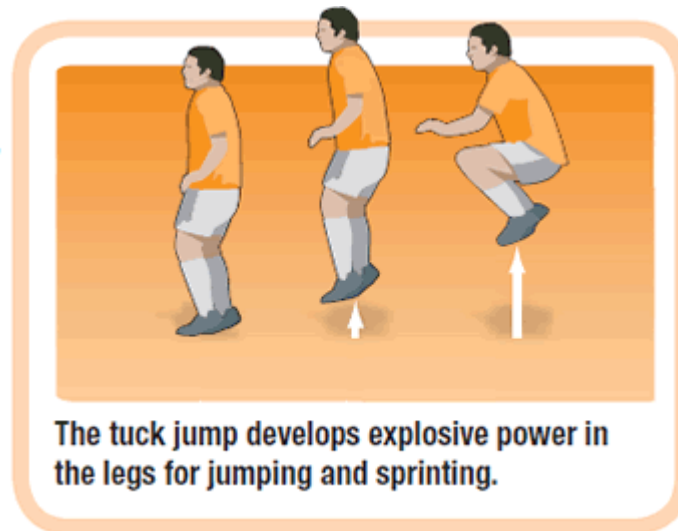


# The tuck jump

By David Clarke

The tuck jump should be performed on grass and in short bursts. Five tucks in a set, players should do five sets with 60 seconds' rest between each set.



- Start by bouncing on the balls of the feet.
- Drive up explosively with the arms and push hard off the ground with the feet.
- Pull the knees up as high as possible to the chest.
- Land on the balls of both feet and bounce a couple of times before repeating.
- As the knees are pulled into the chest, players should tighten the core muscles around the stomach to maximise the conditioning effect.