

## ***HIGH JUMP TRAINING ACTIVITIES***

### **LAYOUT DRILLS**

Assisted Dolphins                      Back Arches on ground  
Un-assisted Dolphins  
Box Layouts  
Two-footed Backwards Layouts  
Short Run Jumps off of Small Box

### **APPROACH DRILLS**

Circles  
Figure Eights  
Serpentines  
First Five Steps (consistency)

### **HIGH JUMP TECHNIQUE DRILLS**

Six Step Half Circle Jumps (Scissor/ Somersault/ Full Jump/ Head Touches) r=18  
Six Step Jumps (Scissor/ Somersault/ Full Jump/ Head Touches)  
Four Step Jumps off of Box (6 in. or less)

### **HIGH JUMP STRENGTH/ TECHNIQUE DRILLS**

Jump up onto stacked pits w/ weight vest (six-step)  
High Jump off of (step off) high runway over bar (six-step)  
High Jump over sideways piece of pit (six-step)

### **PLYOMETRIC HIGH JUMP DRILLS**

Skipping for height (double arm) w/ and w/o vest  
Hopping up stairs (single and double leg) w/ and w/o vest  
Forward and Lateral (single leg) Box Jumps (1 Box)  
Lateral Squat Jumps (w/ or w/o vest)  
Lunge Exchanges (w/ or w/o vest)  
Forward Box Jumps (w/ or w/o vest) & (w/ or w/o hurdles)  
Four Step Head Touches with bungee (w/ or w/o vest)  
Straight Leg Single Leg Hops (assisted or unassisted)  
Straight Leg Hurdle Hops over green hurdles  
Sand Hops (forward, backward, lateral) w/ or w/o weight vest  
Skipping for height while being held by bungee (w/ or w/o vest)  
Burpies w/ vest  
Jump rope with vest (single and double leg)  
Single leg knee to chest w/ vest

### **HIGH JUMP FLEXIBILITY**

Hurdle Cable Drills  
Hurdle Walking  
Hurdle Skipping w/ cable resistance  
Back Arches  
Lateral Duck Walks

### **HIGH JUMP STRENGTH DRILLS**

4-Way Hip Machine  
Squat Machine  
Leg Extensions  
Back Extensions  
Box Step-ups (slow and low) HEAVY  
Lunge Walks  
Rocket Jumps  
Clean Combos  
Dynamic Box Step-ups  
Jacks  
Back Squats  
Leg Toss (w/ medicine ball)  
Flexion Walks  
Toe Raises  
Two Hop Chest Passes (medicine ball)  
Lunge w/ Chest Pass (medicine ball)  
Jump Rope w/ vest  
Dead Lifts w/ diamond bar  
Ramp Walks w/ bar

### **MULTI THROWS**

Overhead Backwards  
Between Leg Forward  
Two Hops Chest Pass  
Hammer Throws (L) & (R)  
Hip Throws (L) & (R)

### **FITNESS CIRCUIT**

Push-up w/ twist  
Lunge w/ twist mb in hand  
Supermans  
Lateral Duck Walks  
Burpies  
Prone Flex Hip Extension  
Supine Single Leg Bridge  
Opposite Hand/ Foot Touches  
Leg Toss w/ mb  
Back Arches  
V-Sit-ups  
L-Overs