Track Drills for Jumpers Highlighted in Grey

Skip Parallel Squat

Backward skip Hurdle Stretch

High Knees Parallel Squat Kickback

Fast Skip for distance Jog

Fast Step Sprint

Fast Foot (R/L) Karaoke (R/L)

Backward Stride Raised heel toe touch (R/L)

But kick Toe touch/leg extension (R/L)

Lunges Jump landing for distance

Backwards Lunges 90 degree kick (R/L)

Stride lunge Skip Bound

A Skip High Knee Jump

B Skip Sky Jump

Two legged hop 180 Degree jump

One legged hop (R/L) Monkey Jump

Speed Bounding Walk phase BBJ

Bound Bound Jump Bound Bound R/L

Phases for distance 50/100 meter bound R/L

Bound right/bound left RRL/LLR