



Capital City Volleyball Club

4251 Highway 50, East

POB 20851

Carson City, NV 89721

(775) 241-0723 Fax: (775) 684-7177

E-mail: sgeorge@sosmail.state.nv.us

JUMP TRAINING

Jump Rope

- Do double jumps every single day! Double jumps are where the rope twists twice each time you jump. You may only be able to do a few in a row at first. Try to get to the point where you can do at least 30-50 in a row. This is a great exercise for increasing your jump and stamina.
- Speed jumps. Every other day, go for three one-minute intervals, jumping as fast as you can.

Soft Sand Depth Jumps

- In soft sand, bend your knees to the point that your rear is even with your knees and then explode up. Taking your time, do three sets of 10-20 every other day.

Weight Room

- Leg Press machine—with legs fully extended, use just your ankles and balls of your feet to push the weight. Be sure to turn your toes in. Three times a week, repetition more than bulk.
- Leg Press machine—again, using more repetitions with less weight, fully extend legs.
- Toe Raises—with light weight on your shoulders, do toe raises.

Platform Jumping

- Jump quickly up and down from a platform about the height of bleachers. Jump for one-minute intervals.
- Stand between one platform that is about one-foot high and another that is approx. two-feet high. Jump from side-to-side between the two platforms, as quickly as possible, but under control. 20 total jumps per set, three sets, three times per week.