

High Jump

- **Warm Up**

- **Approach**

 - 5 Step

 - Walk In 5 Step

 - 10 Step

 - Walk In 10 Step

- **Drills**

Mat Arch Drills (Every Day Drills)

 - Lying on Back extend up

 - Lying on back extend up arm push release

 - Standing Layout

 - Standing Layout Release

 - Edge of Mat Arch drill

17 Meter Drill (To be completed twice weekly)

 - 3 circles extend up on pit

Box Jumps

 - Standing Box Jump over bungee

 - 3 Step Box Jump

 - 5 Step Box Jump

Stack Mats if Needed

 - 10 by 5 Step Approach Jumps

 - 10 by Full Approach

 - 10 by Full Jump

- **Workouts**

 - Band Work for Hip Flexors

 - Hills or Tire Pulls

 - Sprint work up to 150 Meter

 - 800 meters per sprint session divided as you choose

 - Hurdle Mobility Drills

 - Med Ball Drills

Please Email me Hclark@carroll.edu for more detailed hurdle mobility and med ball drills.

