Central Division

The "Take Off" Movement

1. The inrun position is the basis (starting point) of a ski jump. Having a **balanced position** is key to generating the necessary power to make a great jump. For junior jumpers, it is very important to be involved in gymnastics and develop flexibility to maintain a proper position. The Norwegian Ski Team has been known to spend time on a glacier for early snow and working on the inrun position.

2. The position of the head and face angle should be similar to that of the shin angle. A coach should be able to **draw a straight line from the face to the shin angle**. This will keep a jumper balanced and on the "whole foot".

3. **Maintaining your shin angle** throughout the take-off movement will allow the jumper to maintain forward momentum, while gaining height (effect) off the take-off.

4. If you are successful with step 3, you will be in a great position to **rotate around the knee**. This motion acts as a pivot point (similar to that of a catapult) and allow for your upper body to be kicked into the proper position.

5. As the rotation is occurring, the jumper must be **driving through their heels** or "pushing against the take-off" or "jumping through the whole foot". It is important to be in good balance while this movement is occuring.

6. Driving through the heels coupled with rotation around the knee will position the jumper higher over the knoll and maintaining speed, resulting in maximum distance. Simple physics really, like that of an airplane, you want to maintain your speed for flight while achieving maximum height. This **transfer of energy** has to happen.

7. The move should always be continuous, powerful and smooth. This is very similar to swinging a baseball bat or kicking a soccer ball. Try doing that in a jagged motion to see the result.

8. It is hard concept for kids to accelerate off the end of a ski jump and get the necessary height, so most coaches work with kids on **moving with your speed.** By pushing through the heels and rotating around the knee, a jumper should be able to maintain their speed while achieving power on the end.
   - An easy thing to do at a higher rate of speed is to "snap the knees back". This gives the jumper a sensation of being quick and aggressive on the take-off, but does not result in much power.

9. After all that, we are almost there!

10. The jumper should never hesitate over the knoll and should be continuing with a long move. To **keep the move going** is like the follow through on a golf swing. Try hitting a golf ball and stopping at the bottom of the swing. What does that get you?
    - The results may not be as ugly on a ski jump all the time, but bring the speed down on tournament day and watch what happens.

11. Looking good, keep it up!

12. If you have completed your move through the "whole foot", the jumper should be poised to **lock up those ankles** in the early stages of flight and will enjoy the ride all the way to the bottom.

13. Bye-Bye (looking at a top 2 finish in a SuperTour)!