

Drill: Knee-Tuck Jump

Knee-tuck jumps are done on a resilient, flat surface such as grass or a wrestling mat. This drill is performed as a series of rapid explosive jumps that exercise the hip and leg flexors, gastrocnemius, gluteals, quadriceps, and hamstrings.

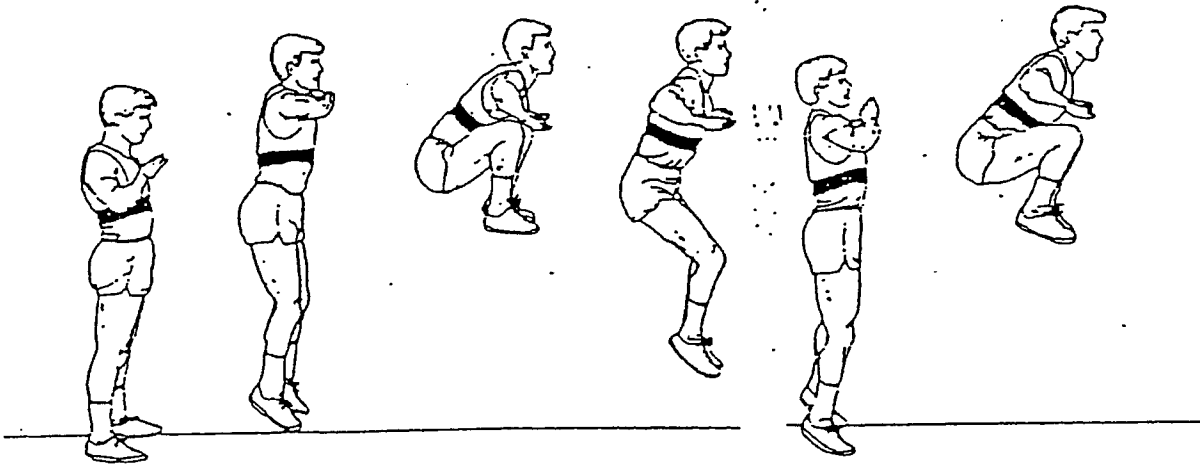
Starting position

Assume a comfortable upright stance, placing the hands palms down at chest height.

Action sequence

Begin by rapidly dipping down to about the quarter-squat level and immediately explode upward. Drive the knees high toward the chest and attempt to touch them to the palms of the hands. Upon landing, repeat the sequence, each time thinking of driving

the knees upward and tucking the feet under the body. Repetitions are performed at a fairly rapid rate with minimum contact on the ground.



Drill: Squat Jump

This exercise is performed on a flat non-resilient surface. It is a basic drill for developing power in the hip flexors, quadriceps, gastrocnemius, hamstrings, and gluteals and is applicable to many sports. The primary emphasis in the squat jump is to attain maximum height with every effort.

Starting position

Assume a relaxed upright stance with feet placed about shoulder-width apart.

Interlock the fingers and place the palms of the hands against the back of the head. This will minimize involvement of the arms, thus emphasizing involvement of the legs and hips.

Action sequence

Begin by quickly dropping downward to a half-squat position; immediately

check this downward movement and explode upward as high as possible. Upon landing, repeat the sequence; on each repetition, initiate the jumping phase just prior to reaching the half-squat starting position. Work for maximum height with each jump.

