

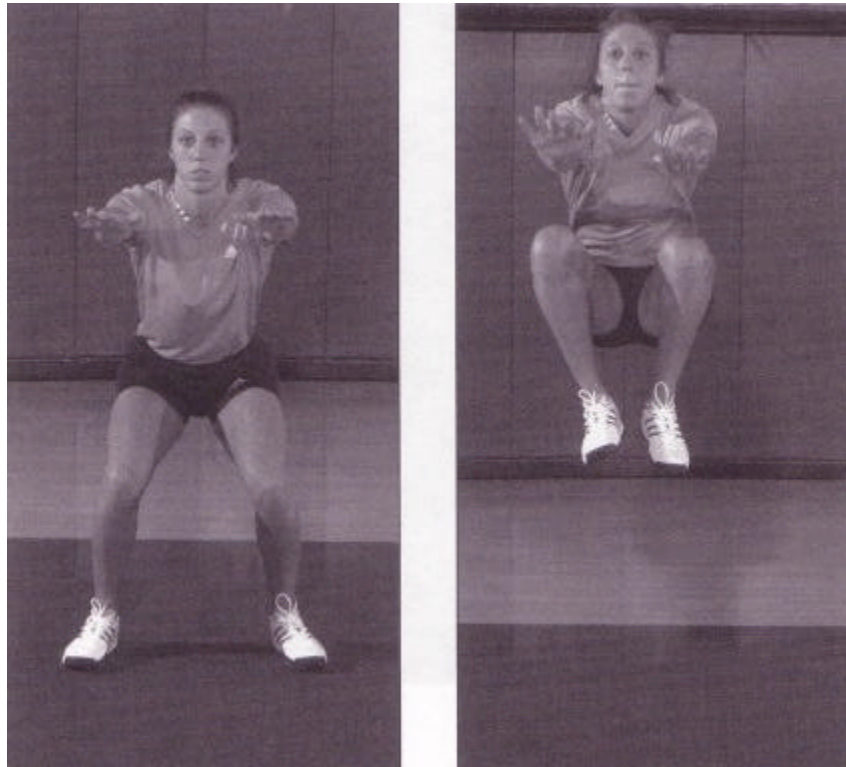
# TUCK JUMPS

**Purpose:** To improve vertical power.

**Procedure:** Stand on stable surface. Hold both arms straight out in front and parallel to the floor. Bend to  $\frac{1}{4}$  squat position, keeping chest up and back flat. Explode up by driving the knees up to chest.

**Volume:** Start low and work up.

**Key points:** Concentrate on keeping the body in control. Overemphasize driving the knee up as high as possible. Try to limit activity of the upper body during the jump. Swing the arms if necessary.



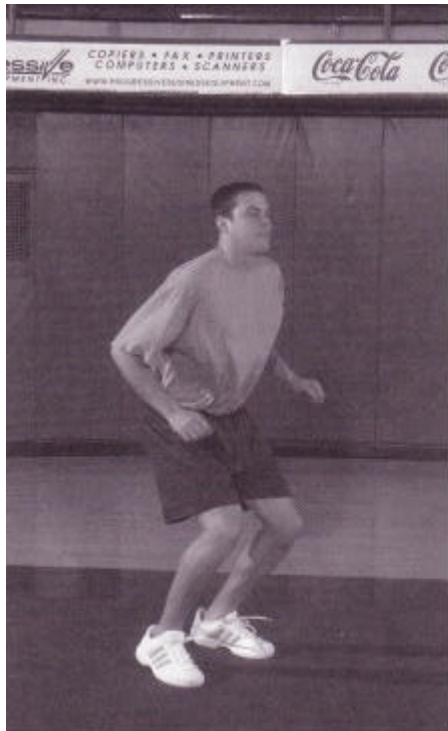
# REPEAT VERTICAL

**Purpose:** To improve vertical power.

**Procedure:** Stand on stable surface. Hold both arms at side in 90-degree angle. Bend to  $\frac{1}{4}$  squat position, keeping chest up and back flat. Explode up off the floor Land with legs bend so as to absorb the shock. Upon landing, accelerate back off the floor as quickly as possible.

**Volume:** Perform from 2 to 10 jumps at a time. Start low and work up in total volume.

**Key points:** Concentrate on keeping the body in control. Overemphasize quickness back up off the floor.



# JUMP AND REACH

**Purpose:** To improve vertical power.

**Procedure:** Stand on stable surface. Hold both arms up with the palms facing outward in front of the shoulders. Bend to  $\frac{1}{4}$  squat position, keeping chest up and back tight. Explode up, extending above and in front of the head as if blocking.

**Volume:** Start low and work gradually to higher reps.

**Key points:** Concentrate on keeping the body in control. Overemphasize extending the body and reaching as high as possible with arms.



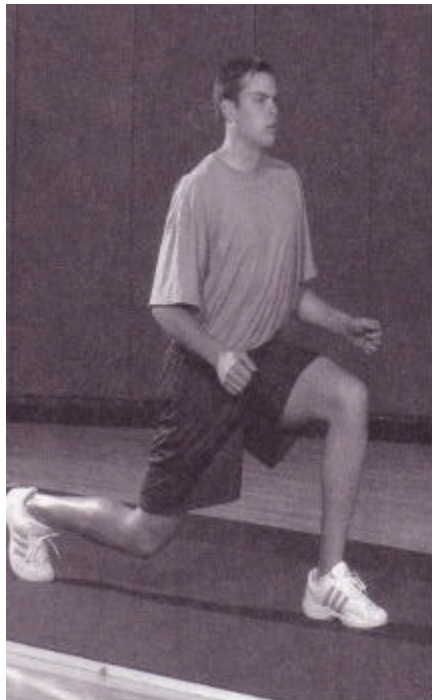
# SCISSORS JUMP

**Purpose:** To improve vertical power.

**Procedure:** Stand on stable surface with one foot in front of the other. Hold both arms at side at 90-degree angle. Squat down slightly, keeping chest up and back tight. Explode up by driving off equally with both feet. Once in the air, alternate legs in scissors action so that the opposite leg is now in front. Land with legs bent to absorb the shock. Upon landing, accelerate back off the floor as quickly as possible.

**Volume:** Perform anywhere from 2 to 10 jumps. Start low and increase volume to high reps.

**Key points:** Concentrate on keeping the body in control. Overemphasize quickness back off the floor.



# STANDING BOX JUMP

**Purpose:** To improve vertical power.

**Procedure:** Stand on a stable surface about two feet away from a stable raised surface. Hold both arms at the side at a 90-degree angle. Bend down to a  $\frac{1}{4}$  squat position, keeping chest up and back flat. Explode off the floor. Land with legs bent to absorb the shock.

**Volume:** Start low; increase to high reps.

**Key points:** Concentrate on keeping the body in control. Overemphasize total effort.

