



BASKETBALL JUMP TRAINING PROGRAM

SOAR HIGHER

Vertical leap is a crucial weapon in any basketball player's arsenal. Whether it's grabbing rebounds, blocking shots, or finishing at the rim, a higher jump can make all the difference. This 8-week program is designed to help basketball players of all levels maximize their vertical leap through a combination of strength training, plyometrics, and jumping drills.

WEEK 1-2: BUILD A STRONG FOUNDATION

FREQUENCY: 3 DAYS PER WEEK

EXERCISE	SETS & REPS	NOTES
Squats	4 sets of 8-12 reps	Focus on proper form
Deadlifts	3 sets of 6-8 reps	Modified Romanian deadlifts if needed
Lunges	3 sets of 10-12 reps per leg	
Calf Raises	3 sets of 15-20 reps	
Plank	3 sets of 30-60 seconds	Hold

WEEK 3-4: INTRODUCE JUMPING DRILLS

FREQUENCY: 3-4 DAYS PER WEEK

EXERCISE	SETS & REPS	NOTES
Vertical Jumps	3 sets of 8-10 reps	1-2 minutes rest between sets
Depth Jumps	3 sets of 5-8 reps	Land softly! Use a box height you can safely handle
Box Jumps	3 sets of 8-10 reps	Onto a box height that challenges you
Lateral Jumps	3 sets of 10-12 reps per side	Over cones or hurdles
Tuck Jumps	3 sets of 10-12 reps	Jumping and bringing your knees into your chest

WEEK 5-6: PUSH YOUR LIMITS

FREQUENCY: 3-4 DAYS PER WEEK

FOCUS	DETAILS/PROGRESSION
Jumping Drills	Increase reps and sets of all jumping drills by 1-2.
Plyometric Exercises	Introduce single-leg hops, lateral box jumps, and jump squats.
Weight Vest Training	Add a light weight vest for an additional challenge during squats and lunges.

WEEK 7-8: REFINE AND MAINTAIN

FREQUENCY: 3 DAYS PER WEEK

FOCUS	DETAILS/PROGRESSION
Refine Technique	Focus on perfecting technique and explosiveness in all drills.
Maintain Intensity	Reduce reps and sets slightly, but maintain intensity.
Sport-Specific Drills	Incorporate layups with jumps and rebounding drills.
Active Recovery	Yoga, swimming, light cardio.

ADDITIONAL TIPS & GUIDELINES

- **Strength training is crucial:** A strong foundation in your legs and core will power your jumps.

- **Plyometrics build explosiveness:** These exercises train your muscles to contract quickly and generate more force.
- **Proper form is key:** Don't sacrifice form for weight or height. Improper form can lead to injury and hinder your progress.
- **Rest and recovery are essential:** Give your muscles time to repair and rebuild after challenging workouts.
- **Nutrition matters:** Fuel your body with a healthy diet rich in protein and carbohydrates for optimal performance and recovery.
- **Listen to your body:** Don't push yourself too hard, and take rest days when needed.

ADDITIONAL RESOURCES

- Vertical Jump Bible: Download/View PDF
- The Jump Manual: pro.jumpmanual.com
- National Strength and Conditioning Association (NSCA): nsca.com

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This program is for educational purposes. Consult a physician before beginning any new exercise program. Stop if you experience pain. Results vary based on individual effort, nutrition, and consistency.