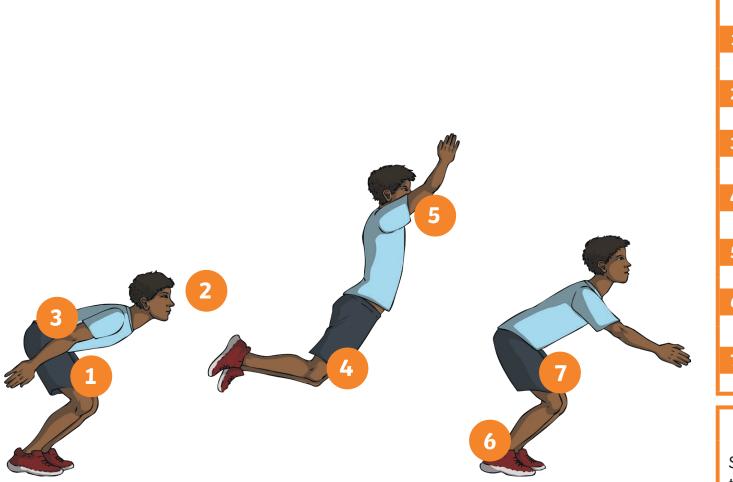
## Skill

## Standing Long Jump







## **Skills Practice**

impact on landing.

Spend a few minutes practising the technique for the standing long jump.

Don't worry about the distance too much at this stage – just focus on getting the technique right!

You may prefer a crouching or a rocking motion prior to the jump.