

SPEED JUMP SEQUENCE

1. **ANKLE FLIPS & LATERAL BOUNCE** – Bounce on the balls of both feet as fast as possible (ankle flip), then bounce laterally from one foot to the other staying on the balls of your feet (lateral bounce). Perform ANKLE FLIPS for 15 seconds, then switch immediately to LATERAL BOUNCE for 15 seconds without stopping. Repeat this cycle until the prescribed amount of repetitions are completed.
2. **SKI JUMP** – Jump with both toes together laterally over a line on the floor. Jump as quickly as possible, spend very little time in contact with the floor.
3. **DICE DRILL** – You will need a set of “dice dots” painted on your floor. Start with both feet on corresponding dots. Jump with both feet landing on the middle dot, then jump with both feet landing on the remaining 2 dots. Then jump backward to the middle dot and then backward to the 2 dots you started on. Repeat this pattern for the prescribed amount of time and sets.
4. **NORDIC JUMP** – Jump as though you are cross country skiing, alternating left foot and right foot forward. Perform the jumps as fast as possible for the prescribed amount of time and sets.
5. **CROSS OVER JUMP** – Stand with your feet crossed. Jump and quickly cross your feet in the opposite orientation (right over left, to left over right). Jump as quickly as possible and repeat for the prescribed amount of time and sets.
6. **FIGURE 8 JUMP** – Stand with toes together, jump in a figure 8 pattern. (Diagonal forward, lateral, diagonal backward, lateral).