

Sportsmetrics™ Jump Training
Dr. Robert Klitzman

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

	WEEK 1 # of Reps			WEEK 1 # of Reps				
	TIME	MON	WED	FRI	TIME	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		-----	-----	-----		-----	-----	-----
		Maximal goal per day of total Contacts = 120 contacts				Maximal goal per day of total Contacts = 150 contacts		

PHASE 2: FUNDAMENTALS

	WEEK 3 # of Reps			WEEK 4 # of Reps				
	TIME	MON	WED	FRI	TIME	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		-----	-----	-----		-----	-----	-----
		Maximal goal per day of total Contacts = 160 contacts				Maximal goal per day of total Contacts = 190 contacts		

PHASE 3: PERFORMANCE

	WEEK 5 # of Reps			WEEK 6 # of Reps				
	TIME	MON	WED	FRI	TIME	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		-----	-----	-----		-----	-----	-----
		Maximal goal per day of total Contacts = 220 contacts				Maximal 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 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.