**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/ Summersault/ Full Jump/ Head Touches) r=18
- Six Step Jumps (Scissor/ Summersault/ 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