

8 DRILLS TO INCREASE VERTICAL JUMP

1

Lateral Jumps -
Move side-to-side with minimal ground contact.

2

Single Leg Bounds -
Aim for maximum power and minimum ground contact time.

3

Squat Jumps -
Improves explosive hip extension and lower body power.

4

Tuck Jumps -
Increases abdominal and hip flexor activity with knees tucked.

5

Depth Jumps -
Best drill to increase vertical jump and improve reactive strength.

6

Split Squat Jumps -
Improves single leg explosiveness using ankles, knees, and hip flexors.

7

Broad Jumps -
Key is to maintain balance at the end of each jump.

8

180 Jumps -
Develops landing coordination and explosive leg power.

See the Vertical Jump Training Drills

Watch the Videos