Basic Mechanics of Leaping

- **The basic body posture mechanics of walking are required and apply to leaping.**
- **Start with single leaps.**
- **The footwork: start with both feet together, step forward with the left foot, drive the knee of the right leg up as you are pushing off the left foot, extend out the right leg in the air, and then land on the foot of the right leg.**
- **Driving the arms up and out in the direction you are moving will assist with elevation**
- **Keep the hips moving forward such that they end up right over the landing foot.**
- **Align the center of gravity (weight of the entire body) over the one foot landing – keep the chest and chin up.**
- **Slightly bend the landing legs ankle, knee, and hip joint to absorb the impact – engage the quads to gradually absorb the impact of the landing ('soft landing') - once the foot has soft landed, push the body weight through the leg and foot into the floor and engage the core muscles to maintain balance (this will help keep the entire torso from falling forward)**
- **Quickly recover with the left foot beside the right foot (shoulder width apart), to provide a more stable base.**
- **Initially keep the leaping movement at a low level. Gradually increase the height of the leap as technique allows.**
- **Move on to multiple leaps with only a small pause on both feet from leap to leap.**
- **Walk through a step/leap, step/leap, step/leap progression – gradually increase the speed of the leaps.**
- **Always enforce controlled landings.**
- **Introduce barriers in which to leap over, either single barriers or multiple barriers in a row. Start with walking, then, gradually increase speed.**
- **As strength increases over time, so will the height of the leap.**
- **Gradually take out the recovery step and move toward leap/leap/leap/leap/ ….**