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**SUMMERTIME
GAME CHANGER**

**INCREASE
YOUR
VERTICAL**

**12 WEEKS / 90 DAYS
33 x 30 MINUTE WORKOUTS**

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**Want to dynamically change
your game?**

**Improve all aspects of your
game?**

**Learn how by increasing your
vertical!!!**

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How to increase your vertical in 12 weeks!

A good vertical jump is an asset for all volleyball players. It will help you elevate more for better angles of attacking, service, and blocking. It adds an additional facet to your game that can give you, and your team, a distinct competitive advantage. A good vertical is a valuable asset to help your entire team have more confidence, create more enthusiasm and make the game more exciting and fun.

If you are asking yourself if it is even possible to improve your vertical then be happy to know that with a balanced training approach it is definitely something that can be improved...dramatically!

This program is a hybrid program that adds in different pieces that I've read about, discussed and have utilized throughout my time as an athlete and can honestly say this is something you can implement and see tangible results.

This program is designed to be completed with no weight equipment, a small space and a jump rope, so there is little to no costs. It is designed to be done in a small or confined space so there are no excuses. This program is designed to be an addition to your already busy schedule and workout routine. As always make sure you consult with a physician prior to implementing any exercise program and should you feel any pain or discomfort during the program, stop immediately and contact your physician for an evaluation.

First, Measure Your Vertical

First things first, you need to know where you are to know where you want to go and then how to get there. You need to measure your current vertical. So grab a friend, get a ladder or step ladder, tape measure and some chalk.

Step One; Find a wall tall enough you cannot touch the top.

Step Two; Stand next to the wall and extend your dominate arm as high as you can above your head standing flat footed. This is your standing reach. We all know that the top of the net is seven feet four and one eighth inches. Have your friend mark your reach with the chalk.

Step Three; From a standing start jump and touch as high up on the wall as you possible can. Have your friend watch to accurately mark you touch. Do this a couple times and then have your friend mark the high point on the wall with the chalk.

Step Four; Measure the distance between your standing reach and the high point jumping reach. Voila, this is your vertical jump.

Important Information

Warm Up

I cannot emphasize the importance of warming up and stretching prior to any exercise or competition. You will learn through time as you read more and more about competitive athletics about the importance of being warmed up. Stretching your muscles and warming them up prior to any strenuous athletic competition is always recommended and allows you to attain peak performance. There are a variety of way to get loose or warm up prior to any sporting event. Running in place, jumping rope, jogging around the gym are all way to get your blood flowing and to warm up your muscles. Again, consult a physician or training prior to implementing any exercise regiment to be sure you are physically fit to participate and are functional performing the exercising correctly.

Quick Warm Up Routine

30 second jog in place, 30 second high steps, 30 second cross over steps, 30 second squat lunge, 30 second broad stance breaths, 30 second triceps stretch (both arms), 30 second straight leg stretch, 30 second triangle sky touch and 30 second quad stretch (both legs)

Segments

This 12-week program is broken up into three different segments consisting of 3 weeks of training and 1 week of rest. This is due to the fact that as you continue through the program your muscles will adapt to the intensity of the program and we will want to increase the intensity to keep increasing the workload, thus increasing your vertical.

Frequency

Do this program every other day for 3 weeks. Meaning there will be 4 workouts the first week, 3 workouts the second week and 4 workouts the

third week for a total of 11 workouts over the 3-week period. This program will result in 33 workouts over the 12-week period while resting in weeks 4, 8 and 12. Understanding the importance of balance, rest and nutrition as a component of competition is critical to your development as a competitive athlete. Your muscles and body need time to rest and recover in order to grow stronger and more explosive.

Interval Training

While doing this program remember this is best done as an interval workout. Make sure you have a clock with a second hand or a timer that you can see the second while performing this workout and rest 1 minute between all the sets. Any clock, stopwatch, watch or phone for that matter will work great. Even better implement this training with a friend to create dual accountability and keep time for one another. It is ok to stretch the rest out to 2 minutes between sets so that you perform a set then rest while your friend perform a set. Just make sure you train, rest, train, rest, etc.

Track Your Progress

Each day write down the routing that you completed. At the end of each week retest yourself. Don't be discouraged if you don't see immediate results. It is best to learn patience and understand that you need to complete the program to see the results. Be patient, be diligent, track your progress and understand this is a process. Each journey starts with a single step and each step brings you closer to your goal.

Program Components

Stretch

Jump Rope

Where it isn't absolutely necessary to jump rope as you can simple run/jump in place, it is a great exercise and toll you can use over and over for a variety of reason, such as warming up.

Two Foot Squares

Imagine or mark with chalk 4 dots in a square about 15 – 20 inches apart. One repetition is to hop around the 4 dots keeping both feet together. Start clockwise and alternate to counterclockwise. To complete 1 set of two feet corners, hop around the square landing on each dot, alternating clockwise to counterclockwise, for the required number of repetitions.

One Foot Squares

Exactly the same as Two Foot Squares except performed on one leg.

Slow-Motion Squats

Stand with your feet shoulder width apart and slowly lower yourself down until you are in a deep squat making sure your heels are flat on the ground, hold for 2 seconds before slowly rising back to the starting position. The descent, hold and rise should each take a 2 count to complete for a 6 count reptation. Remember to keep your head up and your back straight.

Tuck Jumps

Tuck jumps involve descending into a comfortable squat, then explosively jumping as high as possible while bringing your knees to your chest.

High-Reach Jumps

Are similar to tuck jumps, but instead of bringing your knees to your chest, you just reach as high as you can. Try to do these where you can tell how much fatigue affects your reach. Try to focus on reaching the same height each jump for all repetitions. If you are unable to measure this, remember to put as much effort in the first jump as you do the last jump. Practicing while fatigued is difficult but necessary.

Lateral Jumps

Lateral jumps are performed by jumping over an imaginary line. They involve standing next to the line and then quickly jumping back-and-forth over the line for 1 repetition.

Single-Leg Lateral Jumps

Exactly the same as lateral jumps except performed on one leg.

Alternating Lunge Jumps

From a normal standing position, take one step forward with your right foot and one step backwards with your left foot. This is your starting position. From this position, jump as high as you can in the air and switch leg positions.

Straight Leg Calf Jumps

Without bending your knees, jump up and down in the same spot. You won't get very high off the ground, and it will be the ankle doing all the movement which will work the calf muscle.

Toe Raises

Stand regularly, then raise up onto the tips of your toes. Lower back down. Don't rock up and down, do it slowly but steadily. This is improved by using stairs if you have access to them.

Section 1: Workout Weeks 1-3, Rest Week 4

1. Stretching	2 minutes		
2. Jump Rope	2 minutes		
3. Jump Rope	2 minutes		
4. Slow Motion Squats	3 sets of	10	repetitions.
5. Lateral Jumps	3 sets of	20	repetitions.
6. Alternating Jump Lunges	3 sets of	10	repetitions.
7. Tuck Jumps	3 sets of	10	repetitions.
8. Toe Raises	3 sets of	20	repetitions.

Section 2: Workout Weeks 5-7, Rest Week 8

1. Stretching	2 minutes		
2. Jump Rope	2 minutes		
3. Jump Rope	3 minutes		
4. Slow Motion Squats	3 sets of	12	repetitions.
5. Two Foot Squares	3 sets of	12	repetitions.
6. Single-Leg Lateral Jumps	3 sets of	12	repetitions.
7. Alternating Jump Lunges	3 sets of	12	repetitions.
8. High Reach Jumps	3 sets of	12	repetitions.
9. Straight-Leg Calf Jumps	3 sets of	30	repetitions.

Section 3: Workout Weeks 9-11, Rest Week 12

1. Stretching	2 minutes		
2. Jump Rope	2 minutes		
3. Jump Rope	4 minutes		
4. Slow Motions Squats	3 sets of	10	repetitions.
5. One Foot Squares	3 sets of	10	repetitions.
6. Single-Leg Lateral Jumps	3 sets of	20	repetitions.
7. Alternating Jump Lunges	3 sets of	20	repetitions.
8. Tuck Jumps	3 sets of	10	repetitions.
9. Straight-Leg Calf Jumps	3 sets of	40	repetitions.

Additional Workout Strategies

Plyometrics or plyos, for short, is a training or exercise method that basically trains your muscles for explosive power and speed. In basketball, this characteristic can be crucial. Plyometrics exercises are performed to increase the ability of a muscle to generate more force, which in the case of the legs enables the athlete to jump higher and farther.

Plyometric Exercises Designed to Increase Vertical Leap

Squat Jumps

Set your feet shoulder-width apart. Squat down until your upper legs are parallel with the floor, then jump straight up into the air as high as you can. Land on both feet. Rest for 1-2 seconds and repeat. Concentrate on exploding into the leap.

Box Jump

Use a box that will not slide out from under your feet. Lower your body into a semi-squat position and jump onto the box. Step back down and repeat. Start with a low box and increase the height as you improve. This exercise can also be performed with one leg as an advanced variation.

Lateral Box Push-Offs

Use a box whose height causes your upper leg to be parallel to the ground when you stand beside the box and place one foot on top of it. Push off with the foot that's on the box, leaping laterally over the box and landing with that foot on the ground. The foot that was previously on the ground should now be on the box, and you will be on the opposite side of the box from where you started.

Burpees

Burpees help you get into a position to explode into a leap much faster, as well as increase your endurance and work your upper body. To perform a burpee, squat all the way to the floor from standing position so that your hamstrings are pressed against your calves. Put your hands on the floor, and throw your legs backward into the push-up position. Perform a push-up, then return to the squatting position. Leap into the air and raise your hands overhead. Repeat for as long as possible.

Box-Depth Jump

Start on top of the box. Drop off to the ground. Don't jump; you are simply executing a controlled fall. The second your feet hit the ground, leap straight up into the air as high as possible. Your time spent on the ground should be as short as possible. Increase the height of the box to raise the difficulty.

You may not be able to jump like Air Jordan, but the game of basketball requires agility as well as strong jumping ability. Plyometrics exercises can increase muscle control and explosive power as well as balance, coordination, and quickness, which are essential to the fundamental movements of the game. Whether you're going for a dunk, a rebound, a block or the quick first step, plyometrics can help get you there.

5 Workouts to Increase Your Vertical Jump

A good vertical jump can give you an immense advantage in athletics, particularly in basketball, where a strong and powerful jump can be the difference between missing or making a shot.

Some athletes are naturally blessed with a seemingly superhuman spring in their step, allowing them to reach incredible heights with ease. But even if you aren't one of the lucky few blessed with this natural talent, you can still use training and exercise to increase your own jumping performance.

Some of these workouts rely on cutting down your reaction time and teaching your body how to jump as quickly as possible. Others rely on strength training, which gives you the muscle power to launch yourself higher. All of them combined can help you improve your vertical jump, on and off the basketball court.

1. Depth Jumps

A Depth Jump is a common technique to increase vertical jump performance. This exercise, performed by jumping off a box at roughly your vertical jump limit, then immediately jumping up again as soon as your feet touch the ground, trains your body to maintain and use elastic energy to propel yourself quickly and with power.

To do a proper Depth Jump, stand on a firm surface between 1 and 2 feet tall. Step off with one foot, land with your knees bent slightly and jump back up immediately. Perform 1 or 2 sets of 5 to 8 reps, depending on your strength and experience.

This exercise can be modified by adding hurdles or repetitive jumps, or by steadily increasing the height of the box.

2. Jump Squats

Jump Squats use your body weight for resistance training and to build muscle memory for launching your body from a bent position. They can also be used as a strength training exercise with the addition of weights, which will train your legs to power you up.

Perform a regular Squat with proper technique, including keeping your knees over your toes and your back straight. Once you are low to the ground, jump as high as possible. Repeat 5 or 6 reps over 1 or 2 sets.

The training effect is similar to what you experience with a vertical shock workout. Jump Squats should help you develop the critical technique of explosive movement, which combines power and speed to unleash force at a shockingly intense rate.

3. Hip Flexor Stretch

Part of success in the Vertical Jump is based on the ability to extend the legs quickly. The best way to reinforce and practice this is to perform Leg Stretches and Hip Stretches. The Hip Flexor Stretch in particular helps pull the knee up and loosens the muscles, so that tightness does not prohibit you from reaching your maximum height.

To perform a Hip Flexor Pulse Stretch, lunge with your back knee directly under your hip. Push your pelvis forward until you feel a stretch where your pelvis meets your femur, then hold the position for two seconds. Repeat 10 times.

4. Trap Bar Deadlift

This strength exercise is technically easier to learn and perform correctly than a Squat, and it can help build the force necessary for a good jump. It's similar to the biomechanics of a Vertical Jump, and the centered weight allows you to stay upright.

To perform a Trap Bar Deadlift, stand in the center of a trap bar and grasp both handles. Keeping your back straight, bring the bar up in one clean motion. Repeat five times, increasing the weight over time as you practice.

5. Bulgarian Split Squats

The Bulgarian Split Squat allows you to practice strength and balance simultaneously, which is important for launching yourself into the air safely. The exercise can be done with weights, or you can use your body weight for resistance.

Stand in front of a bench with one foot on it. Hold dumbbells in either hand and descend until your knee nearly touches the floor. Push yourself back up to a standing position.

Repeat 6 to 8 reps over 2 to 3 sets for both legs.

Your jump is a powerful weapon on the court. Practice and train it by developing your strength, your speed and your ability to combine the two in explosive force.

Flexibility is the Key to Success

Miss a workout, make it up.

Start a day off just adjust your schedule.

Important events, work around your life.

Get the 11 workouts in every 3 weeks.

Take a week to rest.

Miss a day, just back load it on the week.

Additional Resources

<http://jump-science.com>

<http://www.stack.com/a/4-proven-strategies-to-increase-your-vertical-jump-for-basketball>

<https://www.onlinecoursesreview.org/vertical-jump/>

<http://www.flightbasketball.com>

<http://bestadjustabledumbbellspro.com/how-to-increase-vertical-jump/best-exercises-for-jumping-higher/>

<https://verticaljumpworld.com>

SAMPLE MONTH 1

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
Section 1 WO		Section 1 WO		Section 1 WO		Section 1 WO
22	23	24	25	26	27	28
	Section 1 WO		Section 1 WO		Section 1 WO	
29	30	31				
Section 1 WO		Section 1 WO				

SAMPLE MONTH 2

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
				Section 1 WO		Section 1 WO
05	06	07	08	09	10	11
Rest-→			←-REST-→			←-Rest
12	13	14	15	16	17	18
Section 2 WO		Section 2 WO		Section 2 WO		Section 2 WO
19	20	21	22	23	24	25
	Section 2 WO		Section 2 WO		Section 2 WO	
26	27	28	29	30		
Section 2 WO		Section 2 WO		Section 2 WO		

SAMPLE MONTH 3

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
						Section 2 WO
03	04	05	06	07	08	09
Rest-→			←-REST-→			←-Rest
10	11	12	13	14	15	16
Section 3 WO		Section 3 WO		Section 3 WO		Section 3 WO
17	18	19	20	21	22	23
	Section 3 WO		Section 3 WO		Section 3 WO	
24	25	26	27	28	29	30
Section 3 WO		Section 3 WO		Section 3 WO		Section 3 WO
31						

BLANK MONTH

SUN

MON

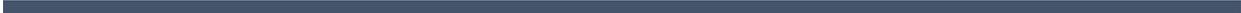
TUE

WED

THU

FRI

SAT



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