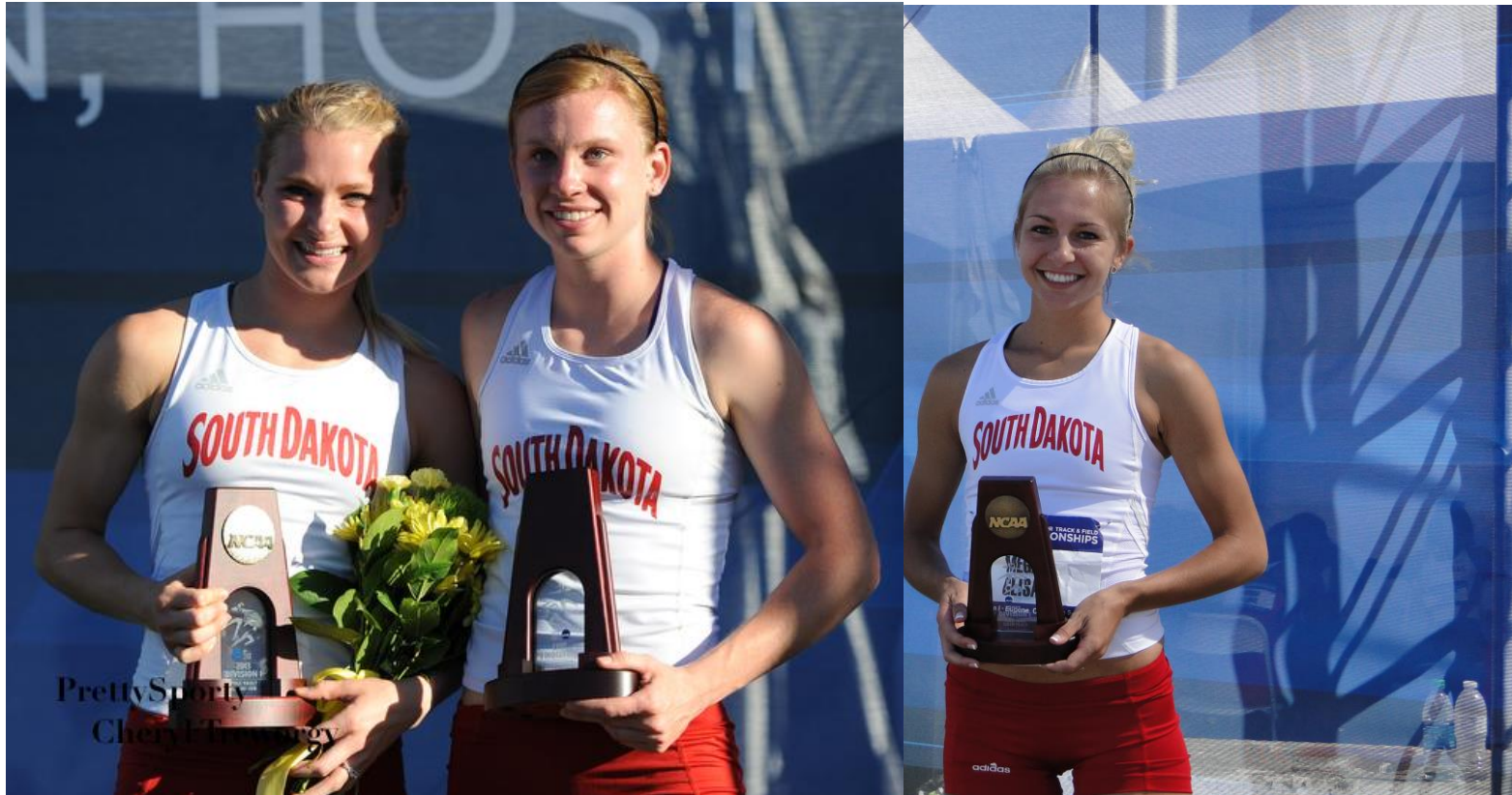




Developing Jumpers



Jump Squad Mentality





Training of the Biomotor Abilities

- **Speed**

**Accel->Absolute->Speed
Endurance**

- **Strength**

**General strength and
strength endurance->
power development->
absolute strength ->
reactive strength**

(but all are used throughout macrocycle)

- **Work Capacity**

**Progressively increase in
specificity & acidity to
race modeling**

- a) Mild glycolytic to more
intense glycolytic activities
(mild thru entire year)**
- b) Capacity before power**

- **Flexibility-**

**Consistently throughout
macrocycle**

- **Skill-**

General to specific



Combinations of Biomotor

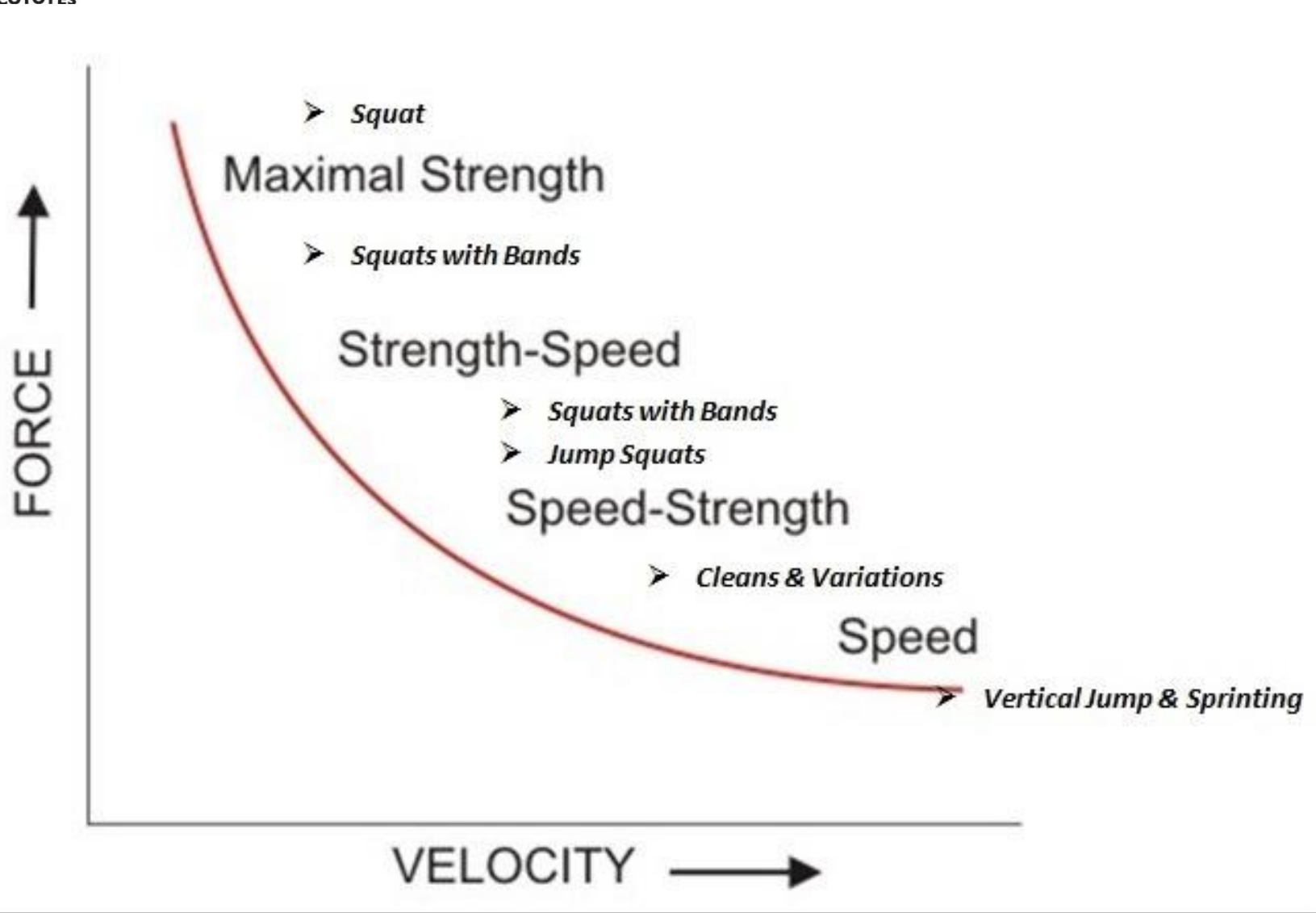
Power = Strength + Speed

Agility = Skill + Speed

Mobility = Flexibility + Skill



Train along force-velocity curve





Speed

- **Accel->**
- **Absolute->**
- **Speed Endurance**

“If you want to be fast, you have to run fast”

**Maximum
Controllable Speed**

Boo



Speed Workouts

Acceleration

- **0-40m @ 90-100%
with ample
recovery**
- **Sprints with
different starts**
- **Sled pulls**
- **Resisted runs**

Absolute Speed

- **30-60(80)m**
- **Fly'ins**
- **In's and Out's**
- **Assisted runs**



Strength Training

- OWT
 - Cleans, snatch, jerk
 - Med to high resistance
 - Med to low reps
 - Multiple joint exercises (coordination)
- Core weightlifting exercise
 - [Squats](#) (all types), press, dead lifts, etc...
 - High resist/low reps
- Body Building (restoration)
 - 60-90 sec recovery
 - 70% of max
 - Increase endurance, helps with recovery & problems from OWT



Plyometrics

We use plyo's and bounding as an opportunity to teach- proper foot mechanics and heel to butt, step over knee, lead with heel.

- Straight leg hops
- In Place
- Standing LJ, TJ and short hops
- Bounding
- Hops or Bounds w/cones or hurdles

Quality over quantity!



Work Capacity

- Develop work capacity in the speed/power area
- Does not have to always be running
- Allows for athlete to be able to handle extended training sessions and meets with several events

Examples: Scrambles, Med Ball circuits, short tempo runs, short sprints with limited recovery, weightroom circuits, jump circuits, etc...



Flexibility

- Daily and throughout the year
- Limits Mobility and ability to perform skills
- Other training negatively impacts flexibility

Examples: Static stretches, Dynamic movements, foam rolling, [hurdle mobility](#)



Skill

- Start with basic skills and simple drills
- Develop a teaching progression
 - Part, Part, Whole
- Sometimes the brain tells the body “STOP”
- Teach to the commonalities
 - Posture
 - Foot roll
 - Hips moving thru take-off
 - Approach/start positions



Drills that we use at USD!

Long Jump

- Penultimum step drills
- Short approach jumps from box
- Landing Drills

Triple Jump

- Short approach jumps
- Sticks and cones (35%-30%-35%)
- Bounding workouts
- TJ from 1 step, 1 hop or small box



High Jump

- Approach work
- Box jumps
- Dunk Drills
- Back overs
- 6 step approaches

Polevault

- LJ pent Drills
- Runways/polecarries
- Short approach jumps from smaller pole
- Rings, gymnastics, bar workout



Pre-season

- Monday= Accel & OWT with MJ
- Tuesday= Tech day/Regeneration Lifting
- Wednesday=Runways and Bounding with OWT
- Thursday= Recovery Day with Med Ball and core work
- Friday= Resisted work (sled or hills) & OWT
- Saturday= work capacity (tempo or scramble)



Championship Cycle (3-6 weeks)

- Accel Day with some tech work (Day before small meet or Tech day)- with OWT and jump squats (Overspeed)
- Recovery day (med ball and core work)
- Runways and MT or OWT
- Meet Day
- Regeneration activities
 - Core, Body Building, Cold Tub, Foam Rolling, etc...





Questions

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