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## Glossary of Jump Training Exercises

1. **180° Jumps:** Two-footed jump. Rotate 180° in mid-air. Hold landing for 2 seconds and then repeat in reverse direction.
2. **Bounding for distance:** Start bounding in place and slowly increase distance with each step, keeping knees high.
3. **Bounding in Place:** Jump from one leg to the other straight up and down, progressively increasing rhythm and height.
4. **Broad Jumps-Stick (hold) Landing:** Two-footed jump as far as possible. Hold landing for 5 seconds.
5. **Cone Jumps:** Double-legged jump with feet together. Jump side to side over cones quickly. Repeat forward and backwards.
6. **Hop, Hop Stick:** Single-legged hop: Stick second landing for 5 seconds. Increase distance of hop as technique improve.
7. **Jump into Bounding:** Two-footed broad jump. Land on single leg, then progress into bounding for distance.
8. **Jump, Jump, Jump Vertical:** Three broad jumps with a vertical jump immediately after landing the third broad jump.
9. **Mattress jumps:** Two-footed jump on mattress, tramp, or other easily compressed device. Perform side-to-side and back-to-front.
10. **Scissors Jump:** Start in a stride position with one foot well in front of other. Jump up, alternating foot positions in mid-air.
11. **Single Legged Jumps, Distance:** Single-legged hop for distance. Hold landing (knees bent) for 5 seconds.
12. **Squat Jumps:** Standing jump raising both arms overhead, land in squatting position touching both hands to the floor.
13. **Step, Jump up, Down, Vertical:** Two-footed jump onto 6 to 8 inch step. Jump off the step with two feet, then vertical jump.
14. **Tuck Jumps:** From standing position jump, and bring both knees up to chest as high as possible. Repeat quickly.
15. **Wall Jumps (Ankle Bounces):** With knees slightly bent and arms raised overhead, bounce up and down off toes.

Hewett TE, Lindenfeld TN, et al: The Effect of Neuromuscular Training on the Incidence of Knee Injury in Female Athletes: A Prospective Study. *Am J Sports Med* 27: 699-706, 1999