Depth Jumping

Depth jump—Start on 12-18” box and step off. Try to land on both feet simultaneously (no squat landing, but gently/quietly)

Immediately jump as high as possible. Minimize forward movement. Landing should be quiet

All landings should be performed with good squat technique in mind

- Feet shoulder width apart
- Knees do not go together with impact (even knee spacing)
- Hips sink back upon landing (knees over toes, but NO further)
- Upright chest, eyes forward
- Always use double-arm action

Depth jump to box—Repeat depth jump, but land on second box of equal or lesser height. Boxes should be 24” apart

Squat depth jump—Repeat depth jump starting position, but landing should go to 90 degree squatting position. Immediately jump as high as possible, minimizing forward movement. Quiet landing.

Depth jump with lateral hop—Depth jump, but perform single lateral hop after initial landing

Depth jump with lateral movement—Depth jump, but after jump, turn and sprint for 10 yards.

Combined depth jump with lateral hop and forward sprint—Single lateral hop followed by 10 yard forward sprint