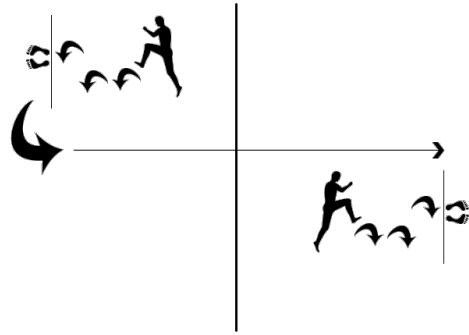


## Triple Jump Tug-of-War



**Objective:** To develop jumping power

**Description:** Form two teams with equal numbers. A tape line or rope is placed down, called the center line and marks a starting point. The first athlete from team A starts at the center line and does a standing triple jump into the opponent's side. The result will be marked (with a jump rope) where the heel of the foot lands (or the jumper falls back to). The first athlete from team B will then triple jump back toward the Team A's side, starting with the toes on the mark made by the previous jumper of Team A. Athletes take turns by alternating team triple jumping towards their opponent's side. When everyone from both teams has completed a triple jump, the winning team is the team that is in their opponent's territory. If teams are of an uneven number, make sure each team has the opportunity to take the same number of triple jumps.



**Variations:** Try using the following variations of jumping: (1) multiple triple jumps by one person each time they jump, (2) right leg only, (3) left leg only, (4) bounding.

**Equipment:** Tape or rope for starting line, jump rope to use as a marker