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## What is a jump cut in football

PERFECTING THE CUT JUMP By: Doug Heslip I've found myself fascinated by the jump cut. I think about it when I'm in church, the grocery store, the road trip and many times I dream about it. I took this as a sign to make every attempt to perfect the jump cut. Could something be perfect? No, but I can't help but think I can get the perfect jump cutting mechanics. Jump cutting is a must-find tool in any running back toolbox. The ability to jump sideways and then accelerate forward is a key skill to destroy a defender trying to wrap up. I've studied the jump cut and seen a wide variety of jump cuts. They all look similar, but there are differences only based on the mechanical advantages or disadvantages that your reverse may have. Some athletes are longer limbs, some are blessed with an abundance of fast muscle fiber, some are stronger, some have crested feet, some may accelerate like a rocket and some have great vision. Great esensos will have most of these features, but I've found even with these gifts, you can improve your jumping cutting ability to make it even more effective. Average running back can signal your elusiveness by some training signs to improve your jump cut. The goal is to bring a C+ running back and make it an A running back. I think this can be done. The first thing you need is a child who has some want it. If your C tailback has a great work ethic this will be fun and very rewarding. If your A+ queue has a great engine, listen and want to compete, this guy is special. The following drills I've implemented over the years. I've noticed that these drills have made a difference. If the difference improves motor skill and confidence in the back then use them. PLANE FRONTAL JUMPING Do not ignore the front plane. The front aircraft is crucial in the development of the jump cut. Make no mistake. The first exercise I do is to have the athlete standing next to a plyo box. I've got them in their snap down. A snap is a technique that prepares the athlete to jump and land properly with a proud chest. See all 24 photos. I start some athletes jumping into a low box to get the feeling of jumping on the front plane. Once you have shown the ability to land properly I progress and increase the height of the box. I explain to them that jumping on the front plane is like a windshield wiper crossing a car window. The athlete jumps sideways up and to the top of the box. I want them to keep their hips straight when they land and my chest takes pride. I don't want them to talk. Be sure to do it on either side of the box. HOPSSSI FRONT PLAN you are jumping into the Take a short jab step with your left foot. Load and explode out of the short jab step with your left leg. Jump as far as you can out of your left leg and land on your right leg. It's okay if you need to use your leg as a kick to stabilize. Once you are stable, follow hop through the plant. My athletes jump six times in one direction. Once six jumps are completed we continue the other way around with the opposite leg. LOW BOX JUMPSHave your athlete put his right foot in the box low and his left foot will be on the ground outside the low box. Have them take a micro jump to the right. The right foot will now be on the ground and the left foot will replace the right foot and be at the top of the lower box. When your right foot is about to hit the ground, aim at your athlete to stick your foot on the ground and have your hips, knee and ankle in alignment. The ankle should be ridgeed to help push it out when jumping back left. Also the right leg should be extended out of the box. This will help create the angle of cinnamon we need to prepare the body to return to the opposite path. I start with a jump and advance to a total of three consecutive jumps when I see the right mechanics. STABILITY BALL RESPONSE DRILLA favorite among athletes I train. Let your athlete get away from you about 10 to 15 yards. The coach is at one end of the playing surface and the athlete is on the opposite side. They place two pacifiers on the floor. I'm both at a 90 degree angle. Let his running back approach the two tackle dummies and make a jump cut with a football secured on his arm. Once you've cleaned both pacifiers you have it run straight to you. As he gets closer he throws a stability ball. It can be bounced or thrown in the air without bouncing. You have to answer the ball and not get hit with it. You can use a spin motion, cut jump, and quick feet to avoid the stability ball as it is reaching it. If the stability ball hits him he is considered tackled. AGILITY SCALE FRONT FLAT AND SAGITTARAL PLANE CONE HOPSI saw Lee Taft use the agility scale in this way. Now I use this with my football players. I take my ladder and put it across the floor like everyone else does. Then I take four to five cones and place them in squares down the staircase. Cones act as defenders and should be avoided. I never put a cone in the first place. I have my athletes standing on one leg with a football secured on their arm. Then they go up forward. When they encounter a cone they have to jump to the side to avoid the cone/defender. Now they have to get back on the agility ladder and land in a vacant square. They continue down the staircase by jumping to the side each time they encounter a cone. I have them do this twice on each foot. Of course they have to do this on the front plane as well. Let your athlete climb the ladder on the front plane. When they encounter a cone they jump off the ladder forward and then jump back in a vacant square. They keep coming down the ladder this way. I also have my athletes make a zigzag pattern, since in the sagittarius plane. This is an excellent way to strengthen muscles and tendons in the foot. Weak feet will cause delays and

each foot must live up to the task to take the lead role. FRONT AIRPLANE JUMPHave your athlete stand on top of a plyo box. Let them take one of their legs and spread it over the box. At this point they stand on one leg at the top of the plyo box. Let them fall to the ground and land a foot on the foot that stretched over the box. At this point the leg where they landed must have a slight bend. Now they are loaded to explode on the front plane. From here I instruct them to jump as far as they can on the front plane and land on the opposite leg. This is an advanced leap. I schedule it after I'm sure they're strong enough and have shown the ability to land safely on one leg. You have to bring a football while they do this. SUMMARYAdvisi your athletes who have to charge to explode out of your jump cut. They need some knee curve. Excessive knee curve will make your athlete go in the opposite direction from where they want to go. This will also take too long to readjust. They will be addressed because of the time it took them to get out of a bad position. As I said earlier, you need some knee curve, but at the same time your hip, knee and ankle should be in alignment and stiff. Stiffness will prevent excessive curve of the knee and save time. When they have completed the jump cut they are now ready to run forward. I instruct them upon landing to enter a slight split position if possible. This will put them in a ready position to accelerate as quickly as possible. Be sure to train both legs as the main leg. We cannot have a weak foot that can be called upon to start the acceleration process. I know things can't be cookie cutter and landing in a split position all the time is not reality. I have to practice landing on two parallel legs, landing on one leg, and causing them to practice speeding off their cut jump when a worst case scenario is presented such as falling backwards, slipping, etc. The ability to cheat is critical. Make sure your athletes know how to cheat/land to reduce the chances of injury. That said, the ability to deceive and reaccelerate should be done as quickly as possible. If your athletes stick and stay they will cope. I love barefoot training. The foot is full of nerves. The nerves at the bottom of the foot love to be stimulated. Barefoot training keeps nerves sharp and will improve response time. I tell my athletes to walk barefoot as much as possible. These are some seeds that I have found to be very effective with the athletes I work with. I can on Facebook. I have a Facebook page called Heslip Sports Performance. Make a coup, I have a variety of drills that can help you and your athletes. About Envelope Author: Coach Doug Heslip is a sports performance and football coach at Negaunee, Michigan and coach at Heslip Elite Sports Performance Training. He has been coaching football and coaching athletes for 20 years. Coach Heslip is an instructor at U.S. Soccer/Green Bay Packer training clinics at Lambeau Field and has been for nearly 10 years, rated the station's No.1 as being surveyed by coaches after instruction. He is also a football coach for the U.S. team. Coach Heslip has written several articles published through American Football Monthly and has a DVD Running Back through American Football Monthly, peer-reviewed and labeled excellent. He also received the Governor's Service Award from Michigan State for coaching football. Today, my plan is to expand on some of the thoughts I shared on my last blog and discuss the various cutting actions that I commonly see being executed by the game's best spheres while highlighting some of the advantages and disadvantages of each. Cut variation #1 - The crossover description: Due to the speed of the game, cross-cutting is the one most often used not only for RB but all over the field in various positions. Although executed very quickly, the crossing can put the athlete at greater risk at times (as discussed below). The crossing runs when the athlete is running linearly (i.e. straight) and must make a less strong change of direction either way (usually about 45 degrees from the direction he was traveling) and the athlete chooses to use the inside, decelerating his foot to double as his plant foot to where he will then spin his COG over the top of it and take him in the direction The crossing runs more often for NFL players because it's the one they grew up running most often. This occurred not only because many of our specific football drills will be conducive to their development, but many players were also better than their opponents in each qualifying level they played so they could easily stop on a dime that way and quickly make someone else look silly. Advantages: In the open field, the crossing is possibly the fastest because an RB can maintain great speed going into the plant as well as out of it because of the higher positions found throughout the movement pattern. If the athlete possesses the physical qualities and technical mastery to carry it out properly, his execution will leave the opponent often still well in his slowdown/breakdown of the action when the running back will already be in his reacceleration phase. Disadvantages: A high COG position is typically found the cross cut resulting in additional torque action that occurs when someone spins/changes on a foot that is firmly planted on the floor and can put the integrity of the knee joint to risks of injury. As an athlete's center of gravity gets higher... either because of their natural height or because the degree of bending of the knee they use in the cut ... this additional stress increases, too. That's why when I have a running back they come to me that has had previous knee integrity issues and/or if the athlete is over 6 feet tall (that's give or take it as my arbitrary cut-off point that I've found to be the turning point) I'll try to eliminate its use on the field and instead try to use a power outage or speed instead. Examples in the League: Jamaal Charles, Arian Foster Cutting Variation #2 – The Power Cut Description: A power cut description: A power cut is used when an athlete is quickly reduced to a vegetable leg found on the outside of the direction he wants to go (i.e. the opposite direction). This allows you to enter a more powerful coiled position and take advantage of the storage of energy in this downward action. Depending on the directional angle of reacceleration that the athlete wants to go to, a variation of the power cut can be used in many of the one-leg side cuts that occur in some of the zone's blocking schemes that are used today in the league. Normally guys who possess a naturally lower center of gravity are more used to using this kind of cutting motion action. This is because they are able to more easily expand their support base and reach deeper ranges of motion while not bending at the waist in order to get lower. That's also why guys who use this style most often are more heavily muscled through their quadriceps and/or buttocks. Advantages: A power cut places many larger muscle groups in stretching during the plant phase and can therefore greatly improve the strength effort that comes back into reacceleration (hence the term 'power outage'). Because most power cutting stocks fit more square feet compared to not only one's opponent, but also the direction you were originally traveling, you can literally go in any direction of your stop cutting action. In addition, you can usually place the foot of the outer floor at more distances from the vertical line of force and, therefore, you can find more extreme angles of this leg compared to the other variations of cuts that translate into a more optimal line of force in the reacceleration phase. Disadvantages: Boys who have higher centers of gravity (i.e. the luckiest lucky guys in the world) will sometimes have a hard time taking their bodies through the elongated range of movement used in a power cutting action Executed. If they force this problem, they will begin to lose balance and stability and quickly find themselves wanting to resort again to other cutting behaviors. Examples in the League: Ray Rice, Maurice Jones-Drew Cutting Variation #3 - The speed cutting description: Speed cutting is basically a modified power outage made less width between the feet and less range of motion/depth in both the hips and knees. The reacceleration force vector and body angle remain more vertical and the center of gravity remains higher during planting action. So, as its name would entail, it takes place much more quickly than the traditional power outage that runs in the field although it may look similar to its counterpart on the surface. Depending on the entry speed, guys can have a wide range of freedom/radius movement for reacceleration (which makes it more advisable than cross-cutting at high speeds of movement). Advantages: In your name it would imply that speed cutting can occur very quickly with very little loss of speed. In addition, it is sometimes easier to use than a deeper/wider power outage, but it will give you a great balance between your sister action (i.e. power outage) and a cross cutting. It is also safer than a crossover for guys who have a greater center of gravity (because the body doesn't have to change over the knee while planting at a higher knee angle and a more compromising position). Disadvantages: If the athlete has not developed an enormous capacity for absorption of eccentric force makes it very unrealistic to expect to use speed cutting efficiently. This is because the high moving speeds in the cut will not be able to be controlled due to the position and energy actually dissipating/filtering sometimes causing the cut to actually take longer. Examples in the League: LeSean McCoy, Percy Harvin Cutting Variation #4 - The Jump Cut Description: The jump cut is practiced a lot in football-specific circles. It actually isn't really used frequently on the field, as it's both difficult to master and the demands of the game don't usually allow it (at least at the highest levels of qualification). The jump cut occurs when an RB literally jumps into its plant and its cut before also jumping out of it and in a position to reaccelerate in another direction. It can happen behind the scrimmage line when a man may be getting in the way of a back or in the open field (much less often) when they have to get out of harm's way quickly. Advantages: If you know where you want to go in reacceleration and when executed correctly, the jump cut occurs very quickly. You can get someone around traffic and get back to reacceleration very quickly. In addition, it will allow someone to make the most of the body's elastic stored energy and reactive capacity (i.e. the stretch shortening cycle). Disadvantages: Like speed cutting, many athletes do not possess the qualities of eccentric force absorption to effectively execute this cutting style during of play. Therefore, when they try to do it, there is a lot of energy dissipation and cushioning in the joints of the kinetic chain (in this case the hip, knee and ankle)... This reacceleration more dependent on concentric force, which is exactly what someone should use this cutting style to combat. Examples in the League: Adrian Peterson, Marshawn Lynch Cutting Variation #5 – The Lunge Cut Description: The pulmonary cutting pattern is what happens when an athlete finishes with his foot braking low well in front of his vertical line of strength and a stimulus in the environment requires him to make a quick directional change. It is usually used while between the spots just after a back has come through the hole and is still in tight spaces or has just reached the second level. The pulmonary cut seems to work more effectively for those esenses that are not too small in stature or too high... usually in the range of 5'10-5'11 and are very stable and strong in unilateral patterns. Advantages: If an athlete has enormous unilateral stability, mobility and eccentric control, the lung cut can be advantageous especially with environmental demands witnessed at the highest levels of qualification (i.e. the NFL). Lung cutting can be used in very narrow spaces to redirect one's own and reaccelerate in any number of addresses so that a variety of reacceleration patterns can occur outside it. Disadvantages: When most athletes find themselves in this type of position in both traffic and open field they often get very long with their penultimate floor step (i.e. from second to last until the last steps). This usually happens because they're out of control, they're moving too fast on these steps, or that's how they've trained (note: think about the way most people are out there training lung patterns!). Examples in the League: Chris Johnson, Doug Martin Martin

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