

Functional Jump Drills for all Ages



Ed Miller

My Philosophy for Training Jumpers

1. Maximize your training time
2. Keep athletes active during workouts!
3. More is not better
4. Introduce concepts first, then put the technical parts together. "Talk it, Walk it, Do It!"
5. Develop your natural body strength before you start lifting
6. Most Importantly, Have fun!

Preparation Drills for Jumpers

1. Dynamic Warm Up

1) 30M ALTERNATING JOG & SKIP	X 4
2) 30M SIDEWAYS SKIPPING	RIGHT & LEFT – X2
3) 30M BACKWARDS SKIPPING	X 2
4) 30M CARIOCAS W/AGGRESSIVE KNEE	RIGHT & LEFT – X2
5) 30M JUMPING JACKS	FORWARD – X2
6) 30M JUMPING JACKS	BACKWARDS – X2
7) ANKLE ROTATIONS	10 RIGHT – 10 LEFT
8) KNEE ROTATIONS	10 RIGHT – 10 LEFT
9) HIP ROTATIONS	10 RIGHT – 10 LEFT
10) ARM ROTATIONS	10 RIGHT – 10 LEFT
11) SHOULDER SHRUGS	10 RIGHT – 10 LEFT
12) DYNAMIC LEGS SWINGS	RIGHT & LEFT X 15
13) DYNAMIC BUTTERFLIES	X 15
14) STANDING HAMSTRING	20 SECONDS EACH LEG
15) KNEELING QUAD – HIP FLEXER STRETCH	20 SECONDS EACH LEG
16) WALKING PSOAS STRETCH	6 STEPS
17) PARTNER SHOULDER STRETCH	HOLD 20 SECONDS
18) RUSSIAN TWISTS	10 STEPS – X 3

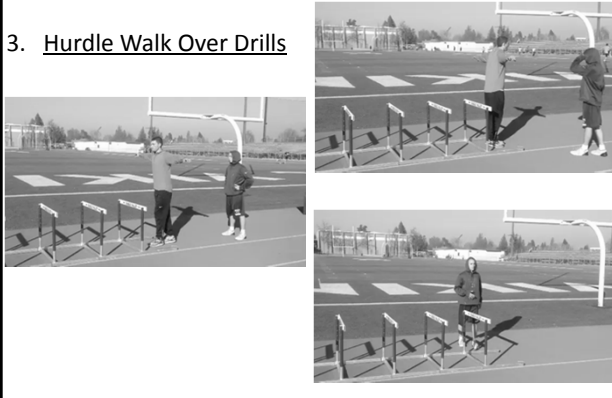
Preparation Drills for Jumpers

2. Sprint Drills

1) BEAR HUGS	20M X 3 → SKIP BACKWARDS
2) ZOMBIES	20M X 3 → SKIP BACKWARDS
3) TOE UPS	15M X 2 → SKIP BACKWARDS
4) DORSI POPS	20M X 2 → SKIP BACKWARDS
5) FOLD UPS	20M X 3 → SKIP BACKWARDS
6) SOLDIERS	30M X 2
7) FALLING STARTS	30M X 2
8) 3 PT. STARTS	30M X 2
9) HOP-HOP STARTS	30M X 2

Preparation Drills for Jumpers

3. Hurdle Walk Over Drills



Preparation Drills for Jumpers

4. Plyo-med ball drills (postural integrity-tendon)
5. Circuits
 - a. Example: walking lunges 30m, low intensity RRL then LLR bounds, inch worms
6. Well balanced core program (good examples online)
7. Train the nervous system to react faster

H.J. Drills

1. Bar walk drill
2. Circle drill w/jump
3. Arm-up H.J. drill
4. Back layout drills (off ground then box)
5. Figure 8 drills
6. Extensive work on approach (in front of bar)

Bar Walk Drill



Circle Drill with Jump



Arm Up Drill



Back Layout Drill (off ground then off of a box)



Figure 8 Drills



Extensive Work on Approach
(in front of bar)

1. Develops confidence and rhythm in the approach
2. Makes approach a secondary thought

Horizontal Jump Drills

1. Settle Jump
2. Long Jump Drills
 - a. 3-Step
 - b. 6-Step
 - c. 12-Step
3. 10 Cone Drill w/take off (3in. box)
 - a. Spacing
4. 3 Cone Drill w/jump and landing
5. 21 Hurdle Sprint Drill
 - a. Spacing

Settle Jump

Long Jump Drill

1. 3 step
2. 6 step
3. 12 step

10 Cone Drill w/ Take Off



3 Cone Drill w/ Jump



21 Hurdle Sprint Drill

Discussion