

MAXIMUM VELOCITY ATHLETICS

www.maximumvelocityathletics.com



EVENT SPECIFIC HIGH JUMP DRILLS

Standing Penultimate	Penultimate Leg Bent at Knee Up, Land with Heal Lead, Roll on and Off Foot
Take Off Drill Basic	Step into Take Off Slightly in Front of COM, Driving Knee and Blocking Opposite Arm
Continuous Knee Drive Drill	Drive Free Leg Knee Up and Down
Half Moon Drill	Drive Knee in a Half Moon Direction
Dapena Drill	Penultimate into Take Off
Weighted Dapena Drill	Penultimate into Take Off
Standing Penultimate to Take Off	Standing Penultimate then Step to Take Off Leg, Drive Free Leg to Parallel Thigh
Walking Dapena Drill to Take Off	Take 3 Steps into Penultimate and into Take Off
2 Hurdle Penultimate Drill	Between Two Hurdles Roll Onto and Over Penultimate Leg
Run, Run, Jumps	Continuous Jumps working on Penultimate Over and Over
Horizontal Run, Run Jumps	Work on Going Horizontal on the Curve
Vertical Run, Run Jumps	Work on Going Vertical on the Curve
Swedish Bounds	Skip, Skip Jump Driving Knee Up on Curve

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EVENT SPECIFIC HIGH JUMP DRILLS (cont)

Power Skips	Alternate Jumps Working on Knee Drives on Curve
Mini Hurdle Take Off	4 Step Pop Over Mini Hurdle on Curve
Continuous Mini Hurdle Take Offs	3 Mini Hurdles 1,2 Over Hurdle (3m Apart)
33" Hurdle Take Offs	Work on Vertical Components of Jump
Box Step on Step Off Drill	Work on Upright Body Position
Box Step on Step Off 1,2 Drill	Step on Step Off Box and 1,2 Pop Off Ground
Stride on Box Step Off 1,2 Drill	Stride on to Box then 1,2 Pop Off Ground
Box Pop Offs	Stride into and Pop Off Ground
Short Run Knee Holds	Stride into Take Off and Pop Off Ground Holding Free Leg Knee at 90* Angle
Short Run Jumps	Various Short Run Jumps 3,4,5,6 Step Strides
Rhythm Runs	Approach Work Using 70-80% of Speed
Rhythm Runs with a Pop Off	70-80% Runs with a Pop Off at End
Bridges	Feet on Mat, Shoulders on Mat, Press Hips Up
Hand Foot Bridge	Feet on Mat, Hands on Mat
Hand Foot Bridge Jack Knife	In Foot Bridge Position Go to Jack Knife
Back Layouts	Jump Backwards onto Mat Pressing Hips

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EVENT SPECIFIC HIGH JUMP DRILLS (cont)

Scissors	Jump Over Bar Scissoring Over it
Snake Runs	Runs of Various Lengths Going Back and Forth
Circle Runs	Running Circles
Figure 8 Runs	Running in an 8 Direction
Circle Runs with a Run Off	Circle Runs with a Pop Off
Run with a Hurdle Jump	Run Approach then Jump Over Hurdle
Russian Knee Drives	Thrust Free Leg Knee and Hips UP