



Training for the High Jump

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Agenda

Introduction

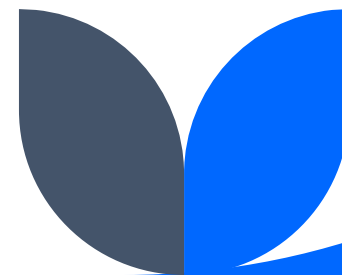
High Jump Approach

Speed Development and Acceleration

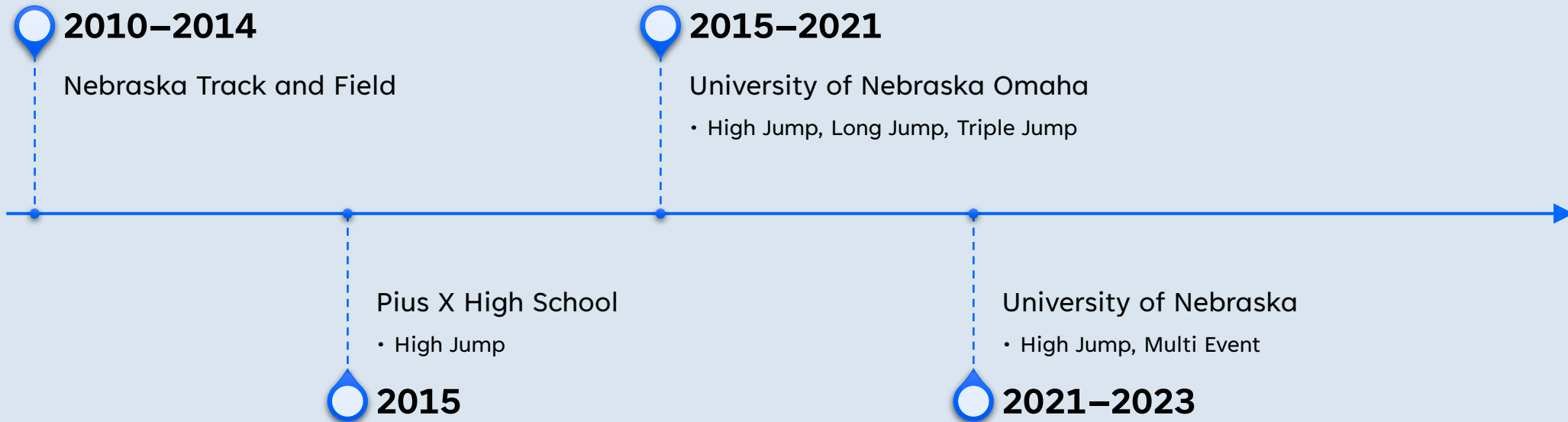
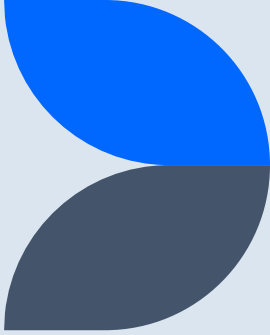
Plyometrics/ Multi-Jumps/Throws

Strength (Max Strength and Power + Bodyweight Strength Circuits)

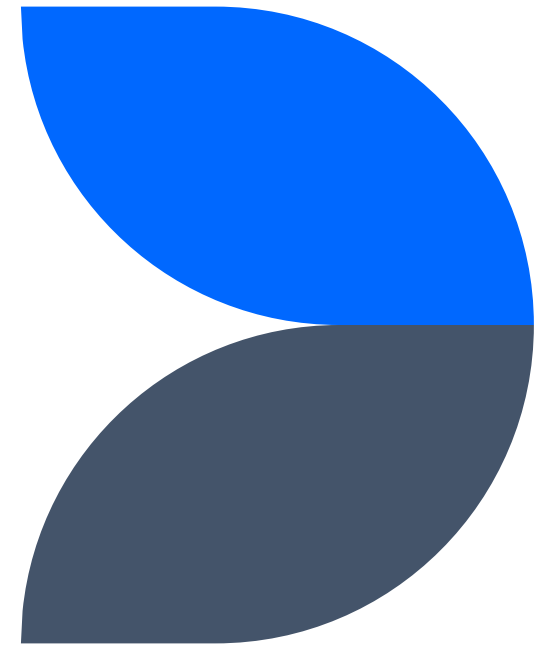
Questions



Introduction



High Jump Approach



5 Phases of the High Jump Approach

1. Acceleration Phase
2. Transition to the Curve
3. Preparation for Takeoff
4. Takeoff
5. Flight



High Jump Approach Cont.

Fosbury Flop:

Generate at much speed and lean away from the crossbar on a “J” shaped approach.

Emphasis on Acceleration and curve running mechanics

Max speed must be met in first 5 steps and maintained in the next 5

Methods for creating an Approach:

Run back “J” or Straight Line

High Jump Approach Cont.

Drills:

- Circle Running or Radius Running
- Roll over Accelerations- 10m, 20m, 30m



Helpful Hints:

- A standing start will be more consistent
- Avoid any acceleration along the curve
- Rhythm, Rhythm, Rhythm



Speed and Acceleration

Speed and Acceleration

This Aspect of training sets up the entire approach

Running Mechanics and Warming up efficiently

We trained speed 1-2xs per week with flying runs (10's, 20's, 30's) or (3x 10m, 10m-20m-10m, 20m-20m-20m) usually nothing over 30m

Max velocity is very taxing, so volume control is key (150m-300m) with full recovery (5-6 min)

Measure and record- **Can't improve what you do not measure!**

Drills:

Form Running

Play close attention during the warmup, bad habits are easily created during this time due to simply going through the motions.

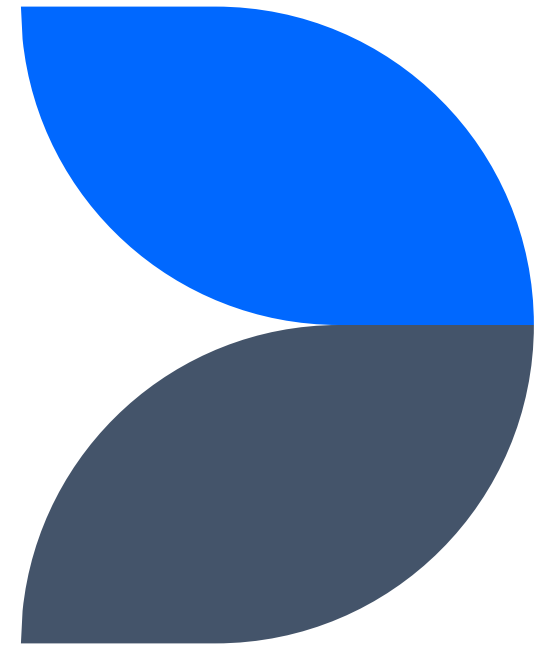
Wickets

Building rhythm with your athlete is key!
*Tape Measure and permanent marker hack

Running around the curve

Also great for Tempo

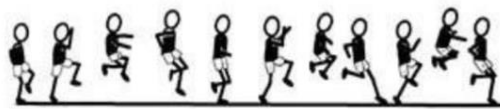
Plyometrics, Multi-Jumps, and Throws



Plyometrics and Multi Jumps

- Typically involves ground contact time of less than 150m
 - Ex. Depth Jumps, Hurdle Hops, Bounding, and Sprinting
- **Highly taxing on the CNS- use sparingly with low volume/High intensity/ Full recovery.

Short coupling time jumping and bounding exercises (the short time of force employment)



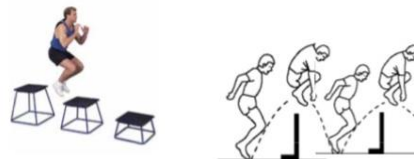
Alternate Leg Bounding



Single Leg Hops



Box Jumps on and off of a low box



Consecutive jumps over obstacles or boxes



Side-to-side double leg bounces



Side-to-side single-leg bounces

Plyometrics and Multi- Jumps Cont.

Multi-Jump Circuits (Schexnayder-SAC Speed Training Inventory)

Mercury

Ankle Bounces
Side Straddled Hops
Front Straddled Hops
Crossover Hops
Diagonal Hops
Bunny Hops
Zig-Zag Bunny Hops

Venus

Line Hops
Buttkick Jumps
180's
Rocket Jumps
Speed Skaters
Wideouts
Squat Freeze Jumps

Mars

Tuck Jumps
Ski Jumps
Single Leg Lateral Turns
Straddle Jumps
Single Leg Medial Turns
Lane Hops
Single Leg Squat Jumps

Jupiter

Box-SLJ
Box-Hurdle
Box-Box-SLJ
Box-Box-Hurdle

Ancillary Depth Jumps

Box Rebounds
Lateral Box Rebounds
Twisting Box Rebounds
Single Leg Box Rebounds

Uranus

RRR
LLL
RRLL
LLRR
RLRL
LRLR

Saturn

Standing Long Jump
3 Double Leg Bounds
Standing Triple Jump
Double-Double

Neptune

Jog-RRR
Jog-LLL
Jog-RLRL
Jog-LRLR

Pluto

LLL...
RRR...
LLRR...
Medial Hops (L-R)
Lateral Hops (L-R)

Bounding Series A

RRR...
LLL...
RRL...
LLR...
RRLL...
RLRL...

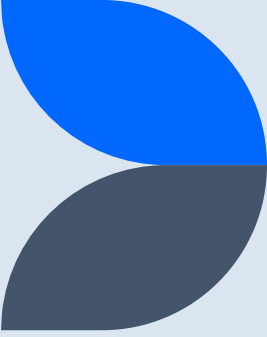
Bounding Series B

Straight Leg Bounds
LRLR...
RRL...
RRL...

Bounding Series T

Skips for Height
Skips for Distance
Run-Run-Jump (L-R)

Helpful Hints and Reminders



DON'T OVER PLYO

Sprinting is Plyometrics

Full foot ground contact-Baby bounding

Avoid landing on toes- Leading factor for shin and knee problems

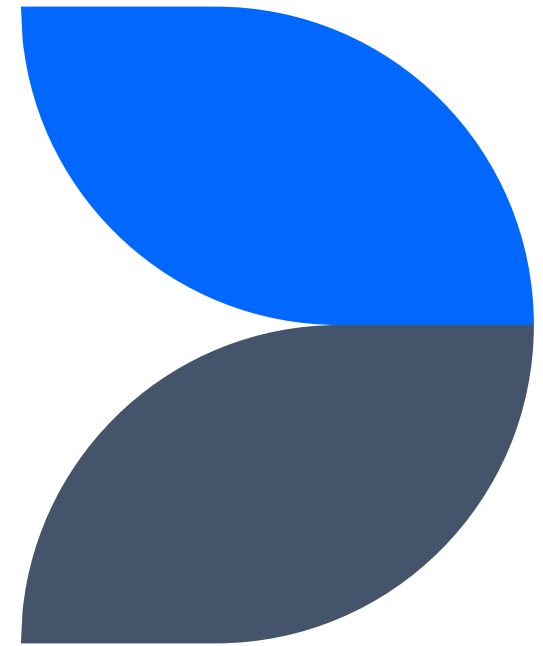
Throws

We use throws for several reasons:

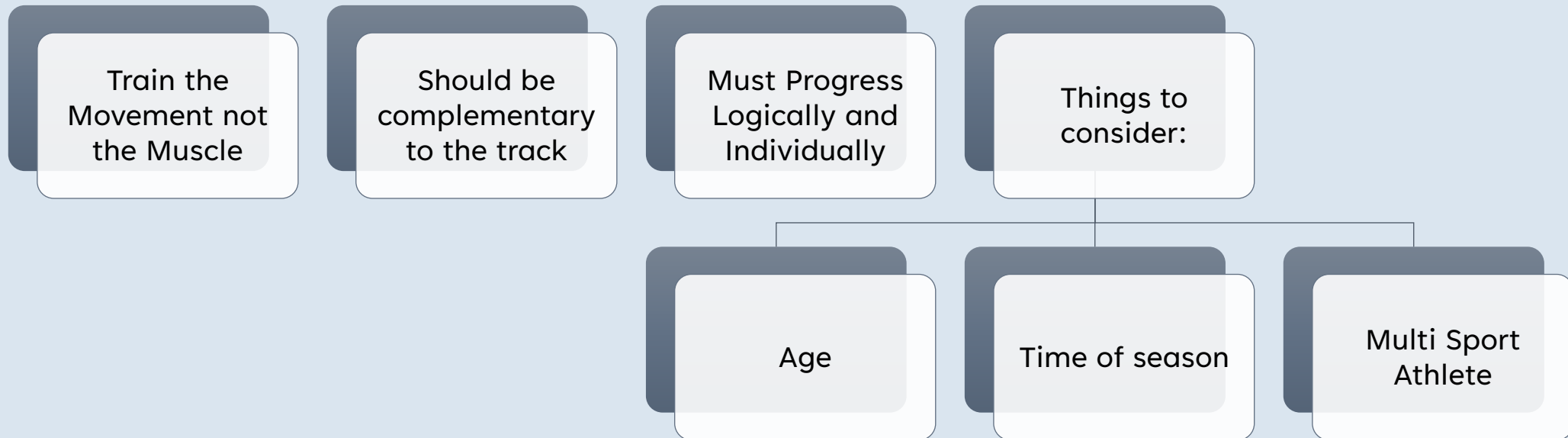
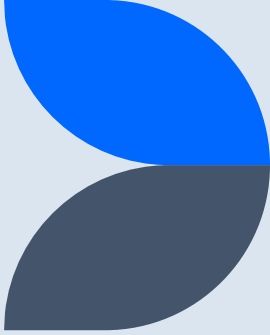
- CNS Readiness- Explosive Strength
- General Strength Movement
- **Can be Paired with Plyometric exercises**
Ex: Underhand Forward, Overhead Back, Height, Chest Pass, Lunge throw, Etc.

Strength

Max Strength and Power +
Bodyweight Strength Circuits



Strength Training



General Strength/Fitness Circuits



Can be used in conjunction with traditional strength training (2 days gym- 2 days circuit)



Excellent variety of training that can be used for recovery



Focus on Targeting Particular muscle groups

Upper Body, Lower Body, Total Body, Core, or a combo of all 4

Circuit Examples

General Strength Circuits (Schexnayder- SAC Speed Training Inventory)

Taurus

Pushups
Prisoner Squats
V-Sits
Back Hypers
Pushups w/Clap
Rocket Jumps
Dips
Cossack Extensions
L-Overs
Wrestler's Bridge
Swimming
Burpees

Gemini

Single Leg Toe Raises (L-R)
Squat Toe Raises
Side Foot Toe Raises (L-R)
Closed Everted Toe Squats
Toe Lunge Walk (L-R)

Leo

Single Leg Squat (L-R)
Stationary Lunges (L-R)
Lunge Jumps (L-R)
Incline Pushups
Dips
Decline Pushups
Lateral Squats
Prisoner Squats
Rocket Jumps
Kneeling Good Mornings
Yogis (Front/Back)
Alternate Pelvic Tilt Heel Slides
V-Sits
L-Overs
Crunches
Squat Lunge Walks

Cancer

Prone Elbowstand Leg Lifts (L-R)
Supine Elbowstand Leg Lifts (L-R) Prone
Handstand Leg Lifts (L-R)
Supine Handstand Leg Lifts (L-R)
Side Elbowstand Top Leg Lifts (L-R)
Side Handstand Top Leg Lifts (L-R)
Side Elbowstand Bottom Leg Lifts (L-R)
Side Handstand Bottom Leg Lifts (L-R)

Aquarius

Forward Leg Lift (L-R)
Forward Leg Lift/Flex (L-R)
Forward Leg Lift/Circle (L-R)
Russian Cossacks (L-R)
Bridge/Knee Extension (L-R)
Reverse Leg Lift/Flex (L-R)
Half Hypers (L-R)
Lunge Twist/Good Morning (L-R)
Half Crunches (L-R)
Crunches
Alternate Pelvic Tilt Heel Slides

Pillar

V-Sits
Back Hypers
Side Ups (L-R)
Leg Toss/Toe Touch/Hip Lifts
Crunches
Side Lifts
Back Hypers w/Twist
Crunches w/Twist L-Overs
Russian Cossacks (L-R)
Wrestler's Bridge
Pelvic Tilt Isometric
Pelvic Tilt Bicycle
Pelvic Tilt Crunches

Scorpius

Forward Squat Walk
Backward Squat Walk
Lateral Squat Walk (L-R)
Pushup Walk

Drills:

Preparation for Takeoff

- Low Walks/ Run
- Gallop Drill
- Skipping with Weight
- 2 Box Oliver

Takeoff

- Continuous Takeoff

Flight

- Pit Drills- bridges, Hip ups
- Back overs
- Back Flips

“Everything that happens in the air is determined by what happens on the ground”



Thank you

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