



# ATHLETIC DEVELOPMENT PROGRAMME

**JUMP HIGHER**

**#TOGETHERWEAREBASKETBALL**

**[WWW.BASKETBALLENGLAND.CO.UK](http://WWW.BASKETBALLENGLAND.CO.UK)**

# BE ROBUST

## INJURY REDUCTION

- By preparing our bodies to withstand the physical demands placed upon it
- Through improved movement control

# BE ADAPTABLE

## MOVEMENT DIVERSITY

- To deal with every scenario
  - To be creative on the court
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# THE PROGRAMME

## OVERALL AIMS

- Develop a vast range of movements **transferable to basketball**
- Enhance coordination, stability and movement control **required in basketball**
- Increase muscular strength in muscle groups **important for basketball performance**
- Build your vertical jump!

## JUMP HIGHER

- *Ever wanted to out jump your opposition? Use these exercises within your training week to target the muscles that will increase your jump power.*

## PROGRAMME OUTLINE

- Complete each of the three sessions once per week with 48-72 hours between sessions. For example, Monday, Wednesday, and Friday.
  - All exercises have accompanying demonstration videos
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# INCREASE YOUR VERTICAL - JUMP ROPE WARM-UPS

PERFORM THE FOLLOWING AS  
A CIRCUIT (WITH OR WITHOUT A ROPE)

- Double Leg x 20 s
- Side to Side Jumps x 20 s
- Split Jumps x 20 s
- Out and In Jumps x 20 s
- Hip Twist Jumps x 20 s
- Single Leg Jumps x 20 s each leg

**[CLICK HERE FOR VIDEO](#)**

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# INCREASE SPRING (2X A WEEK)

COMPLETE THE FOLLOWING SESSION TWICE PER WEEK

EXERCISE	WEEK 1 SETS X REPS	WEEK 2 SETS X REPS	WEEK 3 SETS X REPS	WEEK 4 SETS X REPS	BETWEEN SET REST PERIOD	VIDEO LINK / NOTES
A-Skip	2 x 15m (half court) with walk back in between				60s	Be tall throughout the movement. <a href="#">Video Link</a>
Extensive Ankle Jumps Forwards	1 x 15m					Aim is for lots of contacts <i>not</i> height. <a href="#">Video Link</a>
Extensive Ankle Jumps Backwards	1 x 15m					Aim is for lots of contacts <i>not</i> height. <a href="#">Video Link</a>
Single Leg Lateral Hops	2 x 10 each leg				60s	Continuous. Use a line to hop over. <a href="#">Video Link</a>
Big Skips for Height	2 x 3 each leg				60s	Perform continuously across the length of the court, aiming for as much height as possible. <a href="#">Video Link</a>
Vertical Jumps with Arm Drive	2 x 4				120s	Perform each repetition separately <i>not</i> continuously. Aim for as much height as possible. <a href="#">Video Link</a>
Lateral Bounds	2 x 4 each leg					Powerfully drive from one leg to the opposite leg, focusing on a stable single leg landing. <a href="#">Video Link</a>

# INCREASE SPRING (1X A WEEK)

COMPLETE THE FOLLOWING SESSION ONCE PER WEEK

EXERCISE	WEEK 1 SETS X REPS	WEEK 2 SETS X REPS	WEEK 3 SETS X REPS	WEEK 4 SETS X REPS	BETWEEN SET REST PERIOD	VIDEO LINK / NOTES
Alternating Reverse Lunge	3 x 8 each leg	3 x 8 each leg	3 x 8 each leg	3 x 8 each leg	60s	Hold a medicine ball / dumbbell / or rucksack with books in to add external resistance. <a href="#">Video Link</a>
Inclined Arrow-Head Push Ups	3 x 10-15	3 x 10-15	3 x 15-20	3 x 15-20	60s	Hands placed above feet. The higher the incline, the easier the push up. <a href="#">Video Link</a>
Side Ups	3 x 10 each side	3 x 10 each side	3 x 15 each side	3 x 15 each side	60s	<a href="#">Video Link</a>
Nordic Hamstring Extensions	3 x 6	3 x 6	3 x 6	3 x 6	90s	Hips forward. Resist for as long as possible each repetition. <a href="#">Video Link</a>
Single Leg Calf Raises with Knee Bent	3 x 25 each leg	3 x 25 each leg	4 x 25 each leg	4 x 25 each leg	60s	Wall supported. <a href="#">Video Link</a>