

How to Develop Everyone to be a Jumper

Neil Kells

Head Track & Field Coach

Juanita High School

- Your warm up (dynamics – 1st stage in teaching how to jump)
 - A Skips
 - B Skips
- Beginning of the season drills that teach basic jump technique without them even knowing about it.
 - Use of football dummy bags (small half round)
 - Use plyo hurdles
 - Use of standard hurdles
 - Use football field sideline
- More advanced drills
 - Bounds
 - Single Leg hops (single arm)
 - Single Leg hops (double arm)
 - Single Leg hops alternating (skipping)
 - Springboard into HJ pits and sand pits
- How to tie it all together
 - Final drill that makes them a triple jumper
- Get them competing asap