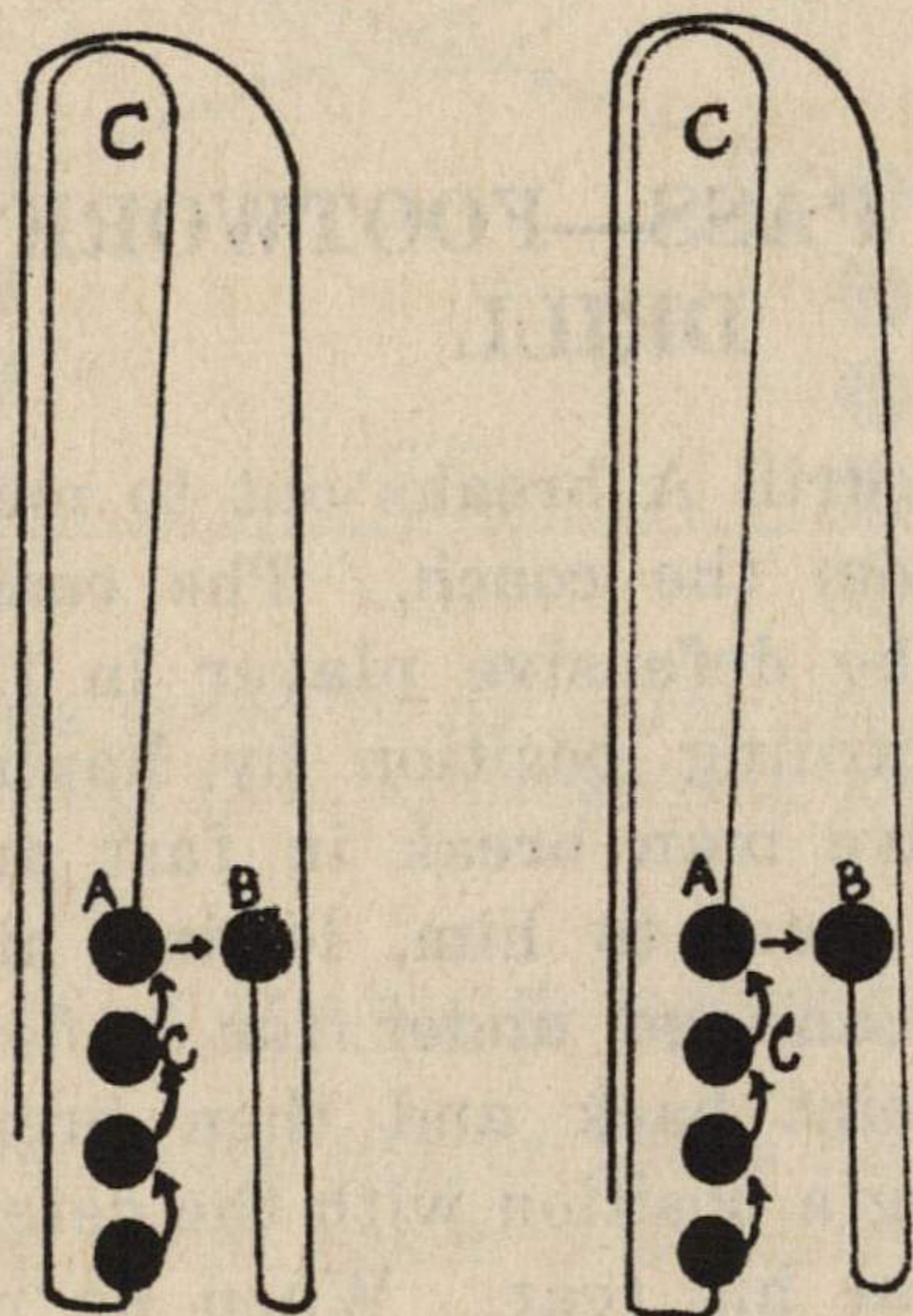


## JUMPING DRILLS

While the ability and skill to jump well is a physical trait dependent generally on the height and type of build of the individual, the advantage of height may be increased by training in jumping as may the disadvantage in height in smaller men be reduced. One of the major factors in good jumping is the ability to time the jump properly. With this timing a man may out-jump men who have the ability to get much higher from the floor, but fail to arrive at their height at the proper instant. In addition to the improvement in jumping skill, these drills are good conditioners for legs.

### BROOM STICK RELAY



In this drill two lines are formed. A in each line runs from the starting point to a point at the opposite end of the floor and back to the starting line carrying an ordinary broomstick or wand. During the time he is enroute, B steps out to a position to his right at the head of the line. A grasps one end of the stick with B taking the other end and runs through the line with all of the men in that line jumping over the stick.

At the end of the line, B takes the stick and goes to the opposite end, returns and assisted by C goes through the line again. This continues until all men are in their original positions.

Stress carrying the stick about the height of the knees when carrying it through the line for jumping.