

Developing a high jump approach-LBD

10 Step approach basics

10 Mark

5 Mark

J Mark

Transfer

Adjustments that have to be made.

Mental picture/ focal points

Push out, feel the pressure on the inside of foot

6th step- critical point

Say the turn 8-9 lowering of hips, change in stride to a shuffle in 9-10

Body position and visual cues.

Hands on drills for the high jump- LBD

Develop core body strength- essential for the high school athlete. The wheel & spoke concept

Thera Band

Side Walks

Lateral Forward

Straight Leg Hamstring

Adductor

Abductor

HIGH JUMP GENERAL MED BALL CIRCUIT

Toss and Catch w/ 5K (W), 7K (M) Med Ball x 10

Back Hypers on Bench w/toss x 10

Hanging Knee Raises w/twist x 20 ball between knees

Hip Rotators w/MB between knees x 20

Partner Exchange x 20 5K (W), 7K (M)

Standing Knee Drive x 10 ea leg 5K (W) 7K (M)

Hamstring x 15 W (3K), M (5K)

Sit-Ups x 25 W (3K), M (5K)

Jump Gen Strength Circuit

Wildcat 1

Foot crawl

Sit-ups on bench w/ bar held on chest

Knee extensions with partner resistance

Partner resisted back hyps on table

Seated ankle resistance exercise; plantar, dorsi flexion, abduction, adduction

Seated hip flexor with partner resistance

Hamstring plate slides

Balance Ball/Physioball

1. Exchange
2. Rollouts (forearms on ball)
3. Reverse sit-up (ball between heels and butt)
4. L-Overs (4 count each direction)
5. Russian Twists (feet on ground, legs perpendicular, back on ball) arms extended vertically
6. Side-Ups on ball (hands behind head) three count up, static hold and five pulses
7. Jackknives (feet on ball, hands on ground)
8. Pelvic tilt crunches (hands behind head) six count up, static hold and five pulses
9. Hamstring drill

Medicine Ball Exercises

Diagonals

Partner Exchange

OHBS

UHFS

Hay Toss L&R

Leg Toss

Walking Torso Twists

Standing Knee Drive

Seated Russian Twists

Accelerations

Towel runs

Pop offs over barriers