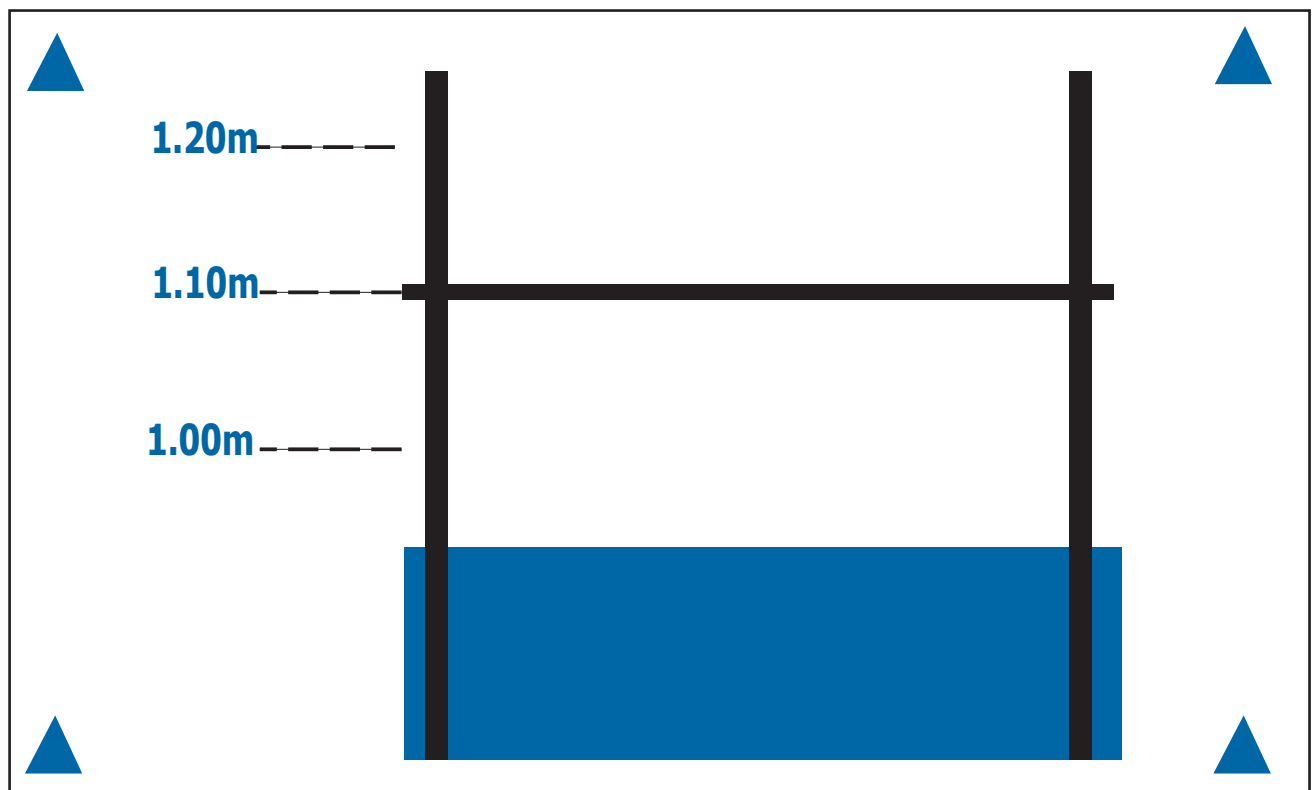
High jump landing mats, uprights and flexi bar, coloured tape, result sheet.



Mark high jump uprights with three standard heights eg. 1m, 1.10m, 1.20m. Organise the group into two teams. One team will jump in turn while the other team helps to officiate and record.



This is a team competition during which players attempt to score points by clearing one of the standard heights. Eg. 1.00m = 5 points, 1.10m = 10 points, 1.20m = 20 points. Before jumping, each player nominates the height that they wish to attempt and the bar is moved accordingly. If they clear the bar, their team receives the relevant points. No points are recorded for a miss. Players may have as many turns as they like during their team's allocated time period eg. 2 mins / 3 mins / 4 mins etc for each team. Teams then change roles.



The game can be played with all players using full run ups, 3 step approaches only, scissors only, standing jumps only, etc.

GAMES FOR LONG & TRIPLE JUMP

Target Jump



Develop landing skills and control.



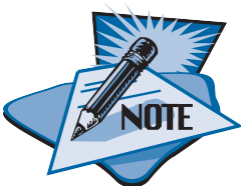
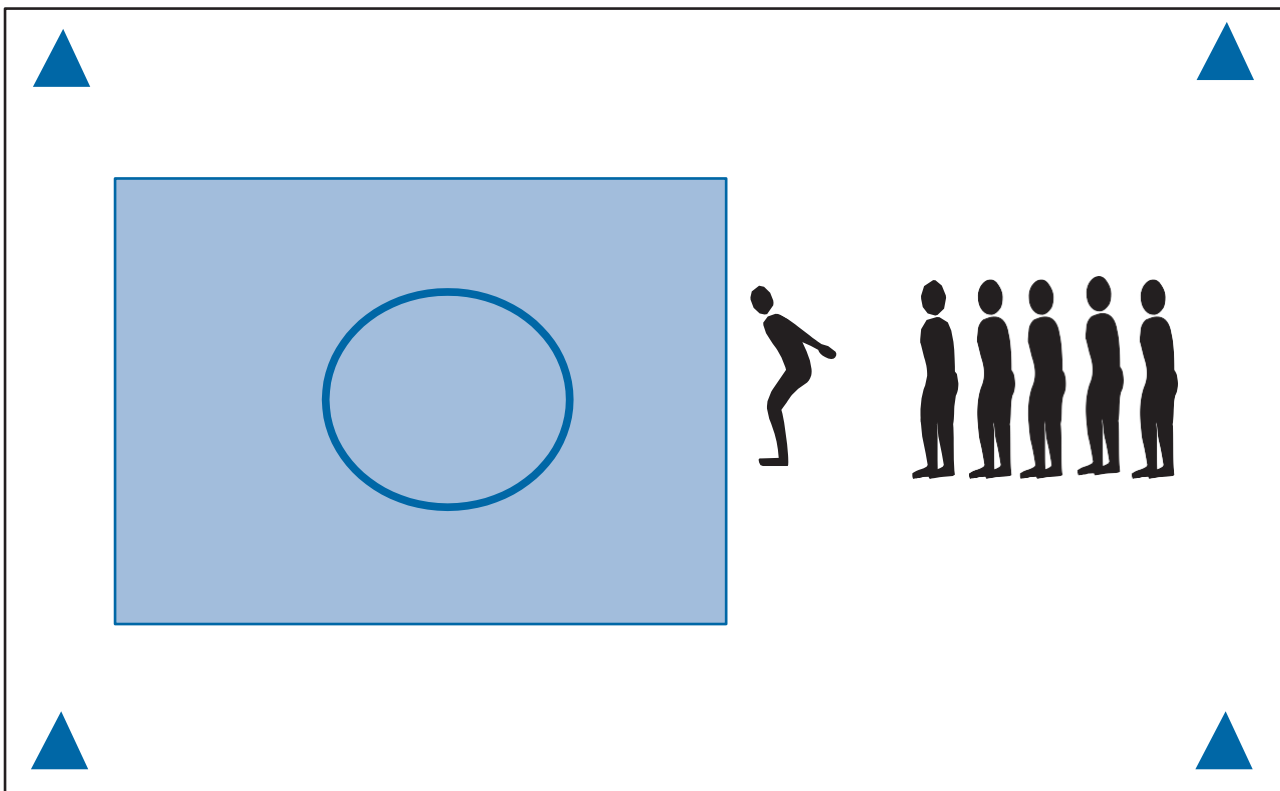
Long jump sand pit, hoops / skipping ropes, ground markers.



Mark targets in the sand (or lay down hoops or skipping ropes). Players line up in groups along the side of the pit. (Ensure that the pit is wide enough to allow safe landings).



On command, players attempt to land in the target from a standing jump, or a walking or running approach.



ALTERNATIVE: Players must control the landing so that they can remain balanced within the target until given a signal to leave. Ask the players to "stick" the landing as in gymnastics.

Jump and Clap



Encourage use of arms when jumping.



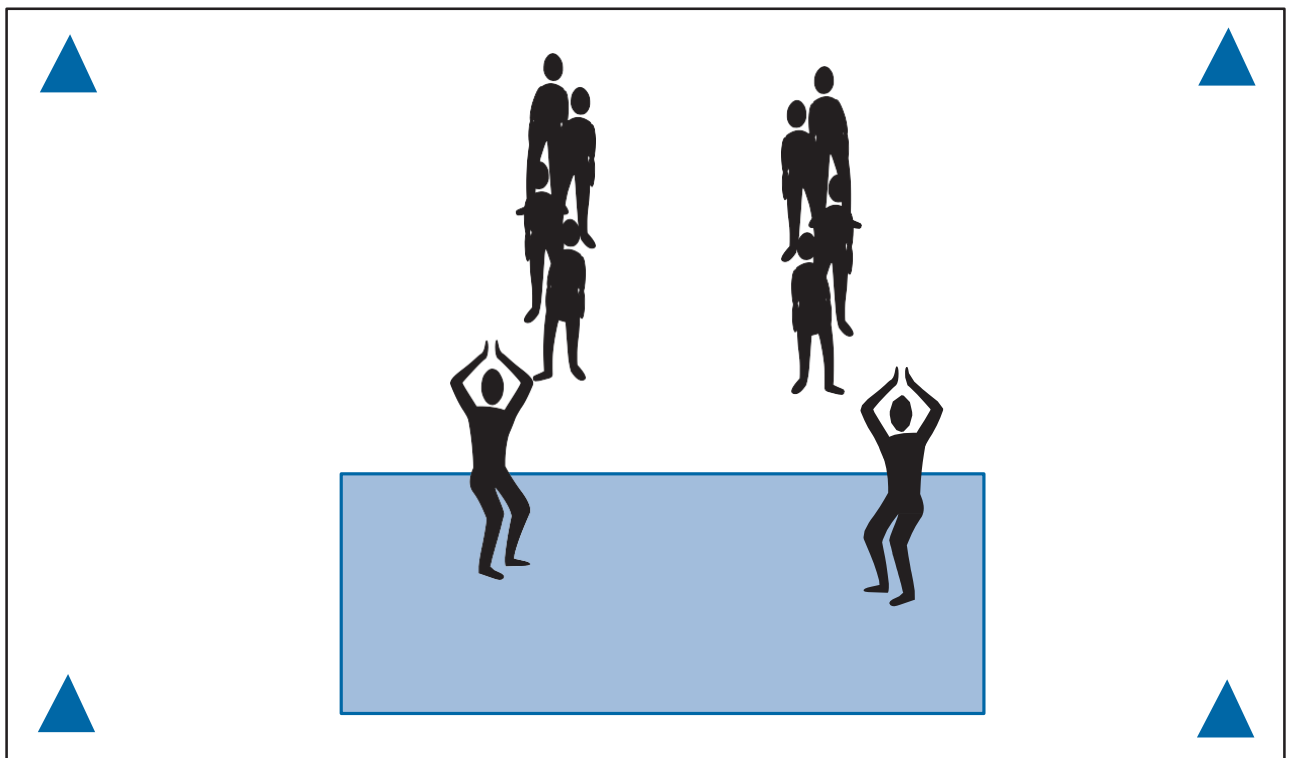
Long jump pit, ground markers.



Players lined up along the side of the pit in groups, or on the run way.



As part of a standing, walking or running jump, players attempt a loud clap above their heads whilst in the air. The leader can award points for the quality of the clap.



ALTERNATIVE: In addition to asking players to clap, ask them to, when landing, make hand prints in the sand just in front of their feet. This encourages bending legs and leaning forward on landing. An additional challenge requires each successive player to land their hands in the hand prints left by the previous player.

Jump the River



General jumping development.



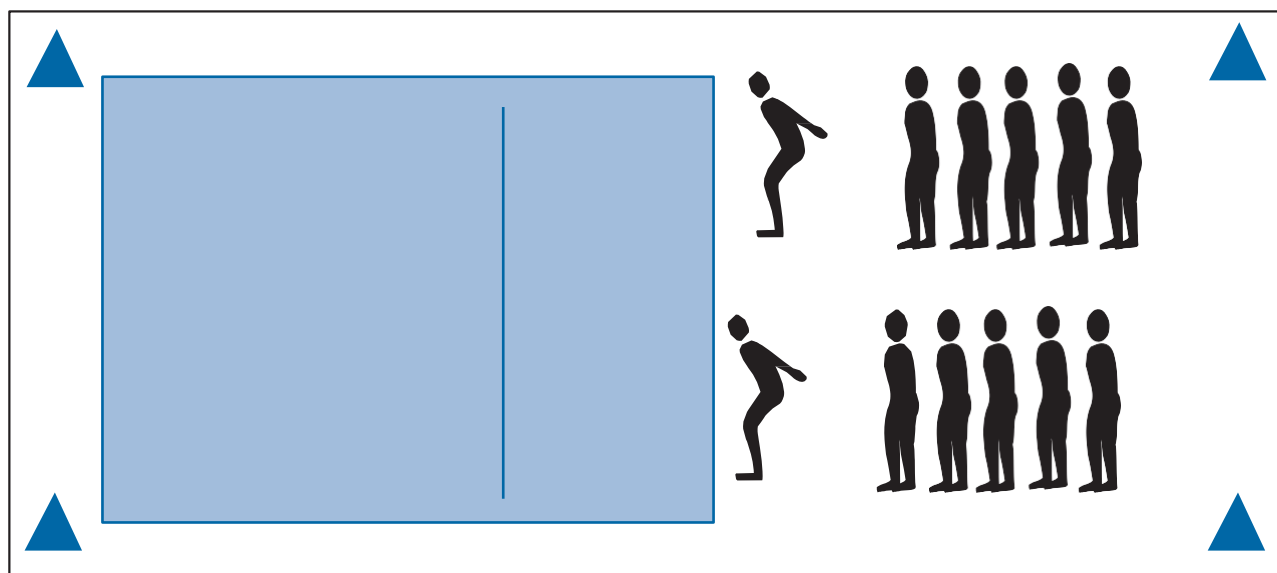
Long jump pit, (skipping ropes).



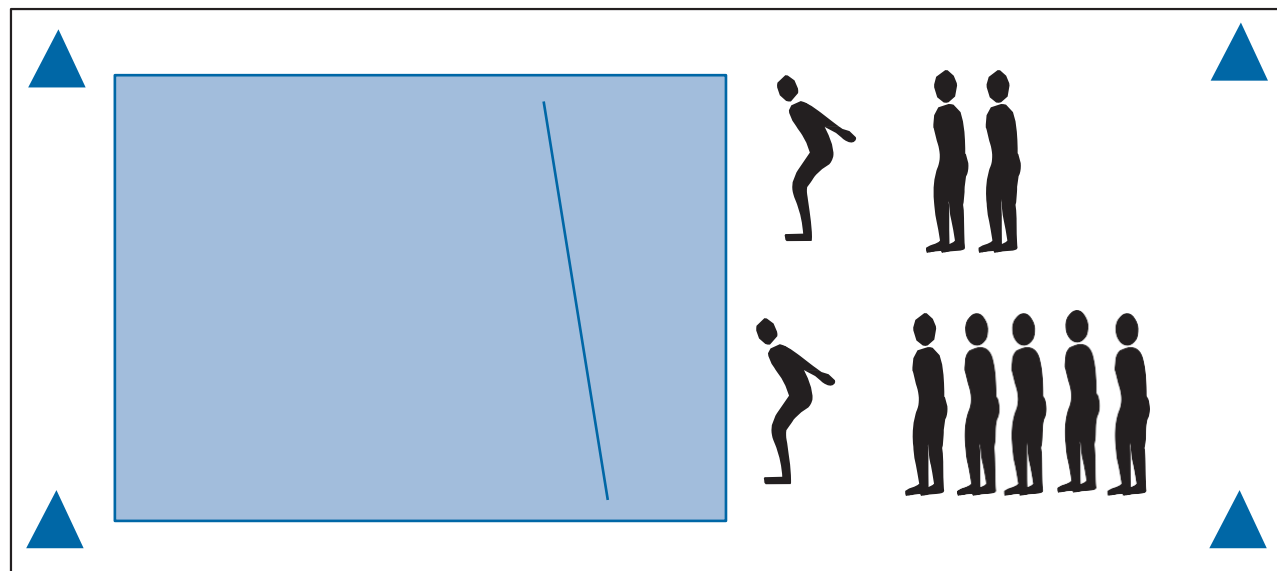
Players line up in groups along the side of the pit.



Using a standing or walking jump, players attempt to jump across a "river" drawn in the sand or marked with skipping ropes.



ALTERNATIVE: Mark a widening river in the sand. Players proceed to points further along the river as they succeed.



Poisonous Snake



Encourage height of jump.



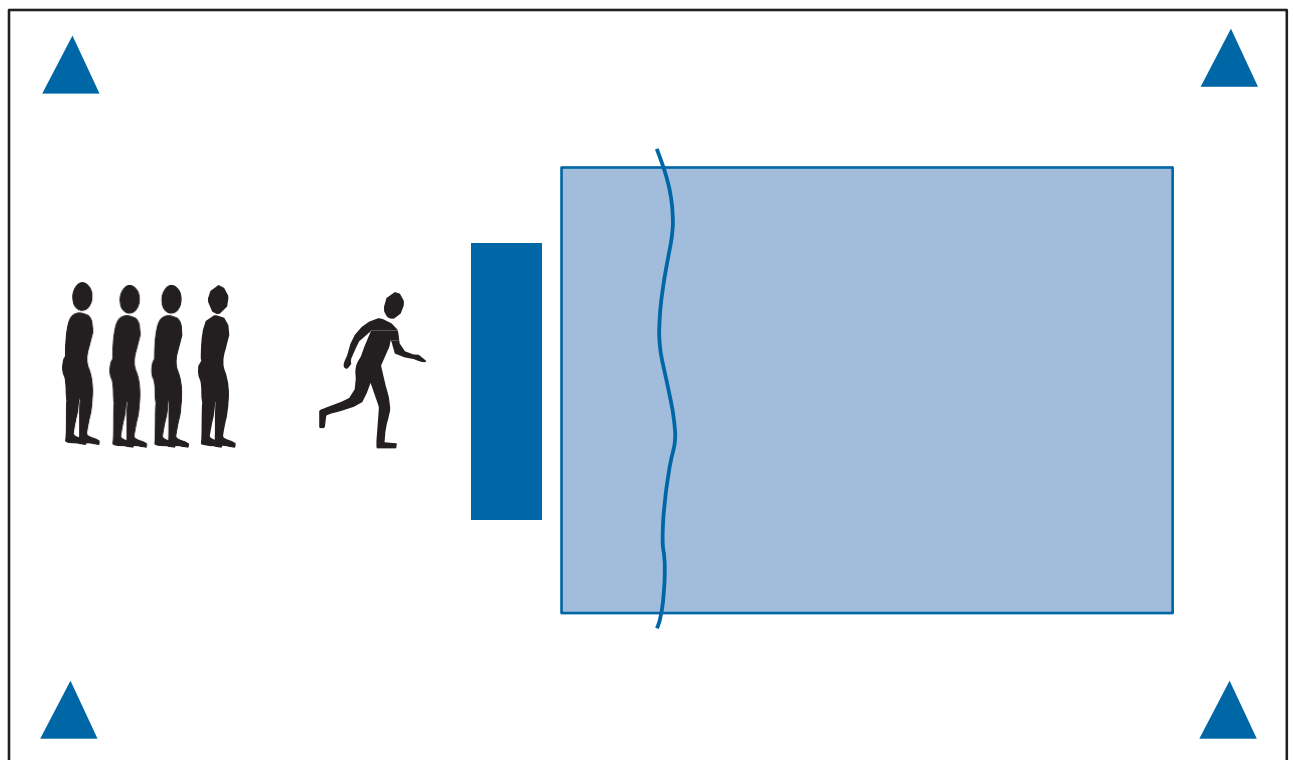
Long jump pit, high jump flexi bar or skipping ropes (snake).



Players lined up on the runway. The leader and an assistant loosely holding "the snake" just beyond the take off area at a sensible height off the ground.



In turn, players attempt to run in and jump over the snake. The snake can be held still or "wiggled" by the leader.



Aggregate Jumps



General jumping development.



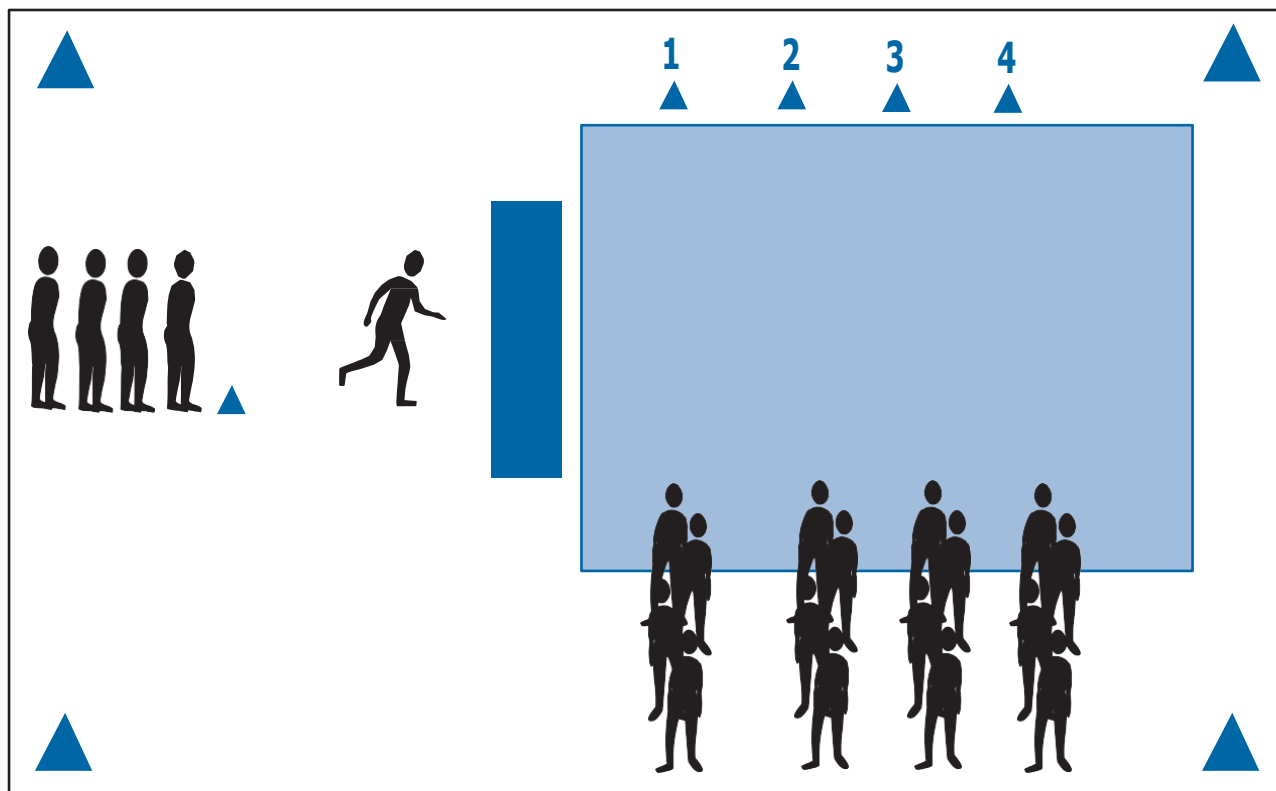
Long jump sand pit, ground markers.



Place various coloured ground markers, evenly spaced, along the edge of the sand pit. Players line up on the runway.



Players score points by landing next to the ground markers. Further jumps lead to progressively more points. Eg. First marker = 1 point, second marker = 2 points and so on. Players can compete in teams and add up team scores.



World Jumping Records



General jumping development.



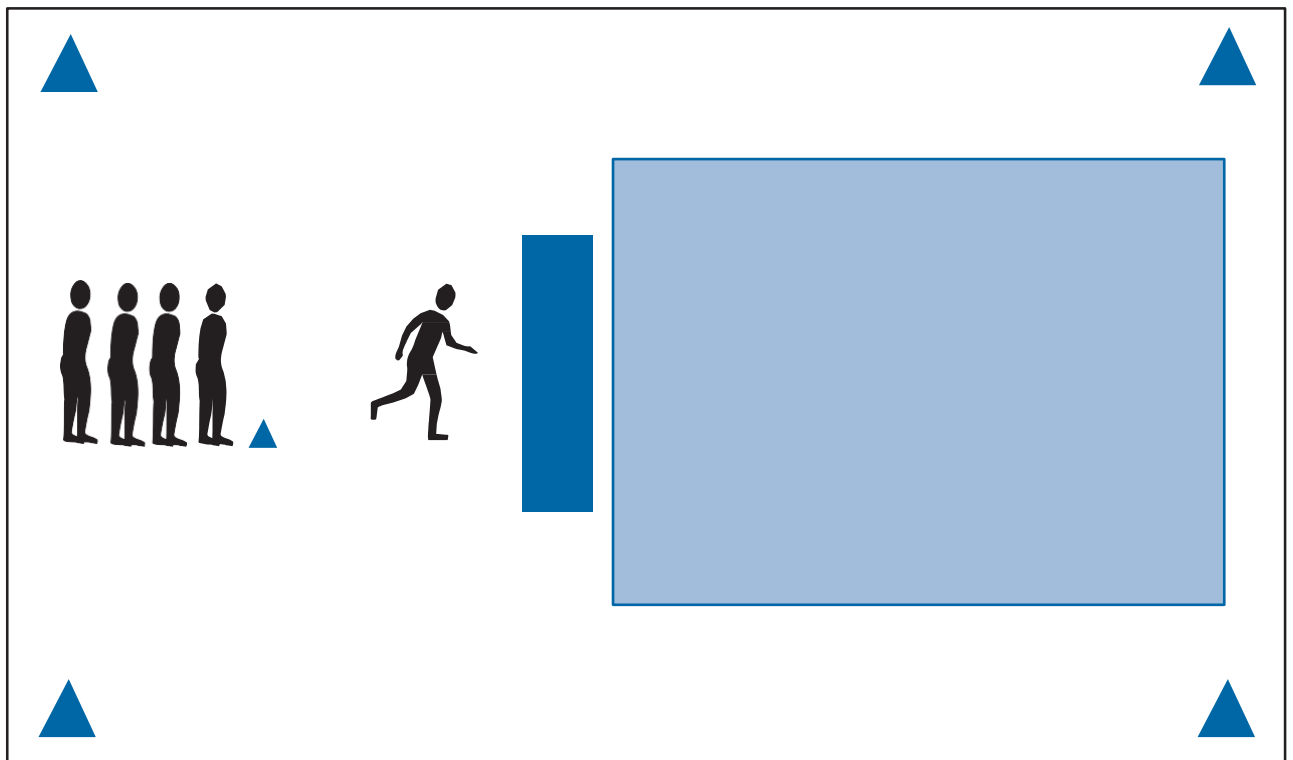
Long jump pit, measuring tape.



Players form small groups and line up on the runway.



Groups attempt to beat the current men's or women's world records with their aggregate jumps. (ie. add all of the group's jumps together to record a total distance).



Zone Long Jump Relay



General jumping development.



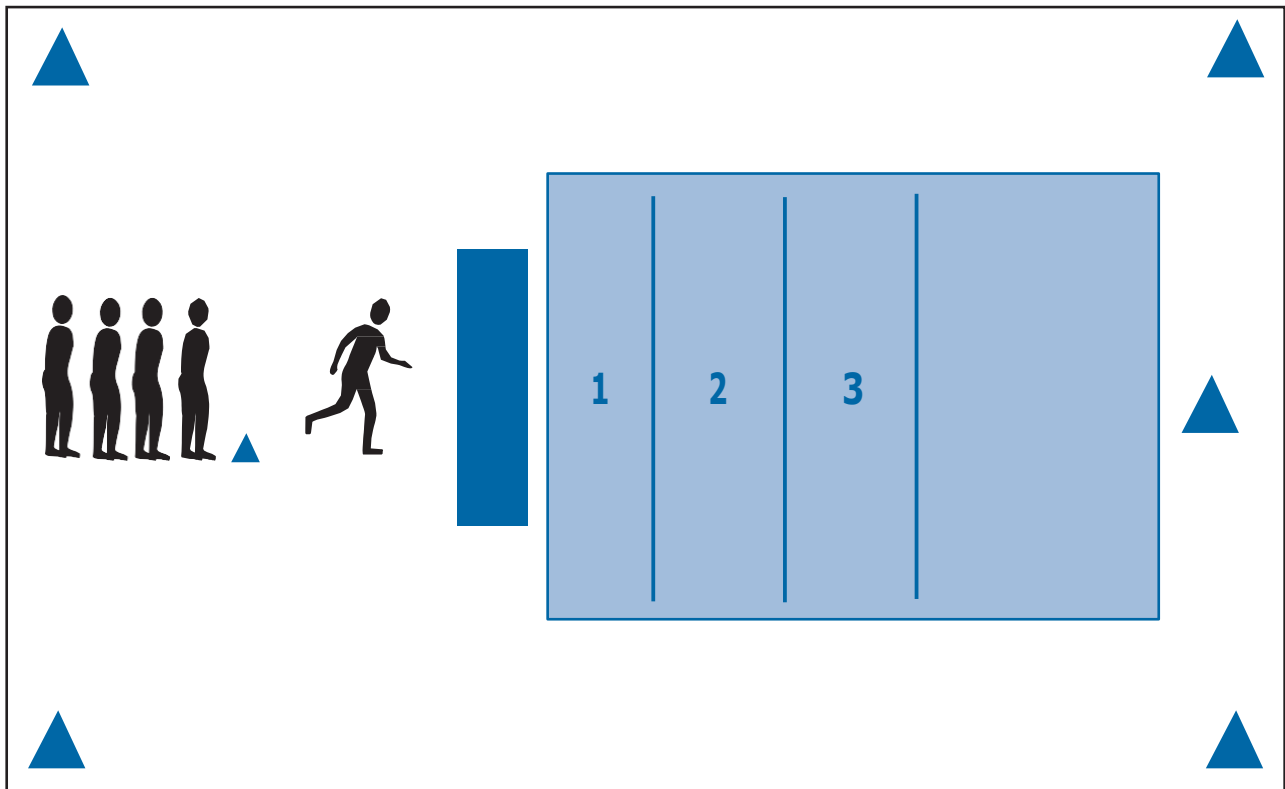
Long jump sand pit, ground markers.



Mark a 10 m long jump run up. Players line up behind this marker on the runway. Landing is in the long jump pit marked in three even zones. The first zone begins about one metre from the take off area. A ground marker is placed three metres beyond the end of the last zone.



The players line up at the start of the 10m run up. The first player runs, jumps, lands, runs around the marker at the end of the pit, and tags the next player. Each jump scores according to the zone landed in. See how many points the players can score in a pre-determined time limit. Eg. 5 minutes.



Throwing Games

The use of games while practicing for the throwing events can greatly enhance a young person's motivation towards the activity. Some throwing games can also introduce an element of accuracy, which can assist the development of correct technique.

Some tips:-

- During all throwing games, safety must be of paramount importance.
- Arrange individuals and teams so that there is no chance of any player being hit by an implement. This will mean taking into consideration the distance between throwers / groups and the direction in which they are throwing. Never allow players to throw towards another individual.
- Always have a "throwing signal". This means that no player is permitted to throw an implement until you give the signal.
- Always have a "retrieval signal". This means that no player may retrieve an implement until you have given your signal.
- Implements should be carried and not thrown or rolled back.
- DO NOT allow participants to use rotational discus throws unless they are throwing from a discus cage or net.
- In all team games, attempt to keep teams to five players or less. Otherwise players will become bored waiting for a turn.
- With simple adaptation, a number of the games in this section can be used for one or both of the other throwing events dealt with.

GAMES FOR SHOT PUT

Shot Put Bowls



Standing throw accuracy.



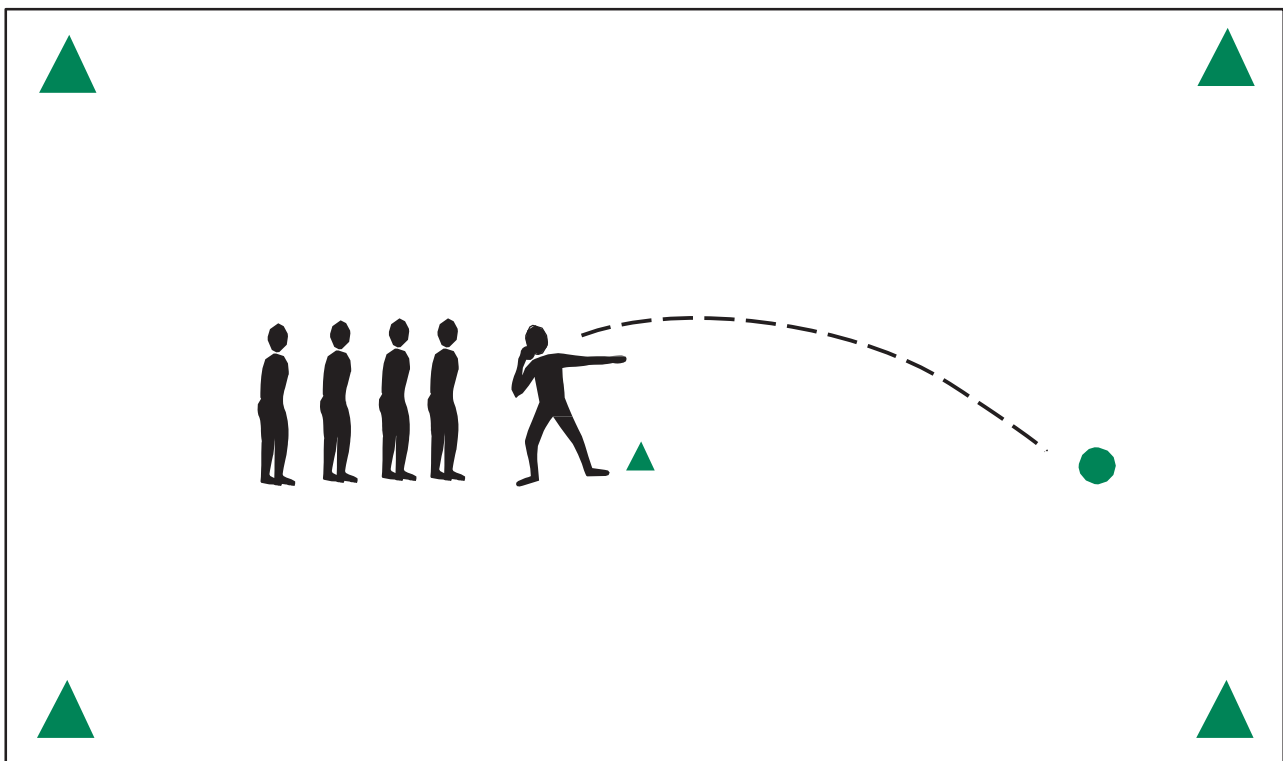
One shot per player, small ball per group as kitty, ground markers.



Divide players into groups of no more than six. Roll the "kitty" out in front of the group to a challenging but achievable distance.



This game is played as per the traditional game of bowls, however players put shots in an attempt to land them closest to the kitty. The winner, after each round, is the player who has landed the shot closest to the kitty. Players put the shots from behind a ground marker.



Allow only one player to put the shot at a time.

Aggregate Throws



Standing shot put development.



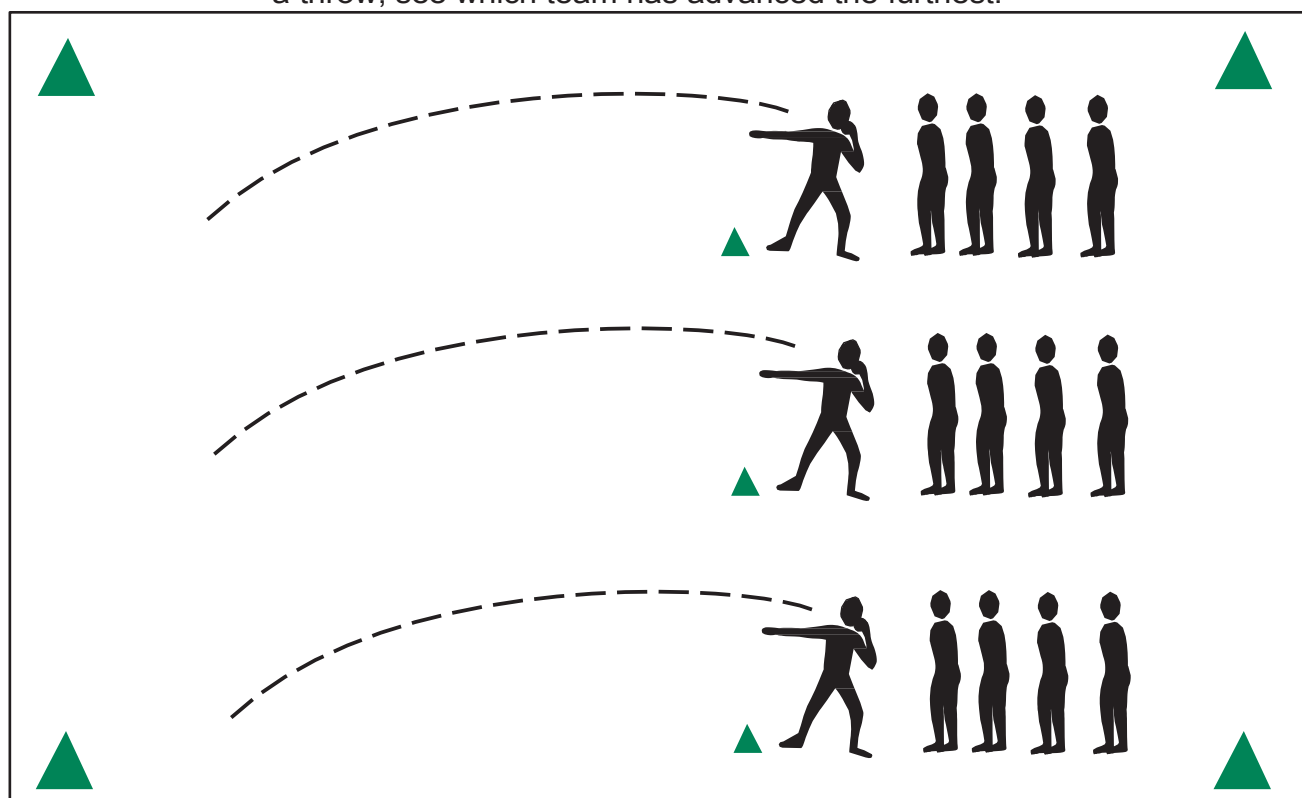
Ground markers, one shot per group.



Players line up in their groups behind a ground marker. Ensure a safe spacing between the groups.



In their teams, players take turns at putting shots for maximum distance. The team's ground marker is then moved to the spot on which the previous throw landed. The following player then puts from this spot. The group advance forward with each successive put. See which group can reach a predetermined spot first, or after each player has had a throw, see which team has advanced the furthest.



- Ensure that as teams advance, no group is placed in a spot where they are in danger of being hit by a shot.

ALTERNATIVE: See how many throws it takes groups to surpass the current men's or women's world records.

Over the River



Standing shot put development.

Equipment



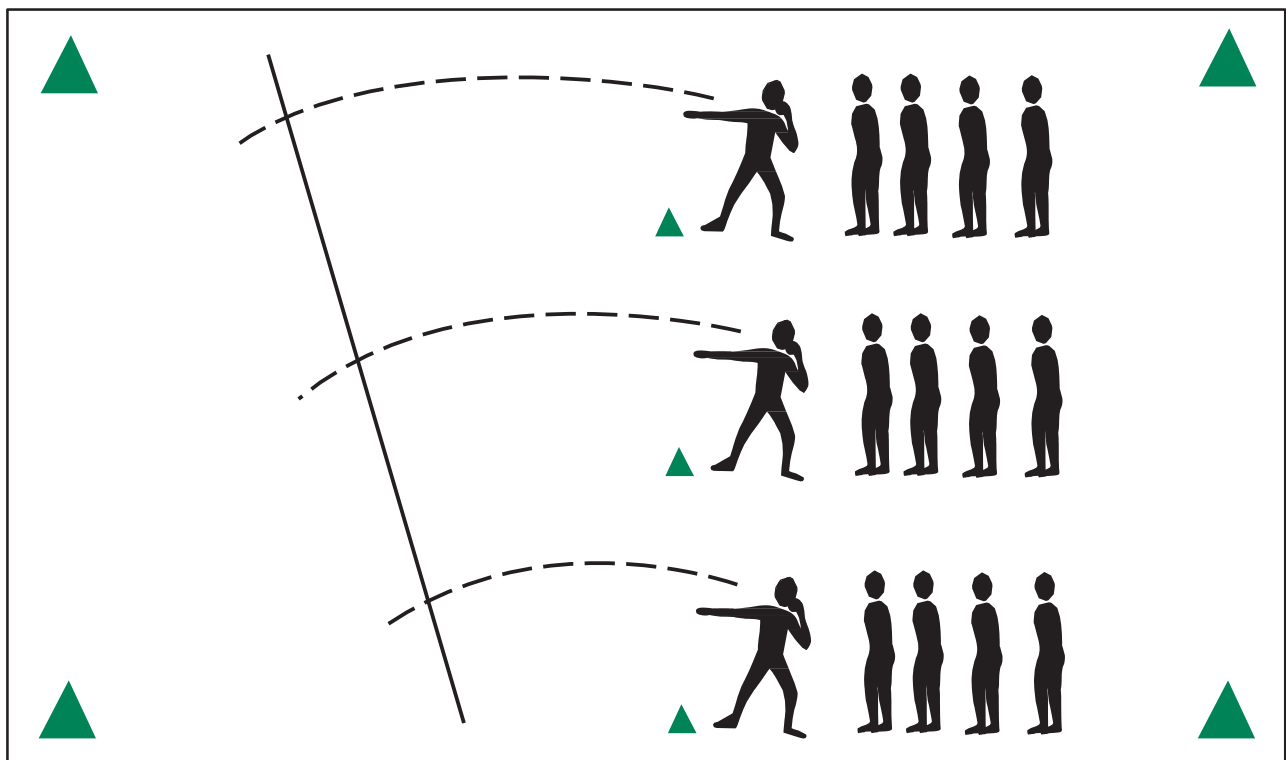
Ground markers, shots, skipping ropes.



Construct a "river" with skipping ropes. The river should be narrow at one end and wider at the other. Players stand on one side of the river, beginning at the narrow end.



Players begin by putting shots at the narrow end of the river, then gradually advancing to wider parts of the river as they are successful at reaching the other bank.



Shot Put Archery



Shot put accuracy.



Equipment

Ground markers, shots, skipping ropes.



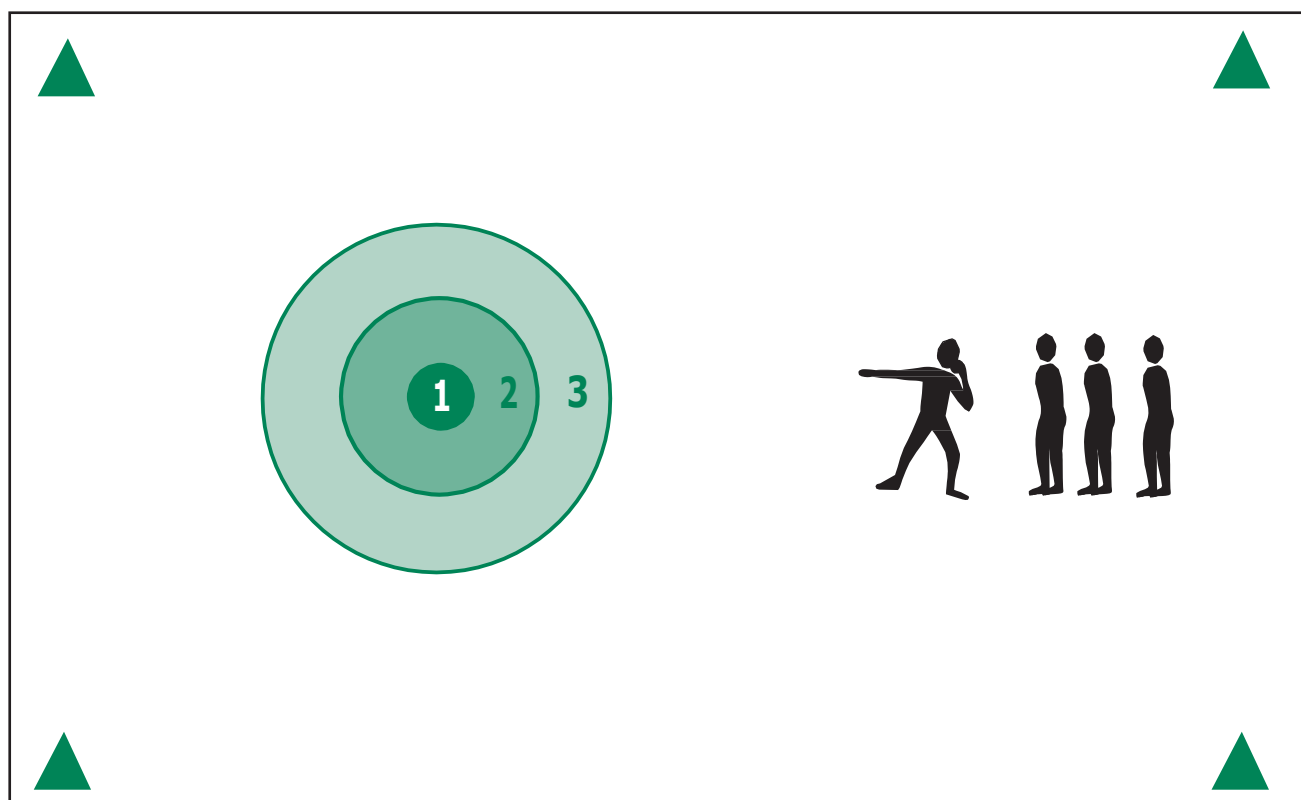
ORGANISATION

Construct an "archery target" on the ground with skipping ropes. Players stand at a challenging but achievable distance from the target.



Description

Players take turns in putting the shots in an attempt to score points by hitting the target.



Minefield



Shot put development.



Ground markers, shots, hoops.

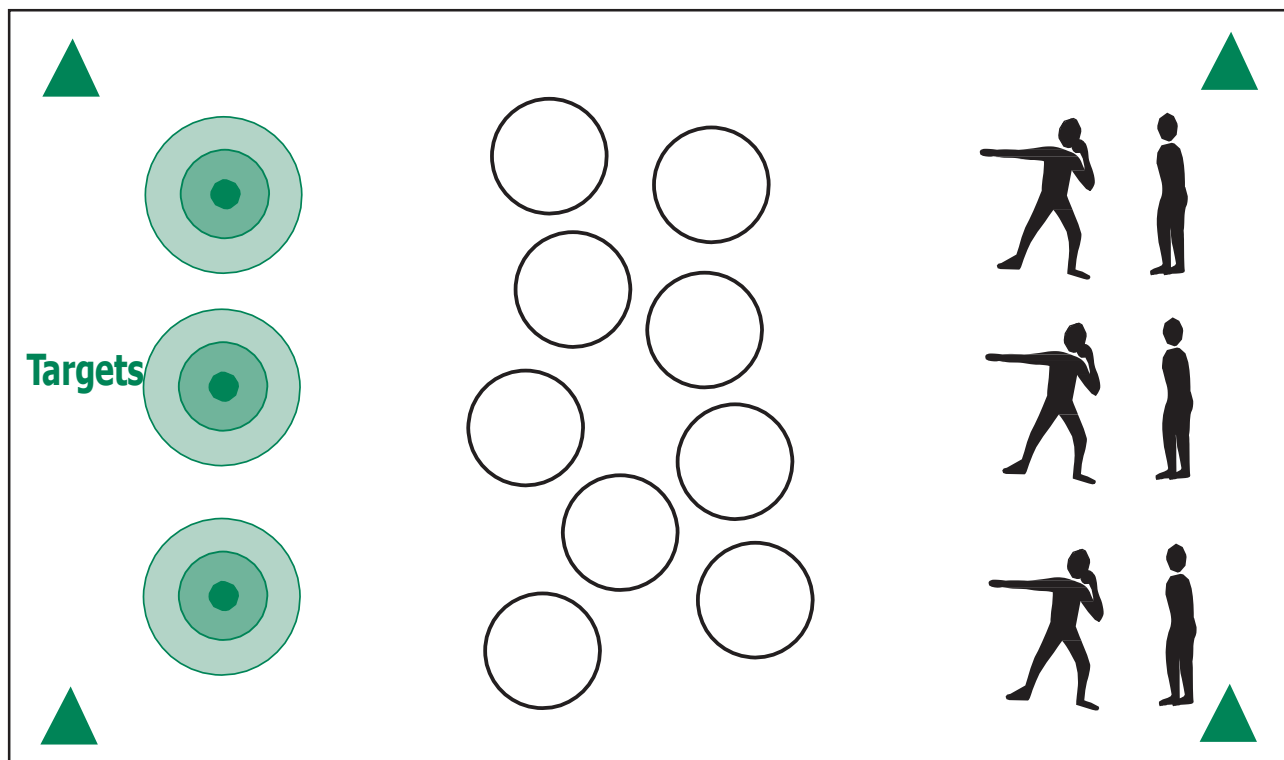


Players line up in pairs or groups of no more than four behind ground markers. Scatter numerous hoops (mines) in front of the players. Place special targets just beyond the "minefield".



Players attempt to put the shots for maximum distance and accuracy to score points. Scores are as follows:

Hit mine	=	no point
Land in minefield	=	1 point
Overminefield	=	2 points
Hit target	=	3 points



GAMES FOR DISCUS

Discus Golf



Discus control.



Equipment

Ground markers, hoops, at least one discus for every four players.



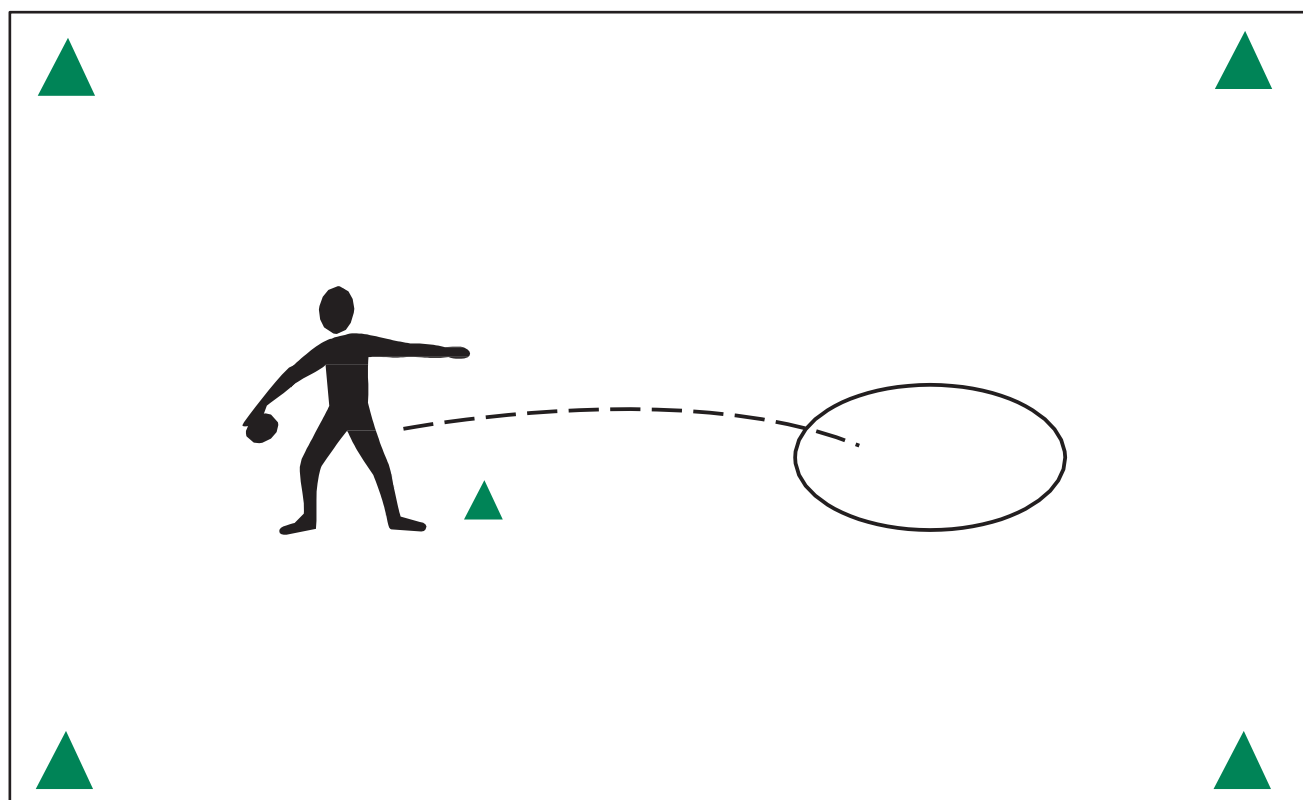
ORGANISATION

Players stand behind ground markers. Place hoops on the ground a challenging but achievable distance away from the players.



De scription

On command, players must attempt to roll or underarm toss their discus into their designated hoop.



NOTE

- **ALTERNATIVE:** Construct a nine (or more) hole "golf course" with hoops. Players attempt to move around the course by rolling their discus into the hoops. Players can keep score. 1 roll = 1 stroke.

Discus Skittles



Discus release control.



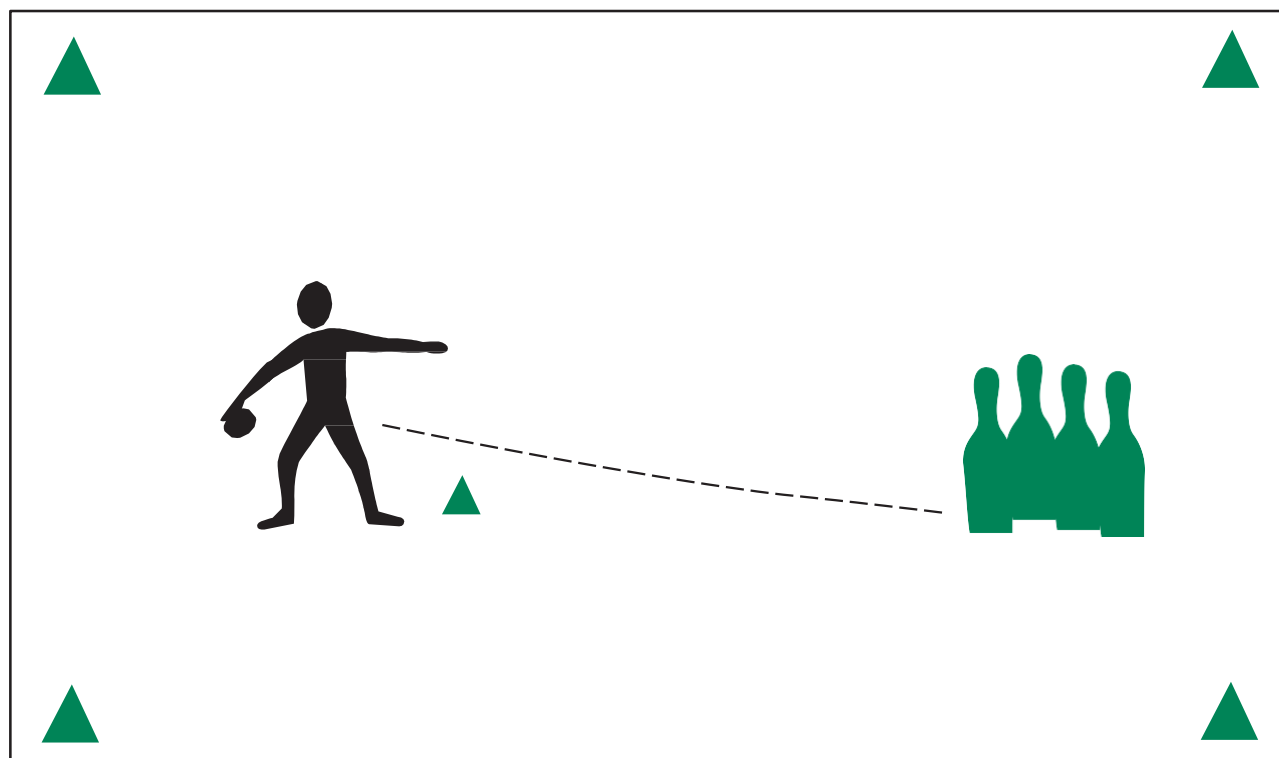
Discus, plastic skittles (or similar), ground markers.



Set up skittles a challenging but achievable distance from the players who stand behind ground markers.



Players roll the discus at the skittles, attempting to knock down as many as possible to score points.



Discus Quoits



Development of an accurate slinging action.



Equipment

Ground markers, hoops, cricket stumps (or similar eg. witches hat).



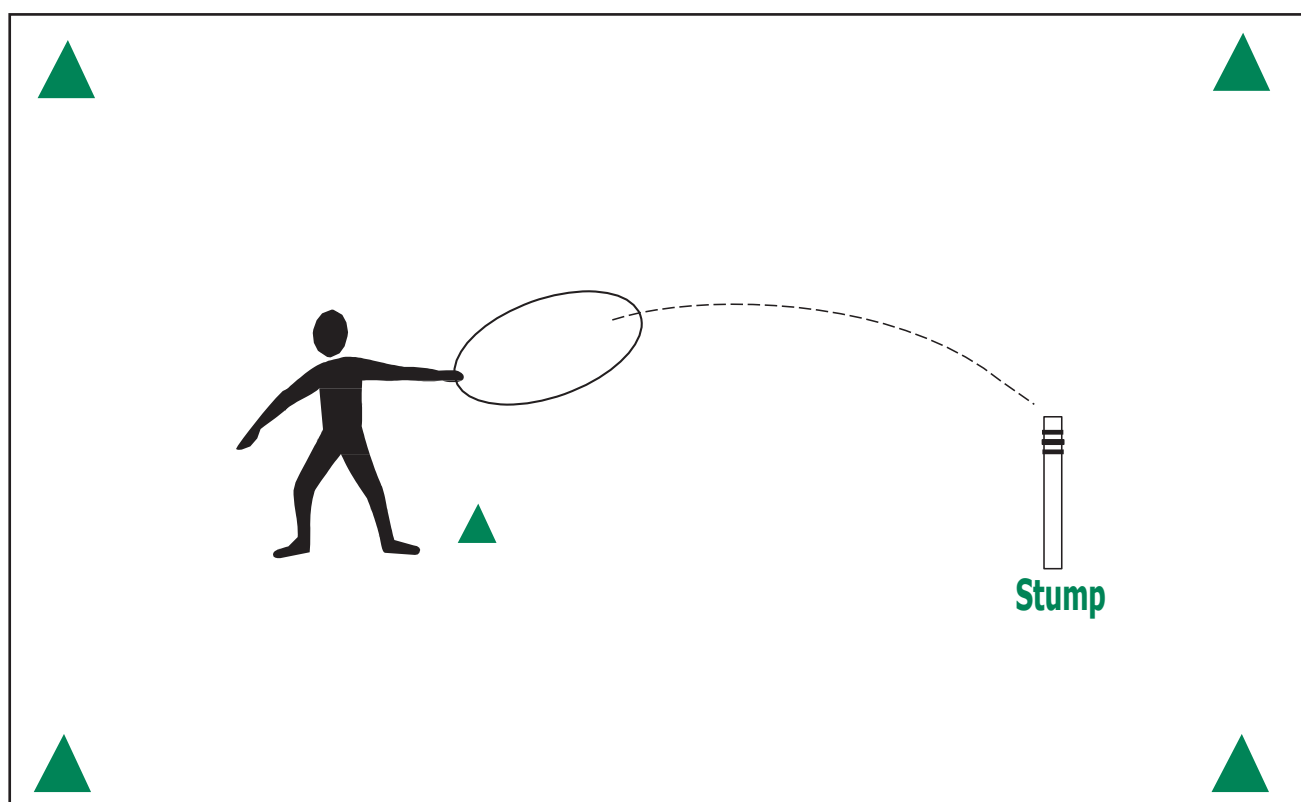
ORGANISATION

Players stand behind ground markers with hoops. Place one cricket stump in the ground 10m - 20m in front of each ground marker.



De scription

On command, players sling hoops in a discus action in an attempt to land them over the group's cricket stump and score points.



Train Tracks



Discus release control.

Equipment



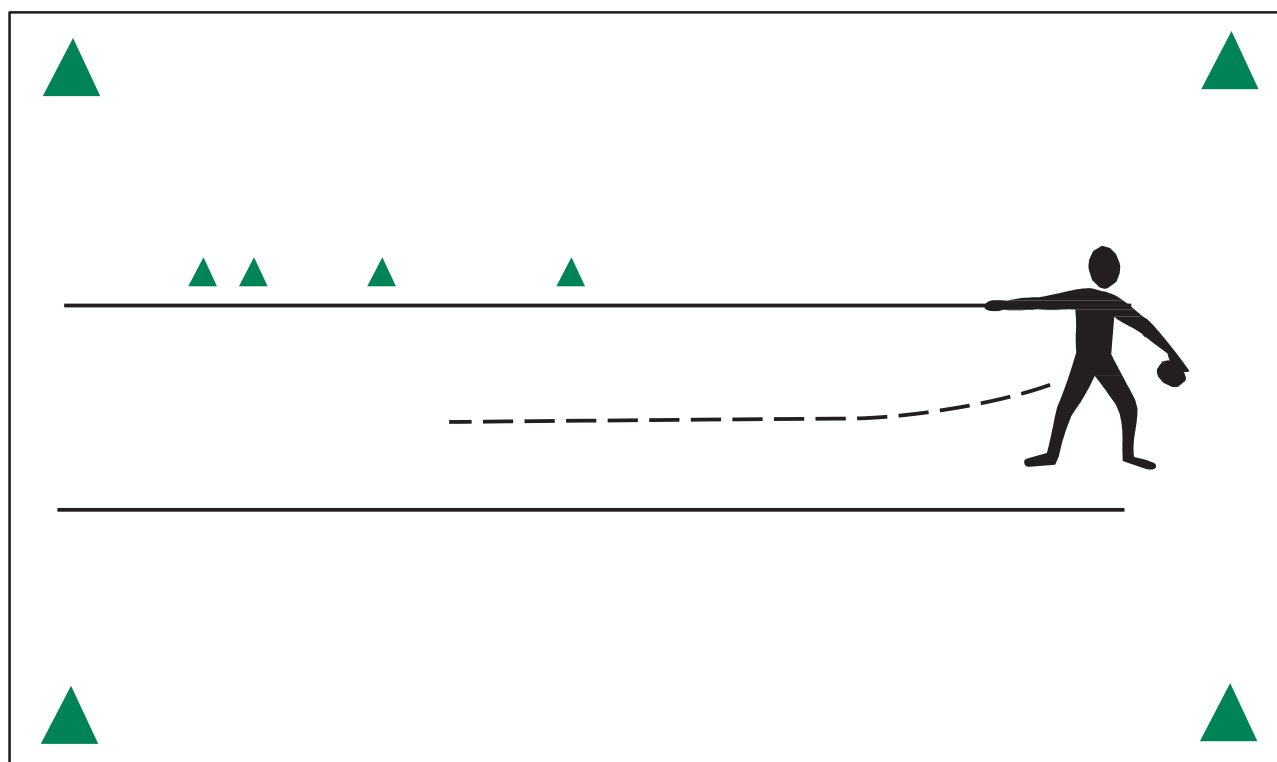
Ground markers, discus, (skipping ropes).



For each group of players, create a set of "train tracks". This can be done by utilising the lane markings on a grass track, laying out skipping ropes end to end, or using ground markers to distinguish two lines. The tracks should be at least 10 metres long and roughly 1.2m wide. The players gather at one end of the train tracks, each possessing a ground marker. The aim of the game is to attempt to roll the discus further along the tracks with each successive turn.



When it is their turn, a player attempts to roll a discus as far along the train track as possible. At the point it leaves the tracks, the player places their ground marker. The aim of the game is to attempt to roll the discus further along the tracks with each successive turn.



Climb the Ladder



Discus release control.



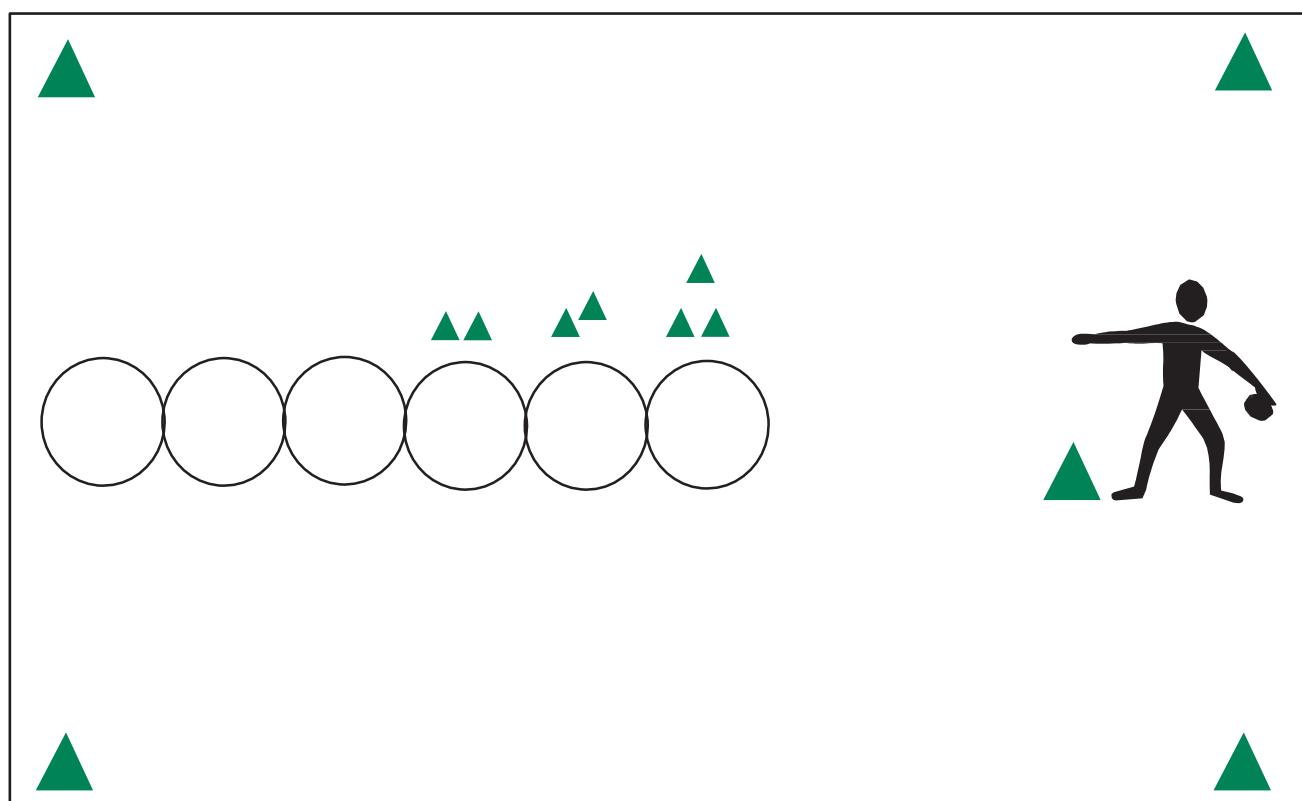
One ground marker for each person and 1 ground marker per group, 6 hoops per group, one discus per group.



Construct a "ladder" beginning one metre in front of each group by placing six hoops in line, flat on the ground.



On command, the first player attempts to toss the discus underarm and land it on the full, on its edge, in the first hoop. If they are successful, they move their marker up next to the second hoop in line. When it is time for their next turn, they attempt to land the discus in the second hoop, and so on until they have reached the last hoop (top of the ladder). Should their discus at any time miss the hoop at which they are aiming for, they must continue to attempt to land their discus in this hoop, with each successive turn, until it is achieved.



- Players must hit the targets in order ie, first hoop, then second hoop, then third etc.

Around the Clock



Discus release control.



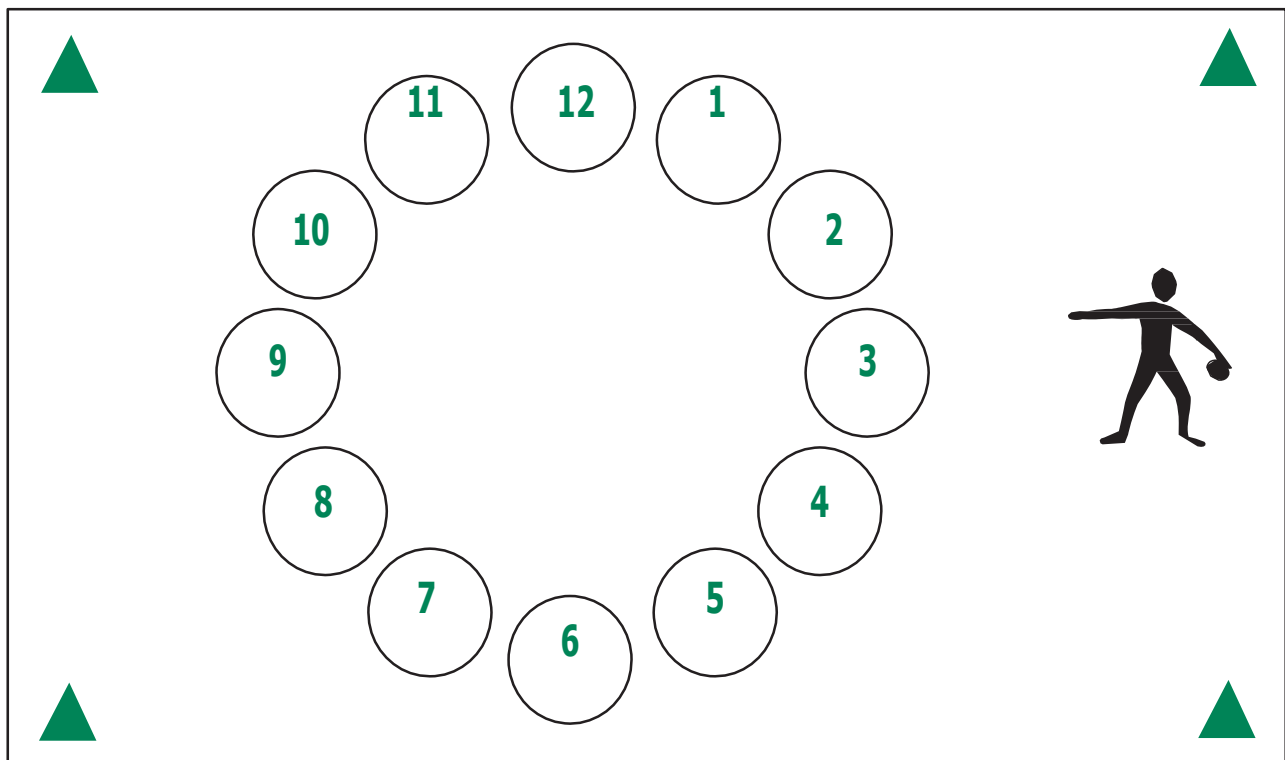
Ground markers, 12 hoops per group, 1 discus per group.



Construct a "clock" with hoops (see diagram below). Players to stand behind ground markers a challenging but achievable distance away from the hoops.



On command, players must attempt to toss a discus and land it in the hoops in number order. The first player or team to get "around the clock" is the winner.

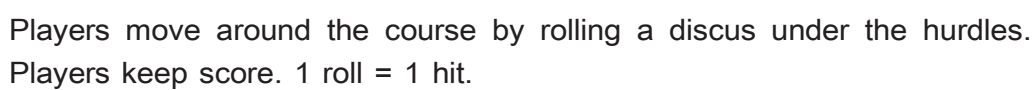
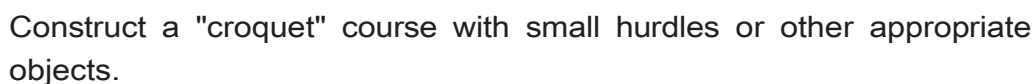


- To reduce the time factor, less hoops can be used.

Discus release control.



Discus per player or small group, small hurdles (or similar).



Discus Football



General discus throwing development.



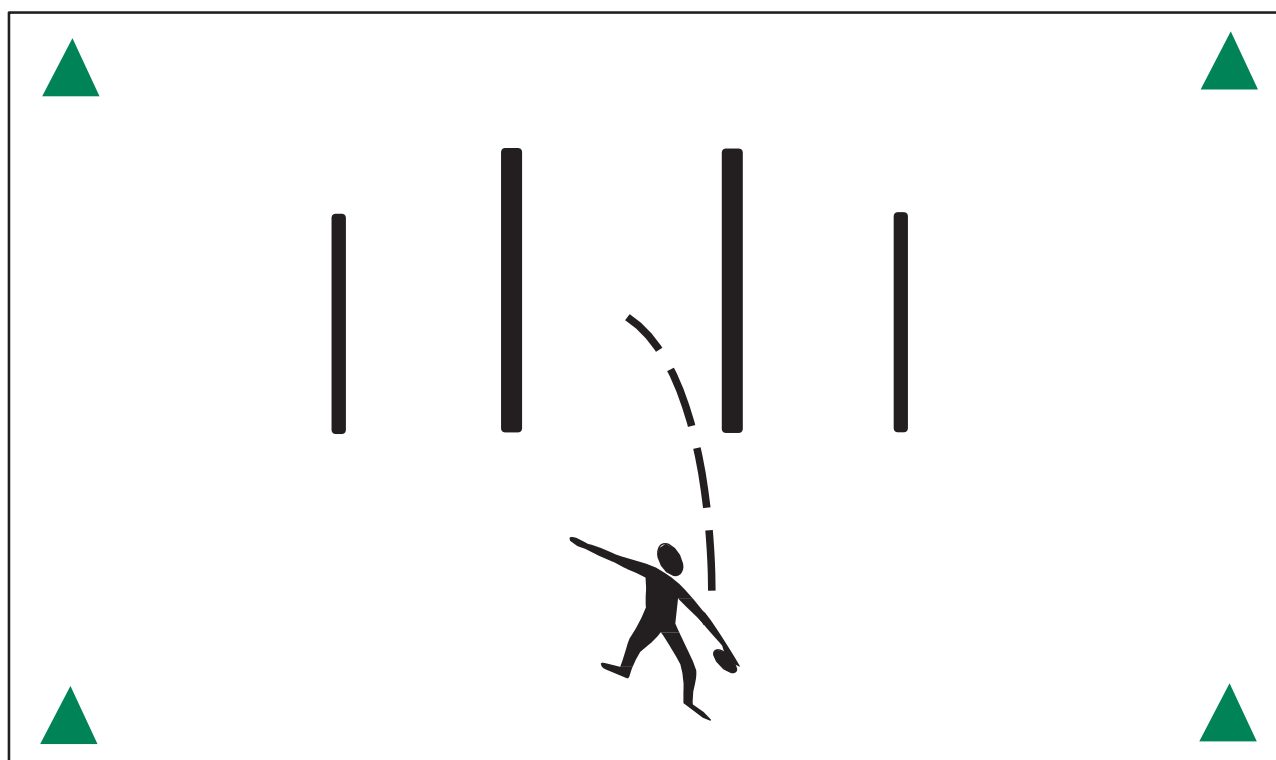
Discus per person or small group, Australian rules, Rugby or Soccer goals.



Players stand behind ground markers at a challenging but achievable distance from the goals being used.



On command, players attempt to score "goals" by throwing discus over or through the goals being used.



Roll the Discus Relay



Discus release control.



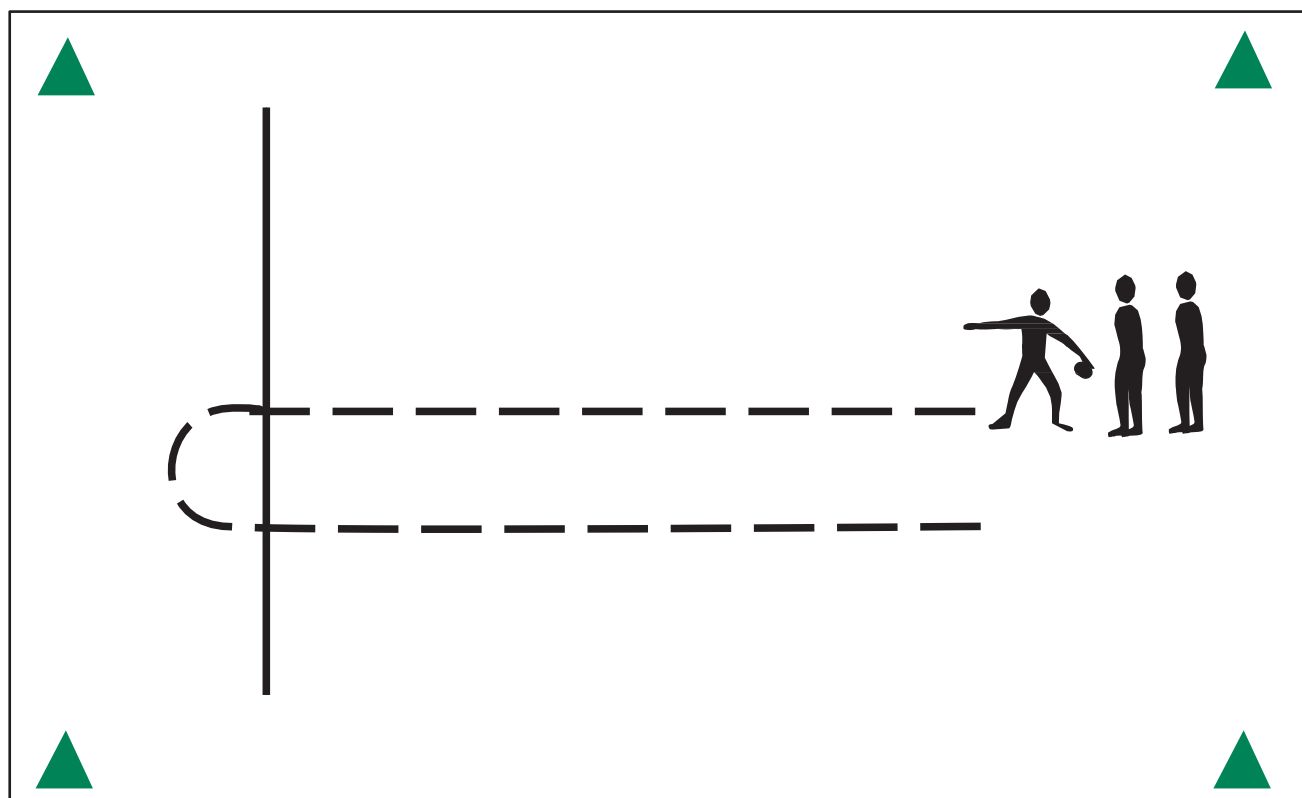
Ground markers, one discus per team.



Players lined up in teams behind ground markers, facing a line 10m - 20m away.



On "Go", the first player in each team rolls a discus toward the line and chases it. When it passes the line, they gather it and run back with it to the next player. If the discus does not pass the line, they must take it back to the start and roll it again. Alternatively, the leader may ask them to roll the discus again from where it stopped. The game is over once all players have had a turn.



- If using multiple teams, ensure that there is enough spacing between the teams to avoid interference.

Discus Cricket



Discus release control, general discus throwing development.



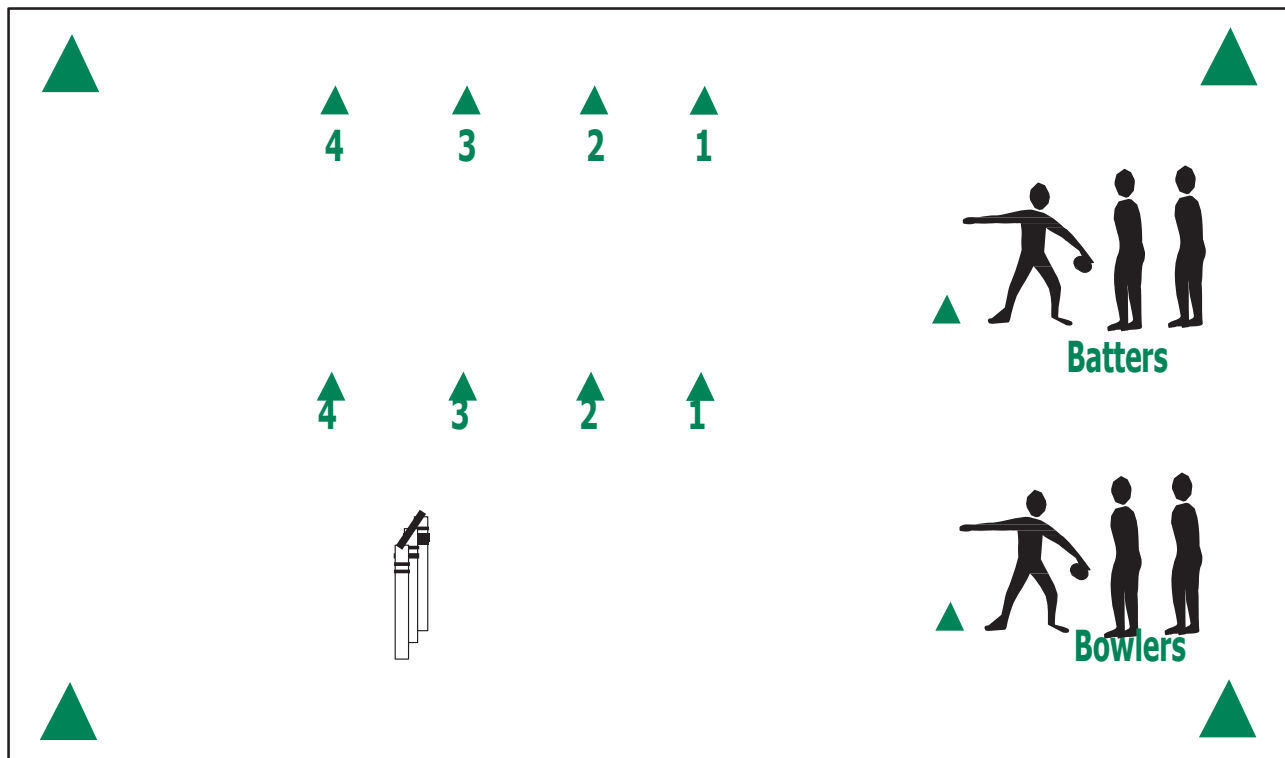
At least one discus per team, ground markers, cricket stumps (or similar).



Divide the group into an even number of teams. Select one team in each game to begin as the "batting" team and one as the "bowling" team. The batting team goes to their designated area, as does the bowling team.



Two teams compete against each other. The "batting" team scores "runs" by taking turns throwing a discus to land in a designated area. The "bowling" team takes turns to roll a discus at a wicket to dismiss batters. Play until a predetermined number of wickets have been taken, then swap roles.



- No "batter" or "bowler" may have two consecutive throws or rolls.
- Even when wickets are taken by the bowling team, batters are not out of the game. They continue taking turns as normal.

GAMES FOR JAVELIN

Bombing Bean Bags



Develop overarm throwing ability.



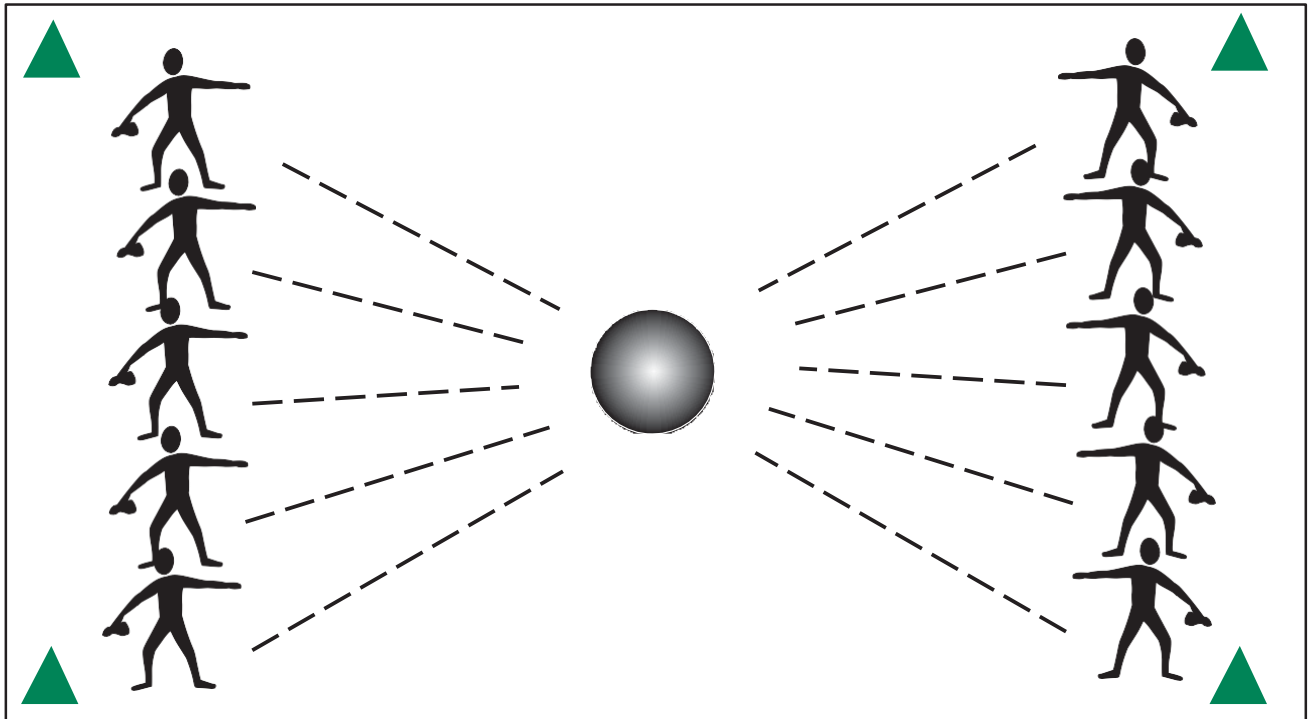
As many small bean bags as possible, ground markers, basketball/volleyball.



Create a playing area 10m long. In the middle of the playing area, place a basketball/volleyball. Divide the group into two teams. Each team stands at opposite ends of the playing area. Divide the bean bags between the two teams.



On "Go" players begin to throw the bean bags at the ball in an attempt to knock it towards the other team's end. Play until the ball crosses one end of the playing area or for a predetermined time, eg. 60 seconds. The team who knocks the ball over the other team's line is a winner. Alternatively if the ball has not crossed a line at the end of the time period, the winner is the team that has knocked the ball the furthest towards their opponent's line.



- Do not allow players to retrieve bean bags from inside the playing area while the game is in progress. Wait until bean bags have run out, stop the game, and allow players to retrieve the bean bags.
- If the ball is knocked out of bounds over a side line, stop the game and place the ball back into the centre of the playing area in line with the spot it went out.
- Emphasise good overarm throwing technique.

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