

High Jump Drills & Workouts for the High Jump  
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I. Introduction

(Creating a package for successful jumping)

II. Creative Warm-ups- High Jump Continuous

- A. Dynamic exercises
- B. Sprint development drills
- C. Flexibility

III. Core body development

- A. Bodyweight
- B. Medicine Balls
- C. Balance Balls

IV. Medicine Ball Circuit

- A. OHB
- B. UHF
- C. Hay Toss L&R
- D. Standing Chest

V. Logical Progression

VI. Drills for Approach

- A. Acceleration Ladder
- B. Rhythm Runs
- C. Assisted Sprints
- D. Resisted Sprints
- E. Circle Drills (both dir)
- F. Figure 8's
- G. 10 step straight pop off
- H. Circles with Pop offs
- I. S Runs
- J. Running curves x 75
- K. Lunges
- L. Lunges with weight
- M. Marching A Drills

VII. Drills for Takeoff

- A. Russian Hamstring
- B. Skipping Takeoff
- C. Straight Leg Takeoff over Hurdles
- D. Galloping
- E. Jumps off ramp
  - 1. Ramp construction
- F. Oliver Drill with Hurdles
- G. Dapena 1 step
- H. 3 Step Dapena

VIII. Bar Clearance

- A. Back Over's
- B. Hip Ups
- C. Wrestlers Arch
- D. Ramp Jumping
- E. Core Body Exercises
- F. Box Back Over's
- G. 3 Step Turn Around Jumps

IX. Training Concerns

- A. Frequency of jumping
- B. Frequency of approaches
- C. Addressing individual needs

X. 5 Types of Jumping Workouts

- A. Technique
- B. Endurance
- C. Quality
- D. Elevated Mat
- E. Approach Work
- F. Ramp

XI. Pre-meet Preparation

XII. Closing remarks