

Day 1	Depth Jumps 3 x 10	Lunge Jumps 3 x 8	Rim Jumps 4 x 8	Zig Zags Side to side 3 x 30	Sprints 5 x 40yds
Day 2	Stretch & Recover	Core	HIIT		
Day 3	Off Day				
Day 4	Single Leg DeadLift 3 x 15	Pistol Squats 3 x 10	Single leg Calf Raise 3 x 15	Glute Ham Raise 3 x 10	
Day 5	Stretch & Recover				
Day 6	Stretch & Recover	Core	HIIT		
Day 7	Off Day				

Day 8	Depth Jumps 3 x 10	Chair Rockets 4 x 8	Lunge Jumps 3 x 8	Zig Zags Over & back 3 x 30	Sprints 5 x 40yds
Day 9	Stretch & Recover	Core	HIIT		
Day 10	Off Day				
Day 11	Single Leg DeadLift 3 x 15 each leg	Bulgarian split squats 3 x 10 each leg	Single leg Calf Raise 3 x 15 each leg	Glute Ham Raise 3 x 10	
Day 12	Stretch & Recover				
Day 13	Stretch & Recover	Core	HIIT		
Day 14	Off Day				

Depth Jumps

3 x 10.

Step off a raised platform (8 to 12 inches) and land on the balls of your feet. Immediately explode up with as little ground contact time as possible.



Lunge Jumps

3 x 8 Left and right = 1 rep

Starting in the lunge position, explode into the air, changing position while elevated so you land in the opposite lunge position. Do not let your knee hit the ground.



Rim Jumps double & single leg

4 x 8

Standing flat footed, jump as high as you can, straight up. As soon as you land, jump again and repeat until 8 reps are finished. This exercise is plyometric so there is no pause between jumps.

Do set 4 on one leg, 8 reps per leg.



Zig zags aka Line hops

5 x 30 reps or 30 seconds.

Side to side version -

Standing on one side of a line. Hop over and back as fast as possible. Each over and back is 1 rep. Move forward as you hop.

Over & back version -

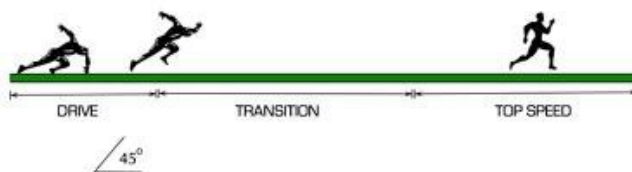
Face the line and hop over and back, staying stationary. Each over & back is 1 rep.



Sprints

5 x 40 yds after thorough warm up.

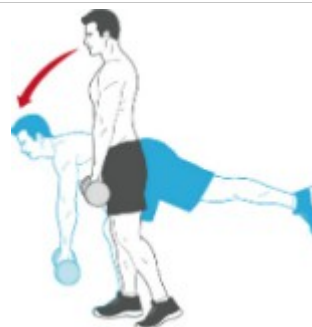
Measure 40 yards and mark the start & finish. Accelerate as fast as possible and maintain top speed through the finish.



Single leg Dead lift.

3 x 15 each leg.

Standing on one leg, rotate to a position where your upper body and non weight bearing leg are parallel to the ground. Hold for a few seconds. Raise back to a standing position.



Pistol Squat

3 x 10 each leg.

From a standing (1 leg) position, squat down extending your free leg out in front. Keep your butt and free leg off the floor. Hold a few seconds, raise back up.



Single Leg Calf raise

3 x 15 each leg.

Standing on raised platform on one leg, lower your body slowly until your heel is well below the rest of your foot. Hold a few seconds. Raise up as far as you can onto the ball of your foot.



Glute Ham Raise

3 x 10

Kneel onto a pad on your knees with someone holding your ankles in place. With torso straight, lower yourself slowly until you are just above the ground. Pause and return to the upright position.

If needed you can use your arms to assist as you get closer to the ground. Strength should improve until you no longer need assistance from your arms.



Chair Rockets

4 x 8

Place one foot on a chair or bench with the other foot on the ground. Explode up, pushing off with the chair leg (not the ground leg). While in the air, rotate so you land with the opposite foot on the chair. Immediately explode up again, rotating in the air back to the original position. Each right & left leg jump is 1 rep.



Bulgarian split squats

3 x 10 each leg

Stand with one foot behind you on a bench. Squat down on your front leg, keeping your knee behind your toes. As you squat, your back knee will come down to the floor. Do not put weight on the back knee. Raise back up to the standing position. Keep your back straight through out the exercise.



Stretching

Miracle Static Stretches.

When a muscle contracts or shortens, the antagonist muscle lengthens. If the antagonist muscle fails to lengthen properly this causes what I call “interference.”

When you execute a vertical jump there are several muscle groups that you don’t want to activate, AND the following static stretches will help those muscles to relax.

Static stretches have received a bad rep lately in forums but static stretches have many positive uses, including improving range of motion, tissue quality, muscle length, and blood flow.

Psoas stretch

Stretching the psoas lessens resistance during hip extension (a vertical jump movement).

Assume the lunge position

- Tighten the back glute
- Drive your hips forward
- Lean back and twist
- Create the hip angle you seen in this picture.
- Hold the position for 20 seconds.
- You will feel the pull through your groin and over the front of your hip.



Anterior tibialis stretch

Stretching the anterior tibialis lessens resistance when you drive flex your calf.

-
- Sit on your heels.
-
- Lean slightly back
-
- Feel the stretch through your shins.
-
- Hold for 20 seconds



Abdominal stretch

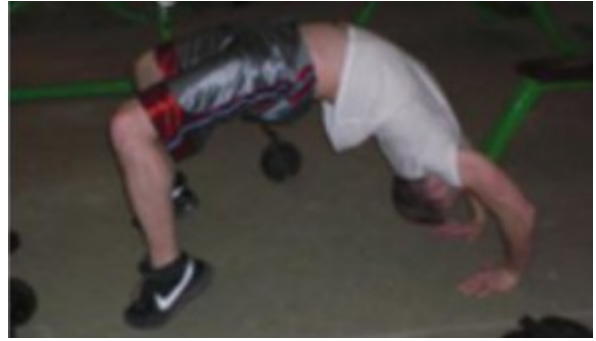
This stretch facilitates spinal retro flexion (bending backwards) as well as stretching the psoas and activating the glutes.

Start from lying on the ground.

Place your palms above your head.

Contract your body into position.

Hold for 15 seconds



The Core

At the center of every athletic movement you perform are the core muscles. If they're weak, you are losing a lot of power output, especially when you jump.

You can train your core every day if you wish. You can also add any of your own core exercises to this training program.

Core Static Holds aka Planks

4 sets of at least 1 minute per side (front, left, right). 1 set is equivalent to a hold from the front and each side. Start in front, and switch directly to next position after 1 minute is over. If you cannot do 1 minute find your max and subtract 10 seconds. Each week add 15 seconds per side to this exercise.



HIIT – High Intensity Interval Training

Elite Level Conditioning... You must have it or your game fades down the stretch like a peel and stick tattoo and so does your teams chances of winning.

The problem with most endurance type conditioning like Jogging is this...

The more you do any endurance based activity the less explosive you become!

So in order to raise your aerobic conditioning to an elite level without sacrificing explosive fast twitch muscle fiber, we want to focus on high intensity intervals.

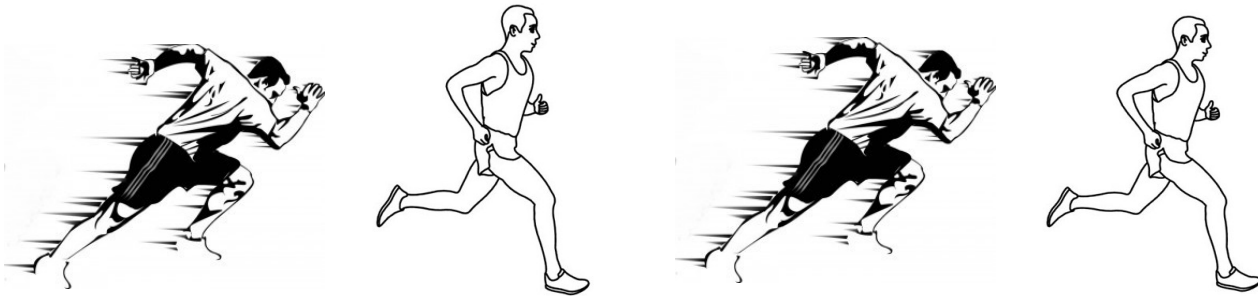
The formula is simple... *Intense phase... Active Rest phase... repeat...*

Any intense activity can be used for the high intensity phase as long as it gets you working at or above 85% of your aerobic capacity.

Examples... *Sprint 20 seconds... jog 40 seconds... repeat 8 times.*

Jump for 20 seconds... jog in place for 30 seconds... repeat 8 times.

Adjust the times and repeats for your current fitness level. (You want to be working at about 85% of max intensity. If you are slowing down during the intense phase, you're going too hard.)



Testing your vertical

It's a good idea to test your vertical at least once a week if not more often. Always test when you are well rested (after a day off) and are warmed up and loose.

Standing flat footed, measure how high you can reach up with one arm. This is your reach.

Now measure the highest point you can touch while jumping, using a standing and 3 or 5 step running approach. Take the best out of about 5 jumps. Always accelerate into the takeoff.

Subtract your reach from your best jump and the difference is your current vertical.



Its also a good idea to test your Broad jump.

Stand on both feet just behind a line. Jump as far out forward as you can. You must land on both feet without falling for the jump to count. Measure from the line to where the back of your heel landed. This is your standing broad jump.



