STEP 3 - STRENGTH & CONDITIONING PROGRAMMES

PROGRAMME WEEKS 1-8

LANDING SKILLS WEEKS 1-8

The exercises detailed below make up the first 8 weeks of your Landing Skills Programme. The goal is to jump higher and further as the week's progress. Landings should be quiet and involve good alignment of the hip, knee, ankle, and trunk.

LANDING SKILLS – WEEKS 1-8			
To be complete prior to every court session and conditioning session			
EXERCISE	**SETS**	**REPS**	**NOTES**
1. Arabesque with Overhead Reach	2	5 each side	
2. Jump Squat	2	5	Hold landing for 3 seconds
3. Leap and Hold	2	5 each side	Hold landing for 3 seconds
4. Hop and Hold	2	5 each side	Hold landing for 3 seconds
5. Broad Jump	2	5	Hold landing for 3 seconds

NOTES

1. All landings must be held for 3 seconds with good alignment and hips and knees bent.
2. Coach your partner – if you see or hear a bad landing, give them feedback.
3. During all single leg landing tasks where you are travelling for distance, the non-working leg must not touch the ground. If the non-working leg is placed on the ground start the set again.

PICTURES OF THE LANDING SKILLS PROGRAMME FOR WEEKS 1-8

1. Arabesque
Start/ Finish



Transition



2. Jump Squat

Start



Transition



Finish



3. Leap- Start



Transition



Finish



4. Hop- Start



Transition



Finish



5. Broad Jump- Start



Transition



Finish

