



15047 LOS GATOS BOULEVARD SUITE 180
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Jump Training Program

<u>Exercise</u>	<u>Duration or Repetitions by Week</u>	
Phase I: Technique	Week 1	Week 2
1. Wall jump	20 sec	25 sec
2. Tuck jumps*	20 sec	25 sec
3. Broad jumps stick (hold) landing	5 reps	10 reps
4. Squat jumps*	10 sec	15 sec
5. Double-legged cone jumps*	30 sec/30 sec	30 sec/30 sec (side-to-side and back to front)
6. 180° jumps	20 sec	25 sec
7. Bounding in place	20 sec	25 sec
Phase II: Fundamentals	Week 3	Week 4
1. Wall jump	30 sec	30 sec
2. Tuck jumps*	30 sec	30 sec
3. Jump, jump, jump, vertical jump	5 reps	8 reps
4. Squat jumps*	20 sec	20 sec
5. Bounding for distance	1 run	2 runs
6. Double-legged cone jumps*	30 sec/30 sec	30 sec/30 sec (side-to-side and back to front)
7. Scissors jump	30 sec	30 sec
8. Hop, hop, stick landing*	5 reps/leg	5 reps/leg
Phase III: Performance	Week 5	Week 6
1. Wall Jump	30 sec	30 sec
2. Step, jump up, down, vertical	5 reps	10 reps
3. Mattress jumps	30 sec/30 sec	30 sec/30 sec (side-to-side and back to front)
4. Single-legged jumps	5 reps/leg	5 reps/leg
5. Squat Jumps*	25 sec	25 sec
6. Jump into bounding*	3 runs	4 runs
7. Hop, hop, stick landing	5 reps/leg	5 reps/leg

Before jumping exercises: Stretching (15-20 minutes), skipping (2 laps), side shuffle (2 laps). Post-training: Cool-down walk (2minutes), stretching (5 minutes).

* These jumps performed on mats.

Note: Each jump exercise is followed by 30-second rest period.

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