

CNU TRACK & FIELD

MULTI-JUMPS CIRCUITS

MULTI-JUMPS MENU (NOT COMPREHENSIVE)																																											
<p style="text-align: center;"><u>Extension & Balance (“Stick the Landings”)</u></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; text-align: center;"><u>Double Leg</u></td> <td style="width: 50%; text-align: center;"><u>Single Leg</u></td> </tr> <tr> <td style="text-align: center;">Drop Steps (warm-up/preparation)</td> <td style="text-align: center;">Static Step Jumps</td> </tr> <tr> <td style="text-align: center;">Squat Jumps (Box Jumps)</td> <td></td> </tr> <tr> <td style="text-align: center;">Squat Jumps w/Turn</td> <td></td> </tr> <tr> <td style="text-align: center;">Lunge Jumps</td> <td></td> </tr> <tr> <td style="text-align: center;">Frog Jumps - Straight</td> <td style="text-align: center;">Stop-Action Hops/Bounds</td> </tr> <tr> <td style="text-align: center;">Frog Jumps - Zig-Zag</td> <td style="text-align: center;">Stop-Action Hops/Bounds</td> </tr> <tr> <td style="text-align: center;">Frog Jumps - Lateral</td> <td style="text-align: center;">Stop-Action Hops/Bounds</td> </tr> <tr> <td></td> <td style="text-align: center;">Stop-Action Cone Hops</td> </tr> </table>	<u>Double Leg</u>	<u>Single Leg</u>	Drop Steps (warm-up/preparation)	Static Step Jumps	Squat Jumps (Box Jumps)		Squat Jumps w/Turn		Lunge Jumps		Frog Jumps - Straight	Stop-Action Hops/Bounds	Frog Jumps - Zig-Zag	Stop-Action Hops/Bounds	Frog Jumps - Lateral	Stop-Action Hops/Bounds		Stop-Action Cone Hops	<p style="text-align: center;"><u>Plyometric (Bounce!)</u></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; text-align: center;"><u>Double Leg</u></td> <td style="width: 50%; text-align: center;"><u>Single Leg</u></td> </tr> <tr> <td style="text-align: center;">Rudiment Hops (warm-up/preparation)</td> <td></td> </tr> <tr> <td style="text-align: center;">Depth Jumps (Height/Distance)</td> <td style="text-align: center;">Step Jumps</td> </tr> <tr> <td></td> <td style="text-align: center;">Skips for Height</td> </tr> <tr> <td style="text-align: center;">Tuck Jumps</td> <td style="text-align: center;">In-Place Hops</td> </tr> <tr> <td style="text-align: center;">Tuck Jumps w/Turn</td> <td style="text-align: center;">In-Place Hops w/ Turn</td> </tr> <tr> <td></td> <td style="text-align: center;">Split Jumps</td> </tr> <tr> <td style="text-align: center;">Rabbit Hops - Straight</td> <td style="text-align: center;">Hops/Bounds</td> </tr> <tr> <td style="text-align: center;">Rabbit Hops - Zig-Zag</td> <td style="text-align: center;">Hops/Bounds</td> </tr> <tr> <td style="text-align: center;">Rabbit Hops - Lateral</td> <td style="text-align: center;">Hops/Bounds</td> </tr> <tr> <td></td> <td style="text-align: center;">Cone Hops/Dot Drills</td> </tr> <tr> <td></td> <td style="text-align: center;">Hop/Bound Combinations (e.g. LLR, LLRR, ...)</td> </tr> </table>	<u>Double Leg</u>	<u>Single Leg</u>	Rudiment Hops (warm-up/preparation)		Depth Jumps (Height/Distance)	Step Jumps		Skips for Height	Tuck Jumps	In-Place Hops	Tuck Jumps w/Turn	In-Place Hops w/ Turn		Split Jumps	Rabbit Hops - Straight	Hops/Bounds	Rabbit Hops - Zig-Zag	Hops/Bounds	Rabbit Hops - Lateral	Hops/Bounds		Cone Hops/Dot Drills		Hop/Bound Combinations (e.g. LLR, LLRR, ...)
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<p><u>Notes</u></p> <p>Drop Steps: work with a partner to check landing position and knee movement during landing (eccentric phase)</p> <p>Static Step Jumps: make sure you are positioned so that your initial movement is up (not shifting hips forward)</p> <p>Squat Jumps: start at full-depth, jump for height, stick the landing</p> <p>Lunge Jumps: start at full-depth, jump for height, switch legs and land in opposite lunge position</p> <p>Stop-Action Exercises: focus on landing in a stable, balanced position with primary emphasis on eliminating any wobbling (movement in the direction of the jump is less of an issue)</p>	<p><u>Notes</u></p> <p>Rudiment Hops: propel with your ankles; roll from heel to toe rather than bouncing on the balls of your feet</p> <p>Depth Jumps: always err on the side of a lower starting height – these can become very intense very quickly</p> <p>Step Jumps: one foot on the step, jump for height, land with the opposite foot on the step</p> <p>Skips for Height: same leg on each set (up on one leg, easy on the other)</p> <p>Tuck Jumps: start tall, jump for height & into a tuck position, land with feet together</p> <p>Split Jumps: start tall, jump for height & into lunge position, land with feet together; alternate lunge positions</p> <p>Cone Hops: use a real or imagined cone to hop over</p> <p>Dot Drills: use real or imagined dots like the 5 on a die & choose patterns to follow for 30-60sec sets</p>																																										

The exercises above are listed roughly in order of intensity (with the exception of Depth Jumps which are typically very high intensity). Single-Leg exercises are generally higher intensity than Double-Leg exercises. Hops/Bounds and Skips may be done for height, distance, or speed. Circuits should generally move from exercises higher on the lists to those lower on the lists.

Done with proper posture and technique (and with a consistent build-up of volume), “shin splints” or other repeated stress issues should not be a problem. If you have a history of these types of injuries or if you feel them coming on, you need to see the Athletic Training Staff about them immediately and may choose to perform these exercises on softer surfaces (grass, turf field, tumbling mats, etc.).

Examples from the next page may be prescribed in training plans or dosages may be described to give you the freedom to create your own combinations.

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MULTI-JUMPS CIRCUITS

EXAMPLE CIRCUITS

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<p style="text-align: center;"><u>Stop-Action A (60 Double-Leg Ground Contacts)</u></p> <p>10 x Drop Steps (6-18", land on 2 feet)</p> <p>10 x Squat Jumps 10 x Lunge Jumps 5 x Squat Jumps w/ 180° Turn (each direction) 10 x Frog Jumps – Straight 10 x Frog Jumps – Zig-Zag 10 x Frog Jumps – Lateral</p> <p><i>Hold each landing for at least 2 seconds 30sec between sets</i></p>	<p style="text-align: center;"><u>Continuous A (60 Double-Leg Ground Contacts)</u></p> <p>20 x Rudiment Hops (each foot)</p> <p>10 x Tuck Jumps 10 x Split Jumps 5 x Tuck Jumps w/ 180° Turn (each direction) 10 x Rabbit Hops – Straight 10 x Rabbit Hops – Zig-Zag 10 x Rabbit Hops – Lateral</p> <p><i>Focus on tall posture & short ground-contacts 30sec between sets</i></p>
<p style="text-align: center;"><u>Stop-Action B (30 DL, 30 SL Ground Contacts)</u></p> <p>10 x Drop Steps (6-18", land on 2 feet)</p> <p>10 x Squat Jumps 6 x Single Leg Squat Jumps (each leg) 8 x Frog Jumps – Straight 6 x Frog Jumps – Zig-Zag 6 x Frog Jumps – Lateral 6 x Stop-Action Bounds 6 x Stop-Action Hops (each leg)</p> <p><i>Hold each landing for at least 2 seconds 30sec between sets</i></p>	<p style="text-align: center;"><u>Continuous B (30 DL, 30 SL Ground Contacts)</u></p> <p>20 x Rudiment Hops (each foot)</p> <p>10 x Tuck Jumps 6 x In-Place Hops (each leg) 8 x Rabbit Hops – Straight 6 x Rabbit Hops – Zig-Zag 6 x Rabbit Hops – Lateral 6 x Bounds 6 x Hops (each leg)</p> <p><i>Focus on tall posture & short ground-contacts 30sec between sets</i></p>
<p style="text-align: center;"><u>Stop-Action C (50 DL, 40 SL Ground Contacts)</u></p> <p>10 x Drop Steps (6-18", land on 2 feet)</p> <p>5 x Squat Jumps 5 x Lunge Jumps 5 x Squat Jumps w/ 180° Turn (each direction) 10 x Frog Jumps – Straight 10 x Frog Jumps – Zig-Zag 10 x Frog Jumps – Lateral 10 x Stop-Action Bounds 10 x Stop-Action Hops (each leg) 10 x Stop-Action Bounds – Zig-Zag</p> <p><i>Hold each landing for at least 2 seconds 30sec between sets</i></p>	<p style="text-align: center;"><u>Continuous C (50 DL, 40 SL Ground Contacts)</u></p> <p>20 x Rudiment Hops (each foot)</p> <p>5 x Tuck Jumps 5 x Split Jumps 5 x Tuck Jumps w/ 180° Turn (each direction) 10 x Rabbit Hops – Straight 10 x Rabbit Hops – Zig-Zag 10 x Rabbit Hops – Lateral 10 x Bounds 10 x Hops (each leg) 10 x Bounds – Zig-Zag</p> <p><i>Focus on tall posture & short ground-contacts 30sec between sets</i></p>
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You get the idea – now build your own!

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JUMPS PROGRESSIONS

TJ Progression A (42 Single-Leg Ground Contacts)

20 x Rudiment Hops (each foot)

10e x Single Leg Hops

10 x Bounds (5 contacts each leg)

3 x L-L-R-R (12 total ground contacts)

Focus on tall posture & ground-contacts under hips

30sec between sets

More coming soon!