

Horizontal Jumps for the HS Athlete





AGENDA

Introduction

Warm-ups

LJ Breakdown

Coaches Eye

Staying on Track

Sourcing

Questions

TJ Lawson

IMG Academy
Technical Director-
Combined Events
Coach





Warm-Ups

Walking Series (15Y-15Y)

Knee Pulls

Quad Pulls

Toe Walks

Good Morning
w/ SO

Hip Flex
w/ arm OH

Ankle Scoops

Side Lunge

Crossover Lunge

Shin Cradles

Frankensteins



Ground/ Activation Series

Donkey Kicks
(10e)

Fire Hydr.
(10e)

Str. Leg Raises
(10e)

Hip Openers
(8e)

DL Glute Bridge
(8)

SL Glute Bridge
(6e)

Cat/Cows
(5e)

Supermans
(5x3sec)

Tib Raises
(30)

Floss/Soft Tissue



Dynamic Series + Sprint Drills

Leg Swings
(Front-Back-10e)

Leg Swings
(Side-Side-10e)

Side Sweeps
(30Y, D-B)

Karaoke
(30Y, D-B)

HK Butt Kicks
(30Y, D)

Skip For Height
(30Y, B)

A skips
(15Y, Jog 15)

B skips
(15Y, Jog 15)

C skips
(15Y, Jog 15)

Fast Leg Alt
(30Y, B)



Up-To-Speed (50Y)

Short C-Long C-
Strider

*Focus on form

Fall Start- Build
Up

*Focus on
drive phase

Skip In- Build Up

*Focus on
Max V positions

2- Point Start

*Optional- Spikes

3-Point Start

*Optional- Spikes





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Approach



Takeoff



Landing



Approach

65%



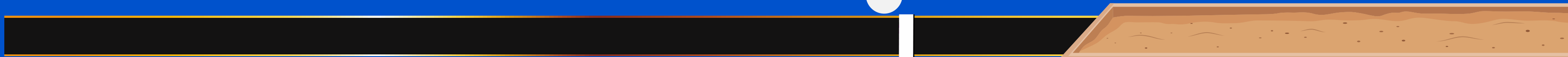
Takeoff

25%



Landing

10%



```
graph TD; A[The Approach] --> B[Step Pattern]; A --> C[Rhythm]; A --> D[Foot Speed]
```

**The
Approach**

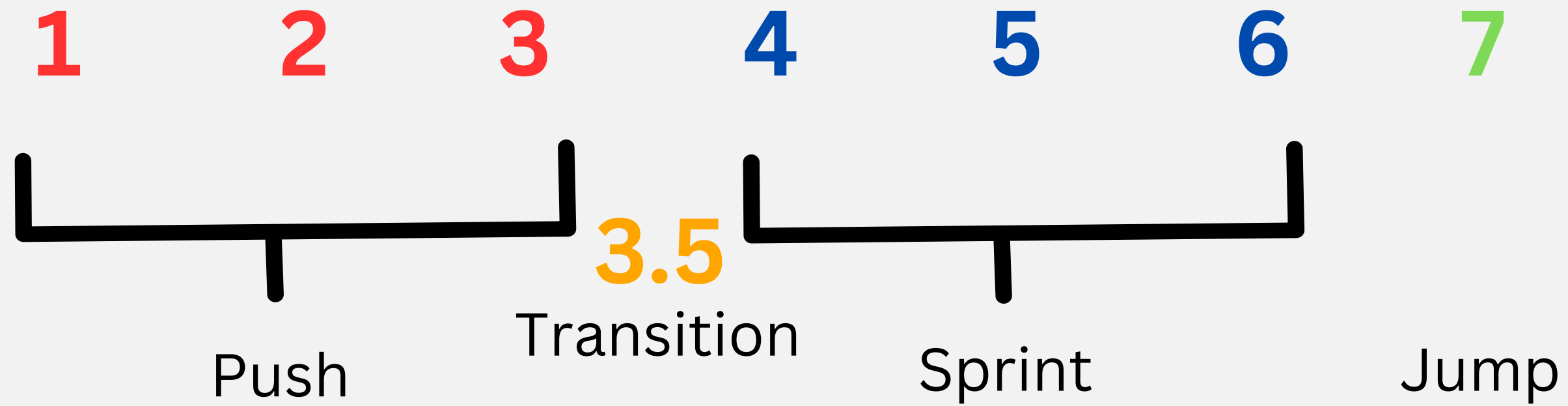
**Step
Pattern**

Rhythm

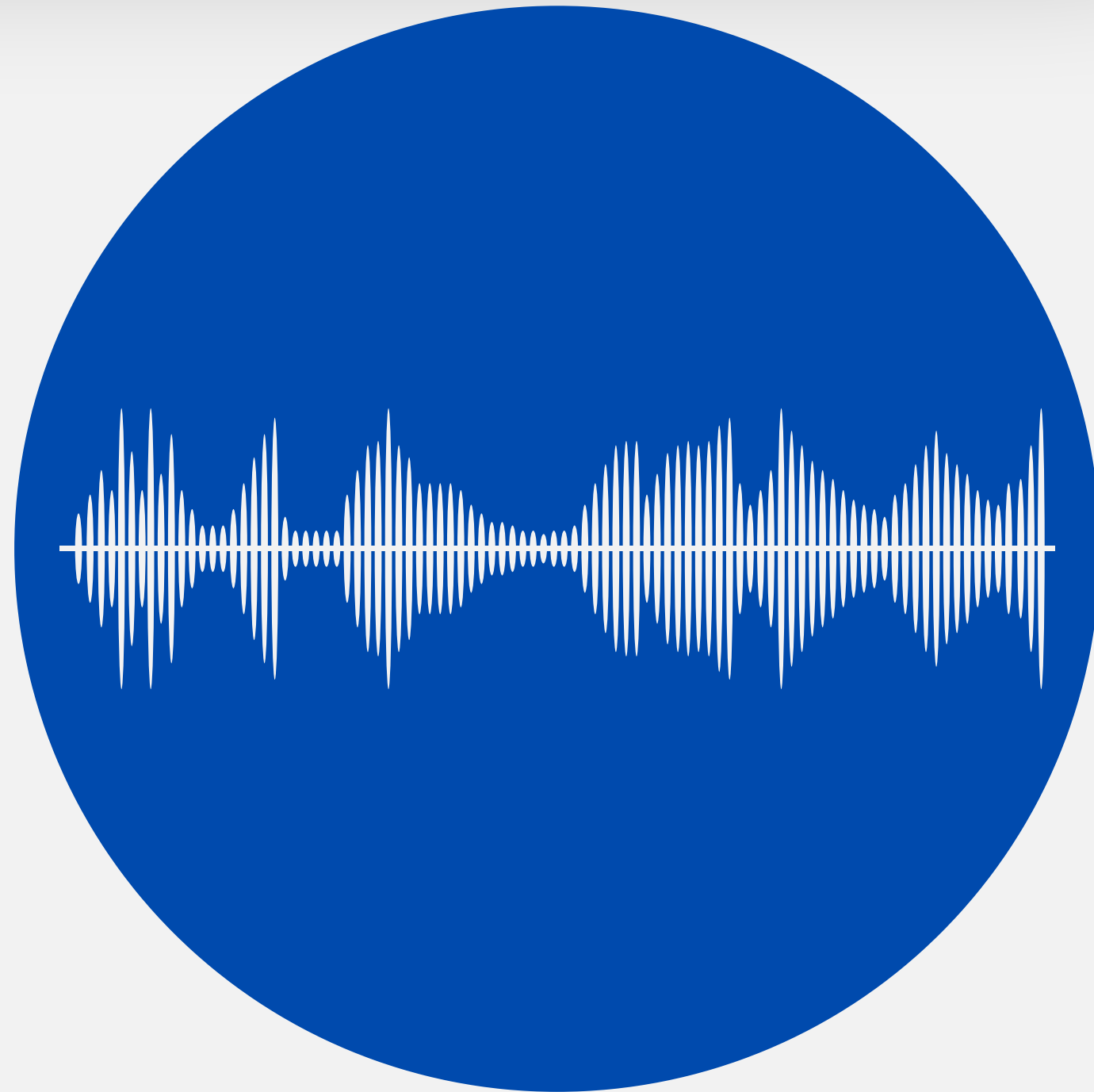
**Foot
Speed**

Step Pattern

*7 Stride- Left Foot Jumper



Rhythm



HORIZONTAL JUMPERS

ARE



SPRINTERS



**The
Takeoff**

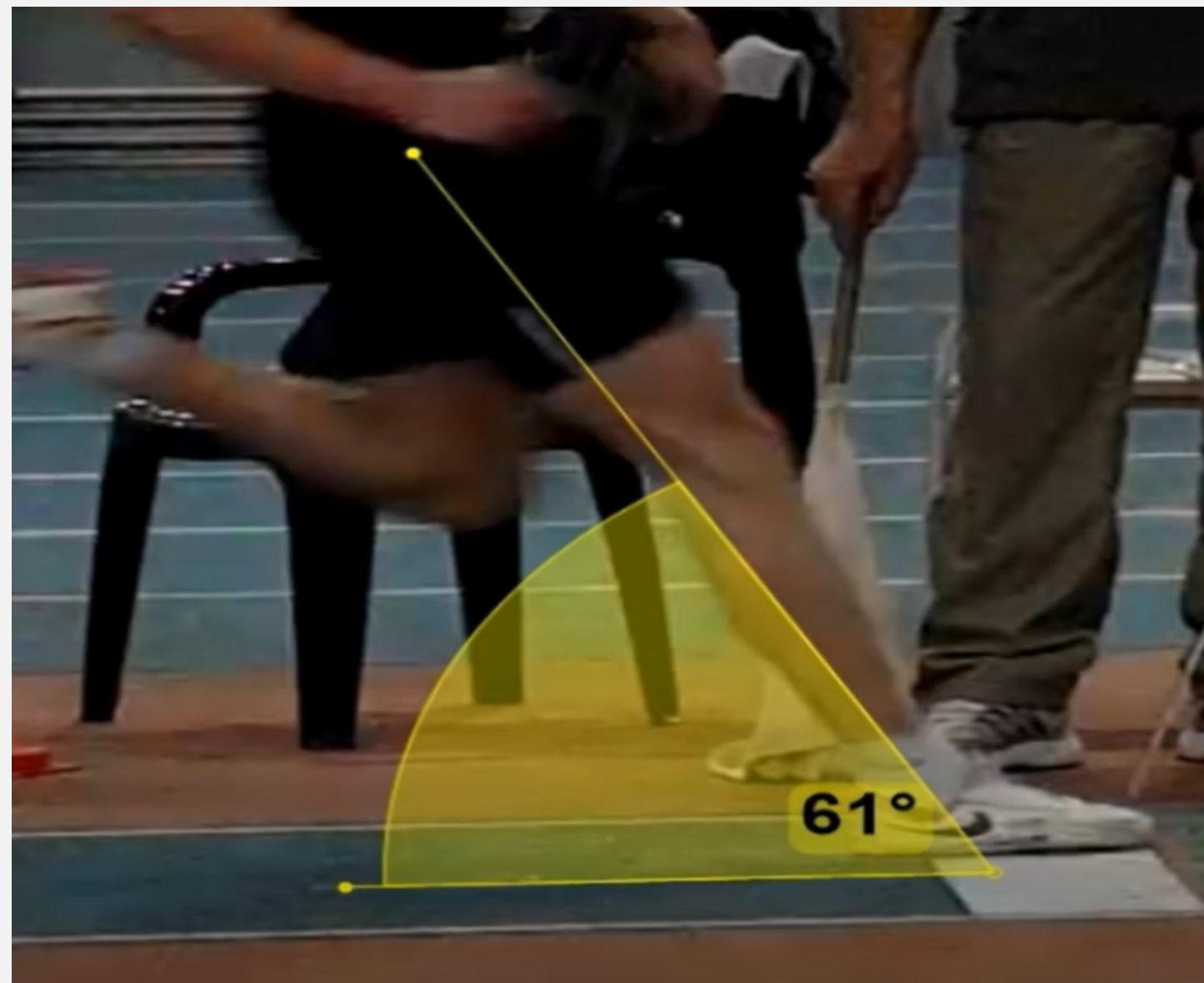
Posture

**Drive
Knee**

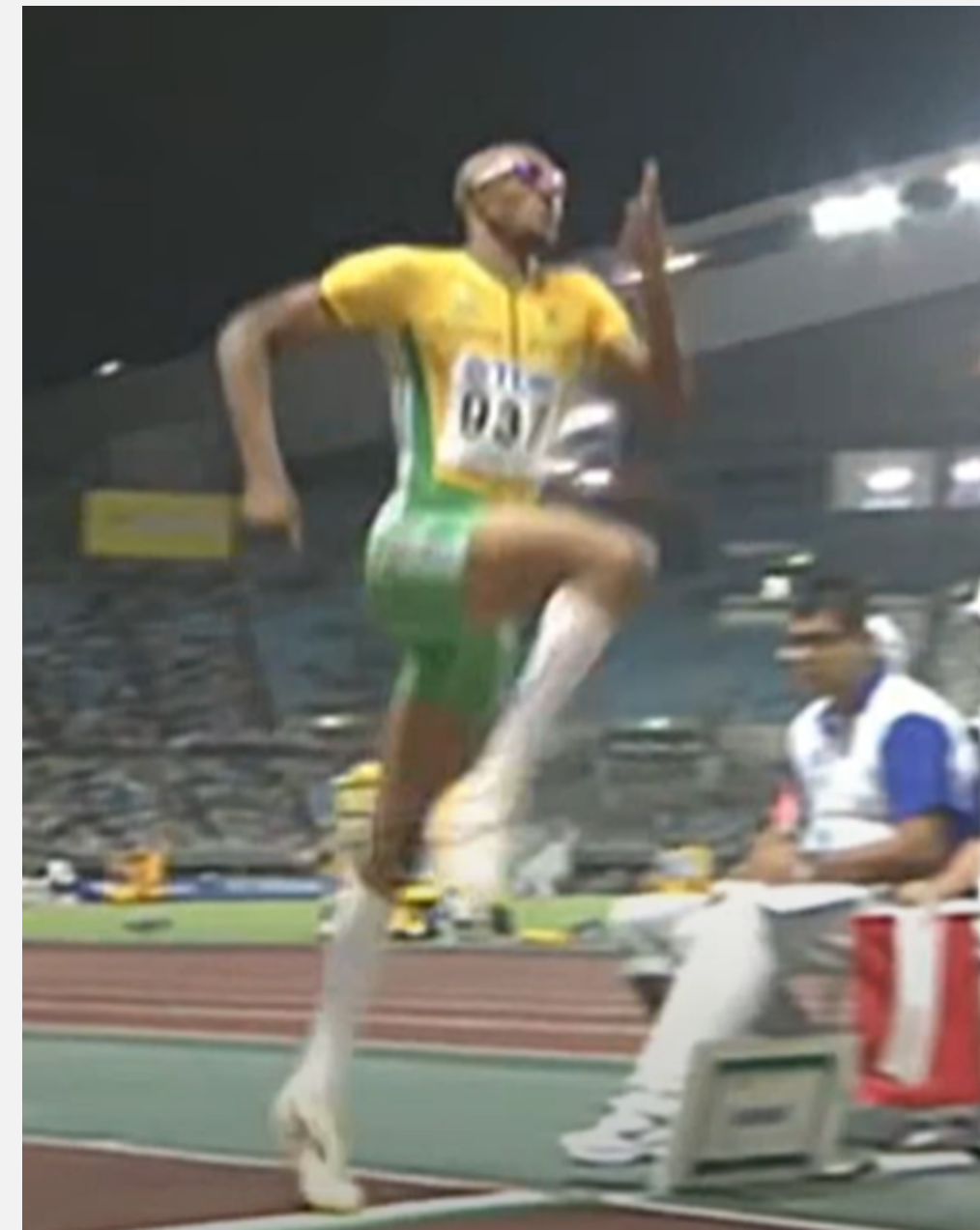
**Pen-
ultimate**

Posture and Drive Knee

Takeoff foot touches down IN FRONT of center of mass



Tall Posture creates powerful drive knee



Penultimate

- Straight Leg vs Bent Leg
- Hips **MUST** lower to jump
- **QUICK LOADING**

DROP -3

PUSH-2

PULL-1

```
graph TD; A[The Landing] --> B[Over Rotation]; A --> C[Arms]; A --> D[Landing]
```

**The
Landing**

**Over
Rotation**

Arms

Landing

Over-Rotation

ALL in-air mechanics are done to RESIST forward rotation

Sail

[SAIL VIDEO](#)

**DRIVE KNEE
AND NEVER
DROP**

Hang

[HANG VIDEO](#)

**DRIVE KNEE
AND DROP**

Hitch

[HITCH VIDEO](#)

**“Running in
Air”**

Arms and Landing



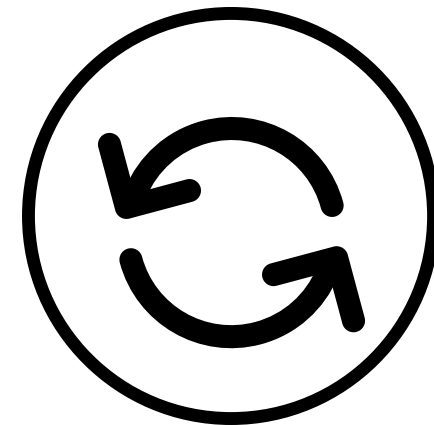


STAYING ON TRACK

Keeping the Horizontal
Athlete Healthy



Floss Bands



Reverse Sleds



Core Stability

QUESTIONS???