



## Jump Program

Complete all do all exercises in order, cycle through 3 times, with 1 minute rest between each exercise and 2 minutes rest between cycles. After the Third week, repeat the weekly cycle.

	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>
<u>Day 1:</u>	Jump Rope Power Block Jumps Lunge Jumps	Box Jumps Spike Jumps Power Block Jumps	Power Shrugs Tuck Jumps Line Jumps
<u>Day 2:</u>	Line Jumps Spike Jumps Star Jumps	Line Jumps Power Shrugs Lunge Jumps	Power Block Jumps Star Jumps Jump Rope
<u>Day 3:</u>	Box Jumps Power Shrugs Tuck Jumps	Star Jumps Jump Rope Tuck Jumps	Box Jumps Spike Jumps Line Jumps

A jump training program is designed to help athletes increase the amount of power produced in as little time as possible. Before starting a jump training program there are several things you must consider.

- Young athletes must be very closely supervised
- You must have very good strength and aerobic base
- The intensity of training will vary with each individual
- Your current or past medical condition will allow you to participate in a physical training program.
- You have a safe environment to train in.

Before and after each training session, be sure to do a 5-10 minute warm-up/ cool down, and a 5-10 minute stretching routine.

The training program will last for about 8 weeks. Each week will consist of 3 training sessions per week. \*It is important not to over train, this can cause a decrease in performance and you greatly increase your risk for injury\*. Each training bout will last for about 20 minutes excluding the warm-up and cool down.

### Power Block Jumps

Standing straight up, with your arms raised above your head, and elbows extended, bend your knees to 90°. Jump straight using a blocking motion. While completing the landing motion, absorb the shock, bend your knees to 90°, and repeat 10 times.



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by Coaches



- \* Volleyball Drills
- \* Nutritional Facts
- \* Strength Training

### Jump Rope

With a jump rope, do 30 sec intervals of jumping.

### Lunge Jumps

Standing straight up, with your hands on your hips, jump straight up. As you land, land in a lunging position (left leg bending at 90°, right leg extended behind you), then from this position jump and switch the left and right legs, repeating the action. Do this 10 times.

### Spike Jumps

Using a regular spike approach, jump and try to touch an object just out of reach (basketball rim, point on the backboard, etc). Each time you jump, explode upwards and try and reach the object. Do this 20 times.

### Box Jumps

With your hands on your hips start from a chair or box, or other stable object at least 30 cm in height. Take a step with either foot off the box and land with 2 feet on the ground. While you land absorb the impact and as fast as possible, and jump up. Repeat this 15 times.

### Line Jumps

Choose a line on the ground or floor (preferably the volleyball court). With 2 feet together jump slightly forward, and over the line. Go along the end line, when you reach the sideline, take a 5 sec break and go back along the end line. Repeat this 3 times.

### Power Shrugs

Starting with your arms extended by your side, bend your knees to 90°. From this position jump and extend your knees, and shrug your shoulders up as far as possible (use weight if needed, 10lbs max). As you land, bend your knees to the 90° position again and repeat. Repeat this 15 times.

### Tuck Jumps

From a standing position, jump and bring your knees as close to your chest as possible, but do not bend at your waist. Your body should remain perpendicular to the floor. As you land as fast as possible jump again, and bring your knees to your chest. Repeat 15 times.

### Star Jumps

Start in a standing position with your hands by your side, jump and spread your arms and legs so that they form an X. You should go from the starting position, to the X and back to the starting position as fast as possible. Repeat 20 times