

Jump Training

I have heard it all. “Increase your vertical leap by 4–6 inches in 2 weeks”, “Jump higher in no time”, etc. I have seen and heard of athletes being put into unsafe environments and activities that inevitably lead to injury or athlete frustration. Let’s be clear. There is no magic potion or special pill that will make you jump higher and it definitely does not happen overnight. Training and practice are the only tools that will make this happen.

There are a few key points to getting a better vertical leap that I want to stress.

1. Evaluate: You must know how a player is attempting to generate power and how they land to truly know where and what needs to be addressed.
2. Establish a Foundation: Getting your athletes to understand the mechanics of loading and unloading safely and effectively is paramount to being able to out jump their opponents.
3. Strength: An athlete must be able to generate enough power to jump. Strength training and plyometric training are the keystones to being able to jump higher.
4. Flexibility: Being able to tap into the stretch–shortening cycle of muscle fibers/tissue appropriately and effectively during a sporting event starts with being able to use and enhance the mobility of joints and the “stretchiness” of muscle tissue to its overall potential.
5. Safety: The ability to generate power safely and, even more importantly, to land has to be done with the safety of the athlete in the front of any program.
6. Appropriateness: Is the exercise or technique being taught appropriate and therefore safe for the athlete you are training?
7. Progression: There must be a plan. As with all things, there should be a starting place and an ending point. One should not expect to be able to jump higher if they cannot demonstrate good initial loading technique. One should not be jumping onto a 24–inch box if they cannot show safe landing technique when jumping onto an 18–inch box. An athlete should not be expected to jump onto a box of any size with weights if they cannot jump in place and land with safe technique on flat ground. You get what I am saying here. Start with a purpose and progress with a sound Scientific plan towards an end goal.

Don’t let the flash and fancy overshadow what is grounded in safe, effective, appropriate and evidenced based fact. Let us teach you more. Contact us today, we can help.

