

SUMMER JUMPING PROGRAM

PURPOSE OF PROGRAM

Jumping ability is increased in two ways, by strength and quickness. Through these repetitive jumping exercises you are striving to add quickness to your jump and gain strength in your legs.

What is a quick jumper? A quick jumper is a player who gets up as fast as she can using up as little energy as possible. The quick jumper is characterized by the fact she can jump many times in a row and attain about the same height every time.

RULES TO FOLLOW

To become a quicker jumper, try to follow these rules:

1. Jump as high as you can every time.
 2. Explode off the floor as fast as you can back into the air (strive to jump as high as your previous jump).
 3. Strive to bend your knees as little as possible (bend enough to be ready for maximum spring then explode as quickly as possible). This concept is of the utmost importance.
 4. Always think of jumping up as high as you can and as quick as you can. Strive to keep up your pace, don't slow down as you tire.
 5. The best surfaces are a gym floor, a cushioned rug or even a level grassy area.
- Do every exercise in 3 sets; 10 repetitions per set. Take a 30 second rest between each set of jumps. After your three (3) sets take a 60 second rest before going to next exercise.

PROGRESSION

Week I	1 set	of 8	repetitions of each exercise
Week II	1 set	of 8	repetitions of each exercise
Week III	2 sets	of 10	repetitions of each exercise
Week IV	3 sets	of 8	repetitions of each exercise
Week V	1 set	of 10	repetitions of each exercise
Week VI	1 set	of 12	repetitions of each exercise

THE PROGRAM

Exercise #1

Do three sets of jumps from a standing position with each leg. Do required number with right leg; thirty second rest; required number with left leg. Do each of these three times.

Exercise # 2

Execute running explosion jumps with each leg. This is type of jump you make when shooting a lay-up. Take four to six step run and then explode straight into the air. Try to go straight and not fade (Go upward not forward). The drill goes: five step run explode in air with right leg, five more steps explode in air with right leg (left foot take off). Repeat required number of times, thirty second rest, then go to left leg (right foot take off).

Exercise # 3

Use some marker to indicate how high you can jump from a standing position with both legs. Place marker at a point that you can strive to touch every time.

Get directly under your marker and jump straight up with both legs trying to maintain or improve your height through out the required number of jumps. Your arms/hands should be kept shoulder height or higher. Do not use your arms to aid you in gaining the height. Keep your hands above shoulder height during all jumps.

Exercise # 4

Practice the jump that you will use when executing your jump shot. Take two steps left and execute jump, take two steps right and jump, take two steps straight ahead and jump. Repeat this cycle the required number of times. This is not a maximum jump, it should be quick though. While taking the steps pretend that you are dribbling, when you stop and jump raise your hands as if to shoot.

Exercise # 5

This is an all out explosive jump. Take a step and burst in the air with all your power. Don't bend your knees more than you have to. Just step, set, and explode upward. Do required number of repetitions. Be Quick!! Go straight up using both legs.

SUMMER JUMP ROPE PROGRAM

EXERCISE (15 Second rest between each skill)	WEEK	1 6 1/2 min	2 13 min.	3 13 min.	4 16 min.	5 18 1/2 min.	6 23 min.	7 25 min	8 25 min.
<u>Warm Up</u>									
1. Single bounce Jump with both feet together, 1 jump per turn (30 seconds)		1X	2X	2X	2X	3X	4X	4X	4X
2. One foot, single bounce, right foot only (30 seconds)		1X	1X	2X	2X	2X	3X	3X	3X
3. One foot, single bounce, left foot only (30 seconds)		1X	1X	2X	2X	2X	3X	3X	3X
4. Heel Toe, one bounce per turn alternating right and left foot so that heel and toe of opposite feet make contact (30 seconds)		1X	2X	2X	3X	3X	4X	4X	4X
<u>Coordination</u>									
1. Straddle - feet together, feet apart (horizontally), feet together, feet apart, etc. (30 seconds)		1X	2X	2X	3X	3X	4X	4X	4X
2. Front and Back: feet together, move front and backwards (30 seconds)		1X	2X	2X	2X	3X	3X	4X	4X
3. Straddle X: 1 st turn, single bounce 2 nd turn, cross legs - right leg over then uncross 3 rd turn, cross the left leg over then uncross 4 th turn, single bounce etc. (30 seconds)		1X	2X	2X	3X	3X	4X	4X	4X
4. Double jumps single bound - two turns of rope (30 seconds)		1X	1X	2X	2X	3X	3X	4X	4X
5. Cross-overs bounce feet together 2 nd turn, cross arms and elbows on downswing of rope 3 rd turn, uncross arms, criss-crossing with bounce between (30 seconds)		1X	2X	2X	3X	3X	4X	4X	4X

EXERCISE (15 Second
rest between each skill)

WEEK

1	2	3	4	5	6	7	8
6 1/2 min	13 min.	13 min.	16 min.	18 1/2 min.	23 min.	25 min.	25 min.

Fast Feet

1. Single Speed Bounce bounce at rapid pace (30 seconds)	1X	1X	2X	3X	3X	4X	4X	4X
2. Two right/Two left 2 on right, 2 on left 2 on right, 2 on left, etc. 30 seconds)	1X	2X	2X	3X	3X	4X	4X	4X
3. Side to Side feet together, move side to side	1X	2X	2X	2X	3X	3X	4X	4X

Cool Down

1. Easy Jumping, any style	1X	2X	2X	2X	3X	3X	4X	4X
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SUMMER JUMPING PROGRAM

1. ONE LEG JUMPS

10 x right, rest
10 x left, rest
20 x right, rest
20 x left, rest

2. KANGAROO JUMPS

(one step with right, jump,
come down using right leg only)
While right leg is on floor,
step with left leg and jump
coming down on right leg only, etc.
This is similar motion to
shooting a lay-up.

10 x each, rest
10 x each, rest

3. STEP-OVER JUMP

(player moves toward right,
stepping over left leg, bring
feet together and jump. When land
begin same move to left.) This is
similar motion to a jump shot right.

10 x each, rest
10 x each, rest

4. POWER JUMP

face the backboard, stand
one foot away, jump with both
feet and touch with both hands.
Land, step with inside foot to
either side, touch backboard, etc.

10 x each side, rest
10 x each side, rest

Rules: Jump as high as you can on every jump. Explode off the floor as fast as you can back into the air.

Strive to bend your knees as little as possible. This is important to improve your quickness off your feet to the ball.

Rest no longer than 15 seconds between each set of jumps.

CONDITIONING PROGRAM

Aerobics

2. Footwork and Agility (15 yards apart)

Defensive Slides (4 repetitions)

Week I	20	30
Week II	40	50
Week III	60	60

Lateral Slides (2 repetitions)

Week I	20	30
Week II	30	40
Week III	50	60

3. Jumping Program

Continuous Jumps (MWF) (2 repetitions)

Week I	20-30-40
Week II	35-45-55
Week III	50-55-60

Double Stairs (TTH) (2 repetitions)

Week I	1/3 up
Week II	1/3 up 1/2
Week III	1/2 up

4. Sprints

Week I	6 @ 50's	2 @ 75	2 @ 100
Week II	5 @ 50's	4 @ 75	4 @ 100
Week III	4 @ 50's	6 @ 75	6 @ 100

Qualifying Times	50's	75	100
Wings	7-8 sec.	11:30 - 12:30	15-16
Front Line	8-9 sec.	12:30 - 13:30	17-18

5. Distance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
One mile	2 - 200	2 - 200	800	2 - 200	2 - 200
	1 - 400	1 - 400		1 - 400	1 - 400

Qualifying Time	Wings	Front Line
200	33 - 37	37 - 41
400	80 - 95	90 - 105
800	3:00 - 3:30	3:30 - 4:00
Mile	7:55 - 8:15	8:15 - 8:30