

# SPORTSMETRICS JUMP TRAINING

Dr. Walter R. Lowe

Warm-up:

- 2 laps of jogging/skipping
- 2 laps of side shuffle
- Stretch for 5 to 10 minutes

Cool-down:

- Walk or light jog
- Stretch for 5 to 10 minutes
- Ice (if needed) for 15-20 minutes

## PHASE 1: TECHNIQUE DEVELOPMENT

	TIME	WEEK 1 # OF REPS			WEEK 2 # OF REPS		
		MON	WED	FRI	MON	WED	FRI
Wall Jumps	20 sec	_____	_____	_____	25 sec	_____	_____
Tuck Jumps	20 sec	_____	_____	_____	25 sec	_____	_____
Broad jumps-stick landing	5 reps	_____	_____	_____	10 reps	_____	_____
Squat Jumps	10 sec	_____	_____	_____	15 sec	_____	_____
Cone Jumps							
Side-to-side	20 sec	_____	_____	_____	25 sec	_____	_____
Back-to-front	20 sec	_____	_____	_____	25 sec	_____	_____
180 Jumps	20 sec	_____	_____	_____	25 sec	_____	_____
Bounding in Place	20 sec	_____	_____	_____	25 sec	_____	_____
Total Contacts		_____	_____	_____	_____	_____	_____
		Maximum goal per day of total contacts = 120 contacts			Maximum goal per day of total contacts = 150 contacts		

## PHASE 2: FUNDAMENTALS

	TIME	WEEK 3 # OF REPS			WEEK 4 # OF REPS		
		MON	WED	FRI	MON	WED	FRI
Wall Jumps	30 sec	_____	_____	_____	30 sec	_____	_____
Tuck Jumps	30 sec	_____	_____	_____	30 sec	_____	_____
Jump,jump,jump,vert jump	5 reps	_____	_____	_____	8 reps	_____	_____
Squat Jumps	20 sec	_____	_____	_____	20 sec	_____	_____
Bounding for Distance	1 run	_____	_____	_____	2 runs	_____	_____
Cone Jumps							
Side-to-side	30 sec	_____	_____	_____	30 sec	_____	_____
Back-to-front	30 sec	_____	_____	_____	30 sec	_____	_____
Scissors Jump	30 sec	_____	_____	_____	30 sec	_____	_____
Hop, hop, stick (double)	5 reps	_____	_____	_____	5 reps	_____	_____
Total Contacts		_____	_____	_____	_____	_____	_____
		Maximum goal per day of total contacts = 160 contacts			Maximum goal per day of total contacts = 190 contacts		

## PHASE 3: PERFORMANCE

	TIME	WEEK 5 # OF REPS			WEEK 6 # OF REPS		
		MON	WED	FRI	MON	WED	FRI
Wall Jumps	30 sec	_____	_____	_____	30 sec	_____	_____
Step,jump up,down,vertical	5 reps	_____	_____	_____	10 reps	_____	_____
Scissors Jump	30 sec	_____	_____	_____	30 sec	_____	_____
Single leg jumps distance	5 reps/leg	_____	_____	_____	5 reps/leg	_____	_____
Squat Jumps	25 sec	_____	_____	_____	25 sec	_____	_____
Jump into bounding	3 runs	_____	_____	_____	4 runs	_____	_____
Single leg hop,hop stick	5 reps/leg	_____	_____	_____	5 reps/leg	_____	_____
Total Contacts		_____	_____	_____	_____	_____	_____
		Maximum goal per day of total contacts = 220 contacts			Maximum goal per day of total contacts = 250 contacts		

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### JUMP DESCRIPTIONS

#### 180 JUMPS

Two-footed jump, rotating 180° in mid-air. Keep arms at the side in a 90° angle. Hold each landing for 2 sec. Repeat in reverse direction

#### BOUNDING FOR DISTANCE

Start bounding in place and slowly increase distance with each step, keeping knees high.

#### BOUNDING IN PLACE

While leaning forward over the toes, jump from one leg to the other straight up and down, progressively increasing rhythm and knee height.

#### BROAD JUMP-STICK LANDING

Two-footed jump as far as possible. Hold landing (knees bent) for 5 seconds.

#### CONE JUMPS

With feet together, jump side-to-side over cones quickly. Then perform jumps forward and backward. (♦)

#### HOP, HOP, STICK

Perform three single leg hops, holding the third landing for 5 seconds with knees slightly bent. Increase distance of hop as technique improves. Alternate legs. (♦)

#### JUMP INTO BOUNDING

Two-footed broad jump. Land on single leg, then progress into bounding for distance. (♦)

#### SCISSORS JUMP

Start in stride position with one foot well in front of the other. Jump up, alternating foot positions in mid-air.

#### SINGLE LEG JUMPS FOR DISTANCE

One-legged hop for distance. Hold landing for 2 seconds with knee slightly bent. (♦)

#### SQUAT JUMPS (FROG JUMPS)

Standing jump raising both arms overhead, land in squatting position touching both hands to the floor. (♦)

#### STEP, JUMP UP, DOWN, VERTICAL

Two-footed jump onto a 6 to 8 inch box or stacked gym mats. Reverse and jump forward off box with two feet. After landing, quickly jump straight up with arms raised overhead.

#### TUCK JUMPS

From standing position, jump and bring both knees up to chest as high as possible. Repeat quickly. (♦)

#### WALL JUMPS (ANKLE BOUNCES)

With knees slightly bent and arms raised overhead, bounce up and down off toes.

#### JUMP, JUMP, JUMP, VERTICAL

Three broad jumps with vertical jump immediately after landing the third broad jump. Raise arms straight up with vertical jump.

### **IMPORTANT INFORMATION:**

- ⇒ (♦) These jumps performed on a surface such as a track or gym mats.
- ⇒ Proper form is a must!
- ⇒ Stop when the athlete loses proper form or fatigue has set in.
- ⇒ Rest time is double the jump time. 30 sec rest for rep jumps.