

ATHLETIC DEVELOPMENT PROGRAMME

Jump Higher



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

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!

Master your body

This 4 week block takes you back to basics, working on flexibility and stability. This is a must to maintain good movements throughout your life.

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

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](#)



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. Video Link
Extensive Ankle Jumps Forwards	1 x 15m					Aim is for lots of contacts <i>not</i> height. Video Link
Extensive Ankle Jumps Backwards	1 x 15m					Aim is for lots of contacts <i>not</i> height. Video Link
Single Leg Lateral Hops	2 x 10 each leg				60s	Continuous. Use a line to hop over. Video Link
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. Video Link
Vertical Jumps with Arm Drive	2 x 4				120s	Perform each repetition separately <i>not</i> continuously. Aim for as much height as possible. Video Link
Lateral Bounds	2 x 4 each leg					Powerfully drive from one leg to the opposite leg, focusing on a stable single leg landing. Video Link

Increase Spring (1x a week)

Complete the following session once a 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. Video Link
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. Video Link
Side Ups	3 x 10 each side	3 x 10 each side	3 x 15 each side	3 x 15 each side	60s	Video Link
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. Video Link
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. Video Link