

Lucy Williams 11W3
PE: Analysing and Improving

Player/Participant:- Kim Hogg

Activity:- Athletics

Position/Role:- High Jump

1. Identify the important skills needed for the participant in his or her role or position.

In order to perform a good High Jump, the jumper needs a certain range of skills in order to do so. It is a highly complexed, closed skill, it uses a range of open and closed skills put together, in order to perform the over all jump.

The approach to the jump may look like a fairly basic sprint, but a good high jumper, needs the sprint up to it to be just right otherwise the whole jump does not have a good start base to gain height. A good high jumper must be able to sprint at exactly the right speed with confidence, in a strong and positive manner so that when they get to the point where they take off, there is enough speed in order to create momentum. At the point at the end of the sprint, the footing must be exactly so, many different jumpers have different take off methods that may require certain footing, but a good jumper will position the feet on the balls and bend and spring, using a short muscle contraction, rather than a huge bend. The short bend will create more power off the speed gained from the sprint up, whereas a bigger bend will waste energy and lose height. A good jumper must not exactly the right amount of bend needed from their speed gained in order to reach the desired height.

The movement over the bar and through the air is another skill again, it is all right jumping, but without the right movement of the body, the jump will not clear the bar. A good high jumper must position the body in flight with the arms close to the body to increase height and reduce energy lost and the head back and high towards the direction in which they are travelling.

The hips are an important part of the movement over the bar and the landing, it is in their rotation that the jumper is able to arch their back over the bar. A good high jumper must land on their shoulder-back area to absorb the impact and make sure they are bent at the waist in order to clear the bar full on landing with their feet.

2i) List in Detail their Strengths

Kim is a fairly good high jumper. This is due to her height and body shape. She is already very tall and has very good leg muscles, especially her Hamstrings and Gastrocnemius muscles in her calves and upper legs. This gives her a good power to jump from and as her legs are already long, they can act as an advantage to her. They are strong and can gain a good spring from the short bend action that is complemented by her speed. She does not waste any energy in bending her legs too much, which would spoil her jump by killing her speed.

She has a very good run up and can gain very good speed from which she can then use to propel herself up and over the bar. With Kim being a good sprinter, she can gain this speed needed to jump at a shorter distance and does not have to worry about finding it in the last few seconds approaching the bar, this should give her time to think about things like body position and footing. This speed she gains definitely adds to the height at which she can gain and gives her take off a very hitch free and smooth approach.

Her landings are so very promising body mobility. She is positioning herself in the right direction and taking the impact into her back and shoulder area.

Her hip direction is good, as she is able to rotate them in the correct direction with little difficulty. This helps her to move her body over the bar fairly smoothly and gives her room to arch her back to gain the clearance of the rest of her lower body.

2ii) List in Detail Their Weaknesses.

Although Kim can gain a fast speed in a shorter time, she does not use this extra second or so to think about her footing and approach to the actual jump. Kim tends just to run and run and at the very last minute think about what she actually going to do. Often she will not jump or lose her footing and not clear the bar. With this weakness not to use the correct footing and stumble she uses up the speed and energy gained from her good sprint up and then loses the height and clearance she could have gained. This can prove bad for her jumping technique and can throw off her body movement which can quite often fail to get her body clearance of the bar, or an uncomfortable and shacking landing.

Another of Kim's weaknesses lies in her long legs. Although they can be used to her advantage in the jump, with the wrong technique in jumping can also often act as a burden to her. If she fails to spring off her sprint correctly, this can cause her to be delayed in body action, making her legs the last things to cover the bar, and often hit it. This is also due to the fact that although her hips are mobile and she maneuvers them well, her back lacks flexibility. This tendency to keep a straight back through out the jump can cause her to waste energy and speed as her body is laying more area over height out flat that causes her to come down faster and the flatness of her body can often cause her to land forward and not clear the bar effectively.

3) Suggest ways in which strengths or weaknesses might be improved or corrected.

One way for Kim to improve her actual jump, would be to make her take a shorter run up. If she had hardly any run up then she would automatically have to think about the footing. Even if she started from stand still and then moved onto a step, then three steps and so on, until she is running the full distance again and thinking about what and where she is positioning her self. If this was done at low heights so she does not have to worry about clearing the bar (low enough to be achieved from stand still) she can concentrate on the footing and jump.

Confidence is another improvement that could be made to Kim's jump. As the height of the jump is raised Kim becomes more and more unwilling to jump, she begins to lose her speed and her footing deteriorates further. This could be helped by someone videoing her achieving the lower heights so that she can see that she has a good technique and comparing her self to others that can achieve greater heights, she will see that she is capable of attaining these goals. Goals - that is another improvement that could help her confidence into the jump. If Kim set her self realistic goals, like "to jump 4 cms higher than my last attempt" then when she finds that she can attain these simple, gradual goals she will feel more relaxed to attempt the bigger heights. Her confidence could also be helped if she were to practice her jumping in a partnership, with somebody she was of a similar standard to. The closeness of their results will show each other that if the other can achieve something then, so can I.

Kim could do to work on her back movement in the jump and landing and flexibility. This weakness is causing her to fail at bar clearance some of the time and is holding her back. A good warm up, especially on her back and lower shoulder area would relax them before a jump, and she would find that they bend a lot further. Relaxation of her back is what Kim really needs to work on in her jump. This can be done by in practice, starting off on very low heights and have a friend watching her jump, telling her when to bend her back. She will have no problem clearing the bar, so she can think about the position of her back, once she is warmed up and relaxed, she can put the new positions and movements into the higher jumps.

Her flexibility can be improved with stretching. If she tried to do some mild stretching before and after each practice, she would find that it would loosen her up and each time she would be able to bend it that little bit more, that little bit faster each time. Even mild stretches, such as trying to put her head on her knees and touching her toes will help.