

Go Bananas HJ



Objectives: To keep athletes focused and involved in a jumping activity as they wait in line to jump



Description: Athletes line up to high jump at heights designated by the coach. The first jumper in line approaches the bar and jumps. If the jumper clears the bar, everyone in line jumps vertically as high as they can in place one time. Periodically, after a jumper clears the bar, the coach will yell “Go Bananas!” and everyone will jump as high as they can (in place) for three consecutive jumps.

Variations: (1) After a clearance by a jumper, the first jumper in line does one jump, the second jumper in line does two jumps, the third jumper in line does three jumps, continuing down the line to the last person, with each person performing the number of jumps associated with the position in line. (2) After a clearance, everyone in line does one vertical jump. After two consecutive clearances by jumpers in the line, everyone does two jumps to celebrate the clearance. After a third consecutive clearance by the line, the line does three jumps. Continue to perform the number of jumps associated with the number of consecutive clearances. When the line has a miss, the count will start over.

Equipment: High jump set-up (pit, standards, crossbar)