Barrier Jumping

Barriers should be made out of tubing, short hurdles, or foam blocks

Barriers should start at 6”, then progress to 9”, then to 12”

For 1 foot drills—8 to 12 seconds
For 2 foot drills—12 to 20 seconds

NO BARRIERS for following distance hops

Single hop for distance / standing broad jump (single and double feet) 5-8 repetitions
Triple hop for distance (continuous / no rest between jumps) (single and double feet) 5-8 repetitions

Single and multiple lateral barrier hops
(single and double feet)

Forward / back
(anterior / posterior)
single barrier hops
(single and double feet)

Multiple barrier forward
hops only (not backwards)

Turn and come back
(single and double feet)

Forward jumping over barrier for distance OR speed
(As far as possible OR as quickly as possible)

Barrier should be about 12” high and 10-12’ long (very light rope or stretch band is ideal)

4-8 repetitions