

# JUMP TRAINING DRILLS FOR THE VERTEC

Drills created by Kyle Keese

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sports imports

AT THE CENTER OF EVERY VOLLEYBALL CHAMPIONSHIP



'Southwest Region  
Strength Coach of  
the Year' Award  
in 2019

## DRILL 1 NO STEP COUNTER MOVEMENT VERTICAL JUMP

**Purpose:** To measure lower body power by using a double arm counter movement without taking a step before take off.

### Position of Vertec:

- Place on the dominant hand side of the athlete.
- Positioned on a surface that isn't slick or extremely hard (ie concrete)

### Position of Athlete:

- Position to where the out reached arm near the Vertec will intersect naturally with the outer portions of the vanes.

### Drill:

- Before take off, the athlete should be standing tall.
- As the athlete prepares to jump, the athlete will quickly hinge at the hip, bend at the knee, and swing both arms back behind the hips.
- As the athlete jumps, the hips and knees will extend and the arms will forcefully come forward and up as the athlete reaches for the outer vanes.
- The athlete should take off and land in the near the same position.
- When making contact with the vanes it is important that the athlete doesn't aggressively hit the vanes.

## DRILL 2 NO STEP NON COUNTER MOVEMENT VERTICAL JUMP

**Purpose:** To measure lower body power **without** using a double arm counter movement and **without** taking a step before take off.

### Position of Vertec:

- Place on the dominant hand side of the athlete.
- Positioned on a surface that isn't slick or extremely hard (ie concrete)

### Position of Athlete:

- Position to where the out reached arm near the Vertec will intersect naturally with the outer portions of the vanes.

### Drill:

- Same athlete preparation as in 'Drill One'
- When the athlete jumps, hips and knees will still extend but only one arm will forcefully come forward and up as the athlete reaches for the outer vanes.
- The athlete should take off and land in the near the same position.
- When making contact with the vanes it is important that the athlete doesn't aggressively hit the vanes.

## DRILL 3 THREE STEP APPROACH VERTICAL JUMP

**Purpose:** To measure lower body power while using a 3 step running start before take off, which is commonly seen in sport.

### Position of Vertec:

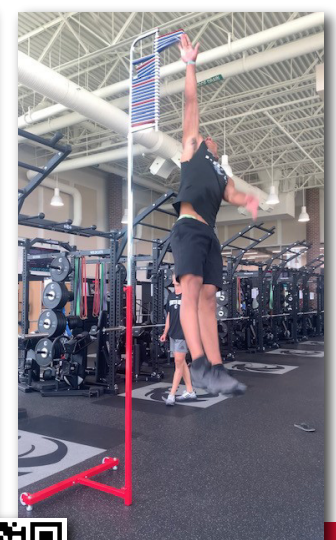
- Place on the dominant hand side of the athlete.
- Positioned on a surface that isn't slick or extremely hard (ie concrete)

### Position of Players:

- The athlete should be positioned to where the athlete can take a 3 step approach and be in a position to take off and reach the outer vanes much like the standing vertical jump.

### Drill:

- The athletes first step would be with the foot opposite of the dominant hand. If the athlete is right handed then the athlete will start with a left foot approach.
- The athlete will use a double leg take off.
- As the athlete jumps, The hips and knees will extend and the arms will forcefully come forward and up as the athlete reaches for the outer vanes.
- The out reached arm near the Vertec will intersect naturally with the outer portions of the vanes.



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