


2019 Athletic.net SuperClinic – Derrick Bell Effective Jump Training for High School Jumpers

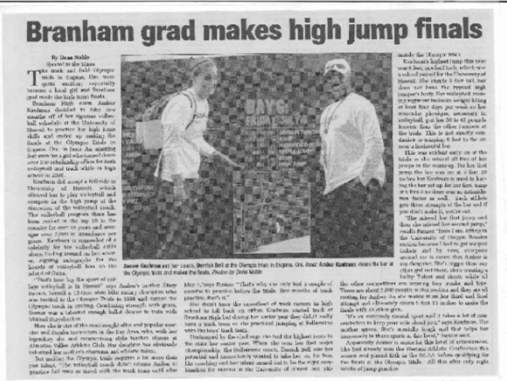


BELLARMINE JUMP PROGRAM

COACH DERRICK BELL
BELLARMINE COLLEGE PREP, SAN JOSE, CA

COACHING BIO

- Derrick Bell, born in Syracuse, New York, moved to California in 1971 where he was a triple athlete until a career ending injury his junior year.
- In 1983, Derrick Bell began coaching track in Menlo Atherton, starting a lifelong profession. His first state championship, female high jump, came in 1990. Following in 1991, the same athlete returned to states to take 2nd place.
- In 1992, Derrick moved to Bellarmine College Preparatory, a school famous for their athletics and Jesuit history. At Bellarmine, Derrick continues to coach and educate the whole person, also coaching Bellarmine's sister schools and a few athletes in private lessons.
- In 2008, Coach Bell's former track star took him to the Olympic qualifying rounds in Eugene Oregon; a career highlight. Amber Kaufman, ranked 24th, made the finals, before finishing 12th.
- When asked about his 30-year career, his response: "When you love what you do, the years don't seem that much. My main goal is to get my kids to the next level. With that, it's great to see them when they return from college."
- Accomplishments include:
 - 18 WCAL team titles
 - 6 athletes placing in State meets
 - 10 CCS Team titles
 - 10 Individual CCS Champions



Branham grad makes high jump finals

By Dave Biele

It was a great day for Branham as it was for the state high jumpers. Branham's own, Amber Kaufman, was in the finals of the high jump at the Oregon State Meet in Eugene, Ore. She finished 12th, a career highlight for the 2008 Olympian.

Coach Derrick Bell, who coached Kaufman at Bellarmine College Preparatory, said she was a great athlete and a great person. He said she was a great role model for the other girls on the team.

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OFF SEASON TRAINING SCHEDULE

September 2018					
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Aug 26	27	28	29	30	31
	1	2	3	4	5
6	7	8	9	10	11
12	13	14	15	16	17
18	19	20	21	22	23
24	25	26	27	28	29
30	1	2	3	4	5

HIGH SCHOOL WORKOUT GOALS

- What are the different movements that your sport requires?
 - Upper Body Push (horizontal and vertical)
 - Push Ups, Bench Press, Military Press, Push Press
 - Upper Body Pull (Horizontal and Vertical)
 - Inverted Rows, Cable Row, Pull ups, Lat Pulldown, DB Reverse Fly
 - Lower Body Push (Knee Dominant, Bilateral, SL, lateral, Diagonal)
 - Squat, SL Squat, Lunges, Step Ups, Split Squats, Reverse Lunges, Diagonal Lunges
 - Lower Body Pull (Hip Dominant, Bilateral, SL, Concentric/Eccentric)
 - RDL, SL RDL, Glute Bridges, Leg curl, Russian Leans
 - Core (Multi-directional, Anti-rotation/tilt/flexion/extension)
 - Cable chops/lifts, Planks, Hand reach outs, Leg Lifts, Physioball Circles, TRX Rollouts/AB Roller, Farmer Carry
- What planes of motion does your sport require?
 - Sagittal Plane (forward and back)
 - Transverse Plane (twisting)
 - Frontal Plane (Side to Side)
 - Combination of Planes (diagonal movements)

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HIGH SCHOOL WORKOUT GOALS

How many Sets and Reps should I do for my sport? Depends on the goal...

- Muscular Endurance: Sets 2-3 x Reps 12+
- Hypertrophy (muscle size): Sets 3-6 x Reps 6-12
- Strength: Sets 3-6 x Reps 6 or less
- Power: Sets 3-6 x Reps 6 or less (Move weight faster than strength goal)

How often should you lift?

- Allow at least 1 day of rest before working the same muscle group
- Allow no more than 3 days of rest before working the same muscle group again
- If there is soreness the next 1-3 days that is due to micro-tears in the muscle, (NOT LACTIC ACID)
- If there is extreme soreness that is still bothering you by the time you are supposed to lift again, your body is not healed yet and you should NOT lift.
- Muscles break down when working out, and they recover and grow bigger when resting, so rest and recovery is important
- Protein: To build muscle and recover, try to recommend about 1g of protein per pound of body weight. (Weight: 150lbs= no more than 150g of protein)

HIGH SCHOOL WORKOUT GOALS

How do I design a year with my athlete? (Program Design)

- HAVE A PLAN!
- 3 days a week (Full body days with a day of rest in between)
- 4 days a week (Heavy/light/Heavy/light OR Upper/Lower/Upper/Lower)
- Every 3-4 weeks change up something in the workout (exercises, reps/sets, weights being used)
- Go through phases
 - Off Season: (3-6 months)
 - Lift 4-5x per week
 - Pre-Season: (1-2 months prior to competition)
 - Lift 3x-4x per week
 - Goal: Strength, Power, lighter volume of Plyometrics, but intensity of plyometrics go up) *less reps, but higher intensity*, injury prevention
 - In Season: (competition begins)
 - Lift 2x per week
 - Goal: Maintain strength and power, injury prevention
- Goal: Symmetry, recovery, stability, injury prevention, muscular endurance, hypertrophy (muscle size)...then strength, power and lighter volume of plyometrics (then work up towards more as athletes get stronger)

HIGH SCHOOL WORKOUT GOALS

Training Concepts

- Specificity: Must target the muscle groups that perform the movement you want to do (If you want to jump higher, you must perform exercises that work the quads, glutes and calves)
- Overload: Must lift enough weight to stress the muscle (enough weight to make the exercise burn for a few reps)
- Progression: As exercises become easier, increase the difficulty (increase weight or change movement) to keep making the body adapt and get stronger
 - Increase the weight from 20lbs to 25lbs
 - Go deeper in a squat
 - Go from ¼ kneeling exercises to standing exercises
 - Go from using a band with pull ups to a smaller band or no band

AGE GROUP WORKOUT (NO EQUIPMENT)

- Get the body stronger in multiple ranges of motion
 - Sagittal Plane (forward and back)
 - Transverse Plane (twisting)
 - Frontal Plane (Side to Side)
 - Combination of Planes (diagonal movements)
- Get the body stronger in different movements
 - Upper Body Push (horizontal and vertical)
 - Push Ups, Decline Push ups, Triceps Dips, wheel barrow, Elbow stand push ups
 - Upper Body Pull (Horizontal and Vertical)
 - Supermans, YTW
 - Lower Body Push (Knee Dominant, Bilateral, SL, lateral, Diagonal)
 - Squat, SL Squat, Lunges, Step Ups, Split Squats, Reverse Lunges, Diagonal lunges
 - Lower Body Pull (Hip Dominant, Bilateral, SL, Concentric/Eccentric)
 - SL RDL, Glute Bridges, Russian Leans
 - Core (Multi-directional, Anti-rotation/tilt/flexion/extension)
 - Front Plank, Side Plank, Hand Reach outs, Leg Lifts, SL Drops, Bicycle kicks, Sit ups

AGE GROUP WORKOUT (NO EQUIPMENT)

Give the body different stimulus with using different Sets x Reps to reach goals

- Because the above exercises are body weight, the reps will vary.
 - Typically aim for 3 sets of 20+ reps, or 30sec-1 min of exercising
- It will be more endurance based reps/sets in order to make the muscle fatigue

Training Concepts

- Specificity: Must target the muscle groups that perform the movement you want to do
- Overload: must lift enough weight to stress the muscle
- Progression: As exercises become easier, increase the difficulty (weight or movement) to keep making the body adapt and get stronger
 - Increase reps or time of exercise
 - Go deeper in a squat
 - Go from 2 feet to single leg exercises
 - Go from using body weight to using weight

SPECIFIC DRILLS FOR RUNNING FORM

- Hurdle Mobility Drills
 - 2-feet walk overs
 - Over and under
 - Hurdle – A skips
- A March
- A Skips (no hurdles)
- C Skips
- Fast Feet High Knees

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Effective Jump Training for High School Jumpers

DRILLS TO IMPROVE THE JUMP

- **Plyometrics**
 - Over hurdles or boxes (depending level)
 - Frog Jumps (2 legged hops)
 - Single Leg Bounds
 - Alternating Bounds

DOUBLE LEG BOUND



SINGLE LEG BOUND



COACH BELL'S CONTACT
INFORMATION:
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- THANK YOU FOR YOUR ATTENTION!
- QUESTIONS???