

# The HoopsU.com Vertical Jump Workout



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[www.HoopsU.com](http://www.HoopsU.com)

# Introduction

This vertical jump training program is designed to help you increase leg strength and explosiveness, as well as to help in the reduction of knee and ankle injuries. If performed with proper technique, and by utilizing a good work ethic, you will develop the necessary muscular strength and balance to help in the prevention of knee and ankle injuries. It will also help significantly improve vertical jump and explosiveness. Proper technique, as mentioned above, is VITAL for each exercise. Jumping is not the only movement involved here...you will also be landing. Pay close attention to the mechanics of landing after each jump.

The Hoops U. Vertical Jump Training Program is a workout utilizing plyometrics. Plyometrics, by definition, are exercises or drills aimed at linking strength with speed of movement to produce power. Enabling the muscle to reach maximum strength in as short a time as possible is the goal. Plyometrics are probably the single most effective method of increasing power.

With that said, plyometrics are very rigorous and intense in nature. Because of this high-intensity, plyometrics should only be performed at limited times throughout the year (usually during the offseason). These exercises should also be done only 1-2 times per week, as I have explained below. Also, due to the high stress on muscles, tendons, and joints, I recommend at least 6 months or more of basic weight training prior to incorporating any plyometric exercises. If you would like a strength training workout to follow prior to beginning this vertical jump training workout, check out *The Complete Basketball Strength and Speed Program* from Hoops U at [www.HoopsU.com/basketballstrengthspeed.html](http://www.HoopsU.com/basketballstrengthspeed.html). This program has easy-to-follow workouts for year-round strength and speed training for basketball. It includes a beginner's program as well as all the necessary drills and exercises to improve strength, speed, agility, explosiveness, conditioning and much more! Plyometrics are included as you progress through the program so this workout can be incorporated with it or performed during the year...generally the spring/early summer is a good time.

## **Now, to the workout...**

First of all, you will need to print or copy the Workout Log Sheet found at the end of this eBook. Begin with workout 1 and progress slowly. Perform this workout 1-2 times weekly. More is NOT better. This amount of time will be effective and not put over-stress on your legs.

Below are the descriptions of each exercise to be performed. You may want to print these descriptions as an easy reference guide. As stated above, you will also want to print out the workout sheet which details how many sets and reps and/or how long to do each exercise.

# Vertical Jump Training Exercise Descriptions

## **Exercise:** Ankle Hops

**Starting Position:** Stand straight with arms extended straight over head.

**Movement:** With your knees slightly bent and arms raised over head, bounce up and down off of your toes. You should not be bending significantly at the knees; the focus is on the ankles and calf muscles. Concentrate on performing quick and precise jumps, keeping yourself in the same spot on the ground for the designated amount of time.



## **Exercise Two:** Tuck Jumps

**Starting Position:** Stand in a half-squat position with your hips back, knees over toes, and shoulders over your knees. Keep your hands out in front of you for balance.

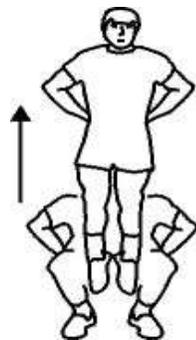
**Movement:** Jump up as high as you can, bringing your knees to your chest at the top of the jump. Land in a soft and controlled manner with hips back and shoulders over your knees. Hold this position for 1-2 seconds and repeat the jump. Continue this movement for the duration of the prescribed time.



## **Exercise Three:** Squat Jumps

**Starting Position:** Begin with your feet shoulder-width apart in a squat position with hands touching the ground in front of your toes. Your knees should be directly over your toes with hips sitting back. Your knees should be bent approximately 90 degrees. Your chest should be directly over the middle of your thighs.

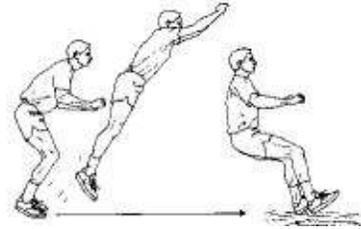
**Movement:** Explode up and jump as high as you can into the air reaching for the sky. Land soft and under control with your hips back, knees over your toes in the starting position. Immediately repeat the jump for the designated amount of time.



#### **Exercise Four: Standing Long Jumps**

**Starting Position:** Stand with your toes on a line, feet shoulder-width apart. Keep your hands in front of you for balance.

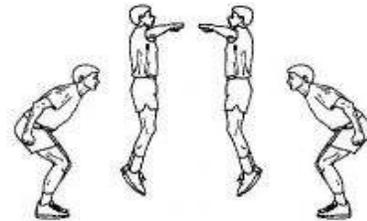
**Movement:** Using your knees, you will be bending down, keeping feet stationary. Rock back and then jump forward as far as you can under control; (under control means landing on both feet and being able to hold the landing in one spot; falling forwards or backwards is not being under control) Land softly and hold for a second. Also, swing your arms to help further your distance. Perform for sets and reps as directed.



#### **Exercise Five: 180-degree Jumps**

**Starting Position:** Stand in a half-squat position with your hips back, knees over your toes, and shoulders over your knees.

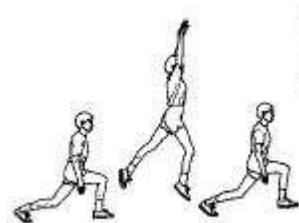
**Movement:** Jump up as high as you can and, while in the air, spin 180 degrees, so that you land facing the opposite direction. Land softly and under control. Repeat, jumping in the opposite direction. Perform for designated time.



#### **Exercise Six: Split-Squat Jumps**

**Starting Position:** Start in a semi-lunge position with one foot in front of the other.

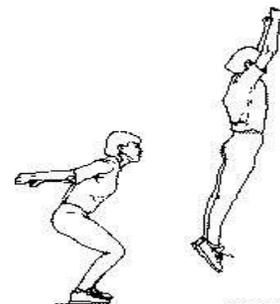
**Movement:** Jump up as high as you can, alternating foot positions in mid-air. (If you begin this exercise with your left foot forward, your left foot should be in the back of the right foot at the completion of one repetition.) Use your hands for balance, land softly and under control. Repeat the action for prescribed time.



#### **Exercise Seven: Single Leg Jumps**

**Starting Position:** On one leg, lean forward so your shoulders are over your knee and hips are back. *(The picture to the right shows on two legs, but you need to do this on one leg only)*

**Movement:** Jump from one leg to the other straight up and down. Bend at the knee as much as you can while



still performing a controlled jump. Land softly and under control and hold the landing for 1-2 seconds. Increase the rhythm and knee height as you progress. Continue for the designated time.

### **Exercise Eight:** Box Jumps

**Starting Position:** Stand 1-1.5 feet away from a box that is 12"-36" high. Be sure that the box is stable, will not skid, and will support your body weight. Use a shorter box if you are beginning and progress to a taller box as you are able to.

**Movement:** Using your arms to gather momentum, jump up as high as you can and land softly on top of the box. Focus on a soft and controlled landing by bending at the knees with hips back. Step (DO NOT JUMP) down off the box and repeat for the duration of prescribed time.



### **Exercise Nine:** Box Jumps (Advanced Only)

**Starting Position:** Holding a medicine ball (5-20 lbs) behind your head, stand 1-1.5 feet away from a box that is 12" - 36" high. Be sure that the box is stable, will not skid, and will support your body weight.

**Movement:** Holding the medicine ball behind your head, use your hips and knees for momentum and jump as high as you can and land softly on top of the box. Focus on a soft and controlled landing by bending at the knees with hips back. Step (DO NOT JUMP) down off the box and repeat for the duration of prescribed time.

*(This drill is the same as the Box Jumps picture above, except that you are holding a medicine ball.)*

### **Exercise Ten:** Medicine Ball Catapult

**Starting Position:** Stand in a half-squat position with feet slightly wider than shoulder-width apart. Hold a medicine ball (10-25 lbs) between your legs, keeping your back straight and eyes forward.

**Movement:** Throw the medicine ball as high as you can. Press your legs through the ground and drive your knees, hips, and ankles upward. Extend your arms as high as possible as you release the medicine ball from your hands. Let the medicine ball drop to the ground, pick up and repeat for the duration.



**Exercise Eleven: Reverse Lunges**

**Starting Position:** Stand upright holding a bar across the back of your shoulders; you could also hold dumbbells at your side. For beginners, just use your body weight for resistance by placing your hands on your hips.

**Movement:** Step backward directly behind you. As you reach back, allow your shoulders to come forward slightly. As you drop down DO NOT allow your front knee to go out in front of your toes. This places undue stress on the knee. Your front leg should be perpendicular to the floor (90 degrees) at the bottom position. Hold this position for a moment and then slowly and under control pull yourself upright with your forward leg. Do not spring off your back leg. Allow your forward leg to perform the entire movement.



**Exercise Twelve: Plate Squats**

**Starting Position:** Stand with feet shoulder-width apart, knees slightly bent, hips back. Hold a weight plate with both hands at chest level, elbows bent.

**Movement:** Lower yourself until knees and hips are fully bent. Be certain to keep the knees directly over the toes. If you lean forward out in front of the toes, you can place undue pressure on the knees. Extend knees and hips until legs are straight. Return and repeat. Also, be sure to keep your head forward, back straight and feet flat on the floor, do not raise your heels. As you extend up, think of driving your heels into the floor.



**Exercise Thirteen: Single Leg Squats**

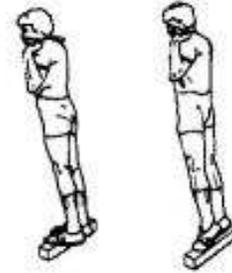
**Starting Position:** Stand on one leg and lean forward so that your chest is almost perpendicular to the ground. Place arms out to the side and other leg back on a bench for balance. For added difficulty, you can hold dumbbells at your side.

**Movement:** Making sure you are balanced, bend your knee to approximately to a half-squat position. Push back up slowly and repeat. Perform 10 repetitions on each leg. **ADVANCED:** Perform the single leg squat on the floor or standing on a bench and do not rest your back leg on a bench for support. This will place more focus on the one leg to improve strength and balance, but will increase difficulty.



#### **Exercise Fourteen: Calf Raises**

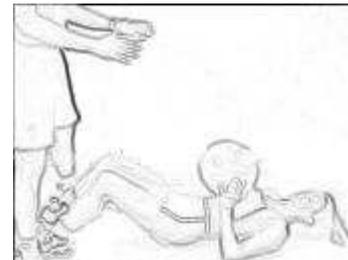
**Starting Position:** Stand with the balls of your feet on the block of a standing calf raise machine. Your hips should extend out behind you. Hook your shoulders under the pads of the machine and straighten your legs bringing the weights of the machine up. **DO NOT** lower heels as far as possible toward the floor as this puts tremendous stress on your calf muscles and tendons. Keep your feet parallel to the floor or slightly below. If you do not have access to the machine, you can stand on a step or box and perform this exercise; dumbbells or a weighted bar across the shoulders may also be used.



**Movement:** Come up on your toes as far as possible (1-2 seconds). Pause for a good second or longer, get a good squeeze at the top of the movement. Slowly lower back down (3-4 seconds) to the starting position.

#### **Exercise Fifteen: Medicine Ball Sit-ups**

**Starting Position:** For this exercise, you will need a medicine ball (5-20 lbs) and a partner. Begin by lying on your back with your feet on the floor and knees bent at 90 degrees. Hold the medicine ball directly over your head. Your partner is standing on your feet for stability during this exercise.



**Movement:** Throw the medicine ball to your partner while simultaneously performing a full sit-up. Your partner will catch the medicine ball and hand it back to you over your head. Slowly return to the ground keeping the ball over your head. Perform 25 reps. If you have no medicine ball or do not have a partner, try to do either incline sit-ups on a sit-up board and/or hold a weight on your chest as you perform the sit-ups.

**ADVANCED:** Perform on a decline sit-up board or stability ball. Instead of simply performing a sit-up and handing the ball to your partner, throw the ball to your partner as far as you can comfortably throw it. The partner will receive the ball and toss it back to your overhead position.

### Vertical Jump Training Workout Log Sheet

	<u>Workout 1 &amp; 2</u>	<u>Workout 3 &amp; 4</u>	<u>Workout 5 &amp; 6</u>	<u>Workout 7 &amp; 8</u>	<u>Workout 9 &amp; 10</u>	<u>Workout 11 &amp; 12</u>
<b>Exercise</b>	<b>Sets   Time</b>	<b>Sets   Time</b>				
Ankle Hops	1   :15 sec	1   :20 sec	1   :25 sec	1   :25 sec	1   :30 sec	1   :30 sec
Tuck Jumps	1   :15 sec	1   :20 sec	1   :25 sec	1   :25 sec	1   :30 sec	1   :30 sec
Squat Jumps	1   :10 sec	1   :15 sec	1   :20 sec	1   :20 sec	1   :25 sec	1   :25 sec
Standing Long Jumps	1   5 reps	2   5 reps	2   5 reps	2   5 reps	3   5 reps	3   5 reps
180-degree Jumps	1   :15 sec	1   :20 sec	1   :25 sec	1   :25 sec	1   :30 sec	1   :30 sec
Split-Squat Jumps (each)	1   :10 sec	1   :15 sec	1   :20 sec	1   :20 sec	1   :25 sec	1   :25 sec
Single Leg Jumps (each)	1   :15 sec	1   :20 sec	1   :25 sec	1   :25 sec	1   :30 sec	1   :30 sec
Box Jumps	1   10 jumps	2   10 jumps	2   10 jumps	2   10 jumps	3   10 jumps	3   10 jumps
Box Jumps (Advanced)	1   10 jumps	2   10 jumps	2   10 jumps	2   10 jumps	3   10 jumps	3   10 jumps
Medicine Ball Catapult	1   10 throws	2   10 throws	2   10 throws	2   10 throws	3   10 throws	3   10 throws
Reverse Lunges (each)	1   :30 sec	1   :30 sec	1   :45 sec	1   :45 sec	1   :60 sec	1   :60 sec
Plate Squats	1   20 reps	2   20 reps	2   20 reps	3   20 reps	3   20 reps	3   20 reps
Single Leg Squats (each)	1   10 reps	2   10 reps	2   10 reps	3   10 reps	3   10 reps	3   10 reps
Calf Raises (each)	1   20 reps	2   20 reps	2   20 reps	3   20 reps	3   20 reps	3   20 reps
Medicine Ball Sit-ups	1   25 reps	2   25 reps	2   25 reps	3   25 reps	3   25 reps	3   25 reps