

# Sportsmetrics Jump Program

## Dynamic Warm-Up

- Walking Knee Hugs
- Walking Quad Stretch
- Soldier Walks
- Lunges Forward
- Lunges Backward
- World's Greatest Stretch
- Sidesteps
- High Knees
- Butt Kicks
- A-Skips

## Phase 1: Technique Development

		Week 1 # of Contacts			Week 2 # of Contacts			
Type of Jump	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			
Line Jumps: side-to-side	20 sec				25 sec			
Line Jumps: 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 total contacts = 120				Maximum goal per day total contacts = 150		

## Phase 2: Fundamentals

		Week 3 # of Contacts			Week 4 # of Contacts			
Type of Jump	Time	Mon	Wed	Fri	Time	Mon	Wed	Fri
Wall Jumps	30 sec				30 sec			
Tuck Jumps	30 sec				30 sec			
Jump, jump, jump, vertical jump	5 reps				8 reps			
Squat Jumps	20 sec				20 sec			
Bounding for Distance	60 ft				2 x 60 ft			
Cone Jumps: side-to-side	30 sec				30 sec			
Cone Jumps: back-to-front	30 sec				30 sec			
Scissor Jumps	30 sec				30 sec			
Hop, hop, stick (double)	5 reps				5 reps			
Total Contacts								
		Maximum goal per day total contacts = 160			Maximum goal per day total contacts = 190			

## Phase 3: Performance

		Week 5 # of Contacts			Week 6 # of Contacts			
Type of Jump	Time	Mon	Wed	Fri	Time	Mon	Wed	Fri
Wall Jumps	30 sec				30 sec			
Step, jump up, down, vertical	5 reps				5 reps			
Scissor Jumps	30 sec				30 sec			
Single leg jump distance	5 reps				5 reps			
Squat Jumps	25 sec				25 sec			
Jump into bounding	2 x 60 ft				3 x 60 ft			
Single leg hop, hop, stick	5 reps				5 reps			
Total Contacts								
		Maximum goal per day total contacts = 220			Maximum goal per day total contacts = 250			

## Jump Descriptions

<b>Wall Jumps</b>	With knees slightly bent and arms raised overhead, jump up and down touching the wall above you.
<b>Tuck Jumps</b>	Bend your knees and jump, bringing both knees up to your chest quickly.
<b>Broad Jumps</b>	Two-footed jump as far as possible. Hold landing (knees bent) for 3 seconds.
<b>Squat Jumps</b>	Lower quickly into a squat position - touching hands to the floor, and jump up raising arms overhead. Land in a squat position and immediately jump again.
<b>Cone Jumps Side-to-Side / Back-to-Front</b>	With feet together, jump side-to-side over cone quickly. Then perform jumps back to front.
<b>180 Jumps</b>	Stand with feet shoulder width apart and jump rotating 180° in mid-air. Hold each landing for 2 seconds and repeat in the reverse direction.
<b>Bounding in Place</b>	While leaning forward over the toes, jump from one leg to the other straight up and down, progressively increasing rhythm and knee height.
<b>Jump, Jump, Jump, Vertical Jump</b>	Three broad jumps with vertical jump immediately after landing the 3 <sup>rd</sup> broad jump. Raise arms overhead with vertical jump.
<b>Step, Jump Up, Down, Vertical</b>	Two-footed jump on an 6-12 inch box. Jump off box with 2 feet. After landing, quickly jump straight up with arms raised overhead.
<b>Scissors Jump</b>	Start in lunge position with 1 foot well in front of the other. Jump up, alternating foot positions in mid-air.
<b>Single Leg Jump Distance</b>	One-legged hop for distance. Hold landing for 3 seconds with knee slightly bent.
<b>Jump into Bounding</b>	Two-footed broad jump. Land on single leg, then progress into bounding for distance.
<b>Single Leg Hop, Hop, Stick</b>	Perform 3 single leg hops, holding the 3 <sup>rd</sup> landing for 5 seconds with knee slightly bent. Increase distance of hop as technique improves. Alternate legs.
<b>Bounding for Distance</b>	Start bounding in place and slowly increase distance with each step, keeping knees high.
<b>Hop, Hop, Stick (Double)</b>	Perform 2 single leg hops, landing from the 2nd hop with both feet. Increase distance of hop as technique improves. Alternate legs.