



Name _____

Jumping Techniques Word Search

Q A L P A F D W W K K D B X I D A R W F I D
 L O W E R B O D Y C O O R D I N A T I O N I
 D P X T T W U O A R Z K J P Z O O R U R D S
 L H P A R Q B U T V F L J S X C P O W W T A
 C R W D W E L K A P U S E L Y T P P H A J X
 S P R A N O E F C Y L T A G U I G T I R M H
 A C V N O C A H O O C A F A C X E I T D V S
 B Q A U F M R X V G M G N X P Y X M C M D A
 C W E O N L M V Y C U G V T K B C A H O D I
 X I O H Y C S Y E I P E M G V D H L K M P L
 A R N K K M T G A M L R K T A D O T I E F T
 Z V K U X Y Y Y U P R E U E H X B R C N N E
 R H S H O I L J B D A D H A A R O A K T G C
 Q R H C X E E C V Q R L C M N L D J K U J H
 J R B B W D P G O S M A I D G S Y E L M L N
 U M C R I U T D G Q T N W S S M B C R J H I
 L F W R H Y E R Z B H D L K T K A T B Y Y Q
 Y F T T R A D Z V Q R I R F Y C L O A F J U
 J S X X H H D G R O U N D C L E A R A N C E
 H K N G D M B F K I S G C I E S N Y Y M T A
 I E L J G P S C Q U T S C M N U C Q U Q V F
 K W Q Y P F J D U I H W Q K N E E T U C K X

Lower body coordination
 Forward momentum
 Optimal trajectory
 Hitch-kick
 Hang style

Stride jump
 Sail technique
 Double-arm style
 Knee tuck
 Staggered landing

Foot plant
 Leg cycling
 Arm thrust
 Ground clearance
 Body balance

