

Plyometric Conditioning for the Power Athlete

Coaching the Horizontal Jumps

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Practical Workshop Resources

Purposeful Plyometrics
Short Bounds
Technical Teaching and Low-End Reactive Strength Development
Subcategories
Short Horizontal Bounds
Vertical Bounds
Box Jumps
Hurdle Hops
In Place Jumps
Preparation - Building Volumes and Lower Leg Conditioning
Subcategories
Mild LLC Jumps
Single and Double Leg In Place Jumps of Moderate Intensity
Extended Bounds
Technical Teaching and Sustained Power Output
Subcategories
Horizontal Bounds
Vertical Bounds
Depth Jumps
Technical Teaching and High-End Reactive Strength Development
Subcategories
Horizontal
Vertical
Single Leg
Double Leg

The Multijump Teaching Checklist		
	Double Leg	Single Leg
Postural Skills		
Head Alignment	X	X
Pelvic Alignment		X
Contact Skills		
Preparation	X	X
Impact Patterns	X	X
Extension Characteristics	X	X
Swinging Segments		
Arm Movements		
Radius	X	X
Positioning	X	X
Swing Leg Movements		
Radius and Recovery		X
Symmetry		X
Trajectories	X	X

Horizontal Jump Progression and Pedagogy		
Exercise	Key Teaching Opportunities	Key Cues
Remedial Horizontal Series		
Standing Long Jump	Complete Extension	Long, Slow
	Long Swing Arm Radius	Long, Slow
3 Double Leg Bounds	Heel - Toe Contact Patterns	Heels
	Ascending Trajectories	Out, Then Up+
Standing Triple Jump	Pelvic Elevation	Hips Up, Knees Down
	Ascending Trajectories	Hips Up, Knees Down
Double - Double	Pelvic Elevation	
	Ascending Trajectories	Out, Then Up+
Intermediate Horizontal Series		
Triple Singles	Swing Leg Symmetry	Free Leg in Front
	Ascending Trajectories	Out, Then Up+
Double - Double	Swing Leg Radius on Switch	Hips Up, Knees Down
	Ascending Trajectories	Out, Then Up+
	Swing Leg Symmetry	Free Leg in Front
Alternates	Swing Leg Radius	Hips Up, Knees Down

Vertical Jump Progression and Pedagogy		
Exercise	Key Points	Key Cues
Vertical Bounding Series		
Singles	Heel - Toe Contact Patterns	Heel or Flat
	Vertical Orientation	Distance Cues, Pure Up
	Conservative Jumps	Amortization Values
	Extended Free Leg	Foot Low
	Forwardly Positioned Free Leg	Foot in Front Slightly
Double - Doubles	Amortization Patterns	Bent Knees
Medials and Laterals	Pelvic Origination	Stiff Ankles
	Ascending Trajectories	Out, Then Up+
Progression		
Over Time	Increase Horizontal Component	Mostly Up
	Increase Free Leg Swing Amplitude	Allow Free Leg to Move

Jump Fundamental Pedagogy - Fundamentals and Long Jump		
Exercise	Key Teaching Opportunities	Key Cues
Skips for Height	Complete Extension	Long, Slow
	Heel - Toe Contact Patterns	Heels
	Swing Leg Radius	Finish Low
	Swing Leg Symmetry	Finish in Front
	Pelvic Elevation	Hips Up, Knees Down
Skips for Distance	Complete Extension	Long, Slow
	Heel - Toe Contact Patterns	Heels
	Swing Leg Radius	Finish Low
	Swing Leg Symmetry	Finish in Front
	Pelvic Elevation	Hips Up, Knees Down
Hurdle Jumps	Heel - Toe Contact Patterns	Heels
	Arm Block	Thumbs, Triangle
	Arm Sweep	Arms Fall, Widen
	Pelvic Elevation	Hips Up, Knees Down
Run Run Jump	Heel - Toe Contact Pattern - Takeoff	Heels
	Heel - Toe Contact Pattern - Penultimate	Thumbs, Triangle
	Penultimate Lowering - Displacement	Shin Rotation
	Arm Movement	Opposite Arm Over
	Pelvic Elevation	Hips Up, Knees Down
Starter Jumps	Replicate	Replicate
Short Run Jumps	Accuracy	Replicate

Triple Jump Teaching Progressions and Pedagogy
Implement Horizontal Bounding Series
Remedial to Intermediate Progression
Low Volumes Until Pelvic Control is Mastered in Vertical Bounding Series
Implement Vertical Bounding Series
Begin with Vertical Bounds to Assure Pelvic Alignment
Slowly Introduce Horizontal Component as Stability Permits
Slowly Introduce Swing as Stability Permits
Implement Staggered Stance into Multijump Routines
Begin Process of Adaptation to Single Leg Takeoff
Walk Ins, Jog Ins, Short Run Jumps
Complete Process of Adaptation to Single Leg Takeoff

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