

# Off-season Training for Jumpers

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# REST!!!

- 4-6 weeks depending on the length of season
- This allows for your athletes to rest and recover
- Allows for healing of injuries and shin/lower leg fatigue.
- Mental recovery

# Healing from the Season

- Demands of the Season
- Demands of practices
- Shin or other Lower Leg Fatigue
- Get realignment work done if needed

# Where to Start?

Figuring out which athletes participate in fall sports or winter sports?

Athletes should rest at least two weeks before actually starting back practices. To avoid fatigue and injuries.

These sports aid in keeping the athlete active.

# 4-6 weeks of Active Rest

- Get away from the sport
- Cross Training
- General fitness through fun activities
- Allow time to have Athletes come up with their individual schedules. (Jobs, vacations)
- Time with family and friends
- Summer Camp Schedules

# Mental Recovery

- 80% mental, 20% physical
- Get away from the rigors of going to practices daily
- Hearing the Coach's voice
- Thinking about Technique all of the time
- Competitions

# Designing the Off-season Plan

- Making the body that you are going to use
- Finite-General- Specific
- 3 week cycles
- Progressive cycles to get the athlete prepared for the season

# Finite- Evaluating the Athlete

- Weakness vs Strengths
- Target the areas that need improvement
- Running mechanics
- Change in Technique (changing takeoff foot or single arm to double arm technique in TJ)
- Core and General Weights



# Weaknesses vs Strengths

- General to more specific to each athlete
- Things that takes more time than what could be accomplished during the season.
- Allows the coach to look at the training module that was used and see what you could build upon.

# Running Mechanics

- One of the major areas that can increase consistent jumps
- Simple running drills (ABC Drills)
- Working on posture in the run
- Knee, Toe Up, Heel Up
- Running through the hips in posture strides 40-60m
- Getting them used to rolling over Center of Gravity

# Changing Techniques

- The off-season is the perfect time to address this issue.
- Boo Schexnyder states, " Its easier to work on this in the off-season to allow for the athlete to have the time to adapt then while in a competition season."
- Simple Drills to allow for athlete to get used to the feel of the body using this new technique.

# Core and Weights

- Major area that you can always see big gains
- Bricks to build a solid foundation
- Very General Weightlifting (body weight, dumbbells, Olympic lift movements)
- Circuits combined with low intensity plyometrics (skips, straight leg bounds, line hops, side to side hops)
- Medicine ball throws

# Core and Weights

- Sets should be 4 sets of 8-10 reps with light to moderate weight depending on the athlete during the adaptation phase
- 4 sets of 6 once you are into a more general phase
- Simple lifts with Dumbbells to target both dominate and non-dominate sides of the body.

# Lifting Workout Example

## Tuesday

Dumbbell Shoulder Press	4x10
Dumbbell Lunge Squats	4 sets of 8
Bicep Curls	4x10
Triceps Rope Pull Downs	4x10
Pies w/ 5lb plates <small>(hold plates flat push out and make circles)</small>	4x10
Straight bar hanging Knees Ups <small>(holding 5 sec)</small>	4 sets of 10
Pull Ups	4 sets of 10
Dips	4 sets of 10

## Thursday

Military Press	4x10
Dumbbell Lunge Squats	4 sets of 8
Back Rows (dumbbells)	4x10
Triceps Kickbacks	4x10
Straight bar hanging Knees Ups <small>(holding 5 sec)</small>	4 sets of 10
Pull Ups	4 sets of 10
Dips	4 sets of 10

# Weight Circuit

Each exercise will be down in sets of 4x20 sec with 10 seconds rest between sets

Goblet Squat

45 Degree Sit-up

SL RDL

MB Slam

Suitcase Dead lift

Tuck Jump

HRPU  
Superman's

Plank Riser  
Inverted Row

Box Jump

Jump Rope

# General Endurance

## General Endurance

Money in the bank, Food in the Tank-Clyde Hart

Pennies make Dollars

## Minutes vs Miles

Minutes allows the athlete to schedule their day around getting in the run. (on a grassy or soft surface)

10-20 minutes 2-3 times a week to start working on general endurance

After 2 weeks would start adding some posture strides to start working on running mechanics.

Always approach running for a jumper as if they are a sprinter and not a distance runner.



# Plyo Metric Exercises

## Plyo-metric Exercises

Name of Exercise	Type of Exercise	Intensity
Side to side ankle hop	Jumps in place	Low
Front Cone Hops	Multiple Jumps	Low
Alternating Push off	Box Jumps	Low
Single Leg push off	Box Jumps	Low
Jump from box	Depth Jumps	Low
Jump to box	Depth Jumps	Low
Skipping	Bounding	Low
Power Skipping	Bounding	Low
Backwards Skipping	Bounding	Low
Depth Jump	Depth Jumps	Moderate
Depth Jump to height	Depth Jumps	Moderate
High Knee Tuck Jump	Jumps in place	Moderate
Rim Jumps	Multiple Jumps	Moderate
Freeze Jumps	Multiple Jumps	Moderate
1-2-3 Drill	Standing Jumps	Moderate-High
Standing LJ w/ Hurdle Hop	Multiple Jumps	Moderate-High
555 Squat jumps	jumps in place	High
Standing LJ with Sprint	Standing Jumps	High
Hurdle Hops	Multiple Jumps	High
Stadium Hops	Multiple Jumps	High
Multiple box to box jumps	box Jumps	High
Pyramid box hops	box Jumps	High
Incline Push up depth jump	Depth Jumps	High
Squat Depth Jump	Depth Jumps	High
Single leg depth Jump	Depth Jumps	High
Alt. Bound with sing. arm	Bounding	High
Alt. Bound with doub. arm	Bounding	High
Combo Bound w/ sing. arm	Bounding	High
Single Leg Bounding	Bounding	High-Advance
Combo Bound w/ Vert. Jump	Bounding	High-Advance
Combo Bound w/ doub. arm	Bounding	High-Advance
Multiple box to box squat jumps	box Jumps	High-Advance
Multiple box to box with 1 leg landing	box Jumps	High-Advance
3 pt. stance w/ 1 leg hurdle	Multiple Jumps	High-Advance
Single Leg Hops	Multiple Jumps	High-Advance
Handstand Depth Jump	Depth Jumps	High-Advance
Depth Jump w/ SL	Depth Jumps	High-Advance

# Light Plyo Workout

## Light Plyo Workout

Workout #1      LOW INT

EXERCISE	REPS	SETS	REST	TOTAL FC
Side to side ankle hops	10	2	30s	20
Jump on box	10	2	60s	20
Skipping	10	2	60s	20
Front Cone Hops	10	2	60s	20
Power Skips	10	2	60s	20
TOTAL		100 FC		

# Medium Plyo Workout

Workout #6	TUES	MED INT			
EXERCISE		REPS	SETS	REST	TOTAL FC
Freeze Jumps		10	2	30s	20
Depth Jumps		10	3	60s	30
Standing LJ with Hurdle Hop		10	2	60s	20
High Knee Tuck Jumps		10	3	60s	30
Power Skips		10	3	60s	30
Rim Jumps		10	3	60s	30
1-2-3 Drill		10	4	90s	40
Total				200 FC	

# Hard Advance Plyo Circuit

Workout #12

EXERCISE	REPS	SETS	REST	TOTAL FC
Multiple box to box squat jumps	10	3	30s	20
Depth Jump w/ SL	10	2	60s	20
3 pt. stance w/ 1 leg hurdle	10	2	60s	20
Hurdle Hops	10	3	60s	30
Squat jumps	15	2	60s	30
Single Leg Bounding	10	3	60s	30
Handstand Depth Jump	10	2	90s	20
Total				170 FC

# Cycle 1 Example

## Phase 1

### Week 1

MF 15- minute Run-Weights

W Circuit/ Weights

TTH 10 minute run-8x100m strides on a grass surface- Running Drills

### Week 2

MF 16-18 minute Run-Weights

W Circuit/ Weights

TTH 10 minute run-10x100m strides on a grass surface- Running Drills

### Week 3

MF 20 minute Run-Weights

W Circuit/ Weights

TTH 12 minute run-12x100m strides on a grass surface-Running Drills

# Ab Circuit Example

## Semi Advanced Abdominal Core Movements

25 Crunches

15 Hand Release Push Ups

25 Crunches on right side

(Lay on your side and left arm stretched above head, take right elbow and meet right ankle in the air contracting your oblique)

25 Crunches on left side

(Lay on your side and right arm stretched above head, take left elbow and meet left ankle in the air contracting your oblique)

20 Regular Push Ups

15 Leg Rolls

(Lie flat on back bringing legs to tummy straightening them in the air and rolling out in front keeping leg continuously 6 inches above the ground)

15 Scapular Push Ups

(Plank position and dip the upper body like a push up)

10 Swimmers

(Lying on stomach hands out in front and lifts upper body and moves the hands back in a swimming motion slowly)

10 Wide Grip Push Ups

20 Flutter Kicks

(Lie flat on back and place hands under the buttocks and move dorsi flexed feet up and down in a scissor like fashion)

# Links

<http://completetrackandfield.com/off-season-for-jumper/>

<http://www.lbrainerd.com/Track/jumpers-off-season-training>

Questions and Thank you!

**QUESTIONS.....**



# Thank you!!!

- Thank you Coaches and others
- Asics Comet Clinic
- Amherst High School

# Contact information

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