

## **Klein Oak Basketball At-Home Jumping & Quickness**

**Line Drills-** find a line or crack to jump over, staying in same spot

\*Complete in 30 second intervals, do at minimum 2-3 sets of each, feet together unless stated\*

1. Side Hops: laterally jump over and back as quickly as possible
2. Forward Hops: forward and backward jumps as quickly as possible
3. One Foot Side Hops: 2 sets each leg
4. One Foot Forward Hops: 2 sets each leg
5. In Outs: straddle line, jump and move feet together and apart as fast as possible
6. Wide Side Hops: clearing at least 3 ft each jump, but going as quick as possible, staying square and sideways the entire time
7. Wide Forward Hops: clearing 3 ft each jump forward and backwards
8. Square Hops: find two lines or cracks that make an X; forward hop over the line, side hop, reverse hop, and then side hop again to make a square, continue for 30 seconds, reverse the direction you went the second set

**Jumping Circuit-** can do in any open spot

\*Do 3 times through, continuous\*

1. Long Jumps: 10 jumps, start on two feet, load up and jump out as far as possible, landing on two feet in a stance, turn around and jump back the direction you came
2. One Leg Long Jumps: 12 jumps total, 6 each leg, same as above but start on one foot and land on same foot, do not switch feet until balanced and have caught yourself
3. Lunge Jumps: 20 total, 10 each leg, lightly tap knee to ground each lunge then explode up jumping as high as possible and landing in a lunge with opposite foot (best vertical drill there is, period)
4. Quick Jumps: 20 jumps, bend just as much as you need to in order to jump high and explosively, and do the set as quickly as possible without breaking or resetting in between jumps
5. One Leg Quick Jumps: 20 total, 10 each leg, same as two leg but on one, finish 10 reps with one leg before switching legs