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SPORTS PERFORMANCE AND FITNESS

Soar Higher: A Basketball Jump Training Program

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

- 3 days per week:
 - 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

- 3-4 days per week:
 - Vertical jumps: 3 sets of 8-10 reps with 1-2 minutes rest between sets
 - Depth jumps: 3 sets of 5-8 reps (land softly!) from 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

- 3-4 days per week:
 - Increase reps and sets of all jumping drills by 1-2
 - Introduce plyometric exercises: single-leg hops, lateral box jumps, jump squats
 - Weight vest training: Add a light weight vest for additional challenge during squats and lunges

Week 7-8: Refine and Maintain

- 3 days per week:
 - Focus on perfecting technique and explosiveness in all drills
 - Reduce reps and sets slightly, but maintain intensity
 - Incorporate sport-specific drills: layups with jumps, rebounding drills
 - Active recovery: Yoga, swimming, light cardio

Additional Tips:

- 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.

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- 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.

Here are some additional resources that you may find helpful:

- Vertical Jump
Bible: http://powerliftingkurgan.narod.ru/The_Vertical_Jump_Development_Bible.pdf
- The Jump Manual: <http://pro.jumpmanual.com/>
- National Strength and Conditioning Association (NSCA): <https://www.nsca.com/>