



2022 NSCA *NATIONAL* CONFERENCE

July 6-9, 2022 | New Orleans & Online
#NSCACon22

› *KNOWLEDGE*
› *ADVANCEMENT*
› *COMMUNITY*

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest in relation to this presentation.

Designing and Implementing Depth Jumping Workouts



Boo Schexnayder, CSCS, USATF Master Coach
Designing and Implementing Depth Jumping Workouts

2022 NSCA
NATIONAL

Why Depth Jumping – Key Tenets

- The Achievement of Intensity
 - The Need For Preparation
 - Establishing Initial Volumes
- Establishing Horizontal and Vertical Skill
- The Need for Simplicity
 - Simple Motor Tasks
 - Permitting High Intensity

Gross Programming Considerations

- Previous Preparation Needs
 - Volume and Intensity
 - Challenging Intensity
- Microdosing
- Density
 - Low Density Approaches
 - The Need for Stimulation Between High Intensity Sessions

Box Jumping vs. Depth Jumping

- Box Heights and Key Intensity Thresholds
- Vertical Jump Capability
- Progressing the Box Heights

Boxes to Check in Exercise Selection

- Drop to Horizontal
- Drop to Vertical
- Other Options
 - Adding Rotation
 - Lateral
 - Stability Based Landings
 - Amortization Based Landings

Session Planning

- **Box Height Selection**
 - High
 - Low
- **Structure**
 - Potentiation / Activation with Single Box Efforts
 - Potentiation /Activation and Intensity with Double Box Efforts

Session Planning

- **Box Height Selection**
 - High
 - Low
- **Structure**
 - Potentiation / Activation with Single Box Efforts
 - Potentiation /Activation and Intensity with Double Box Efforts

SAC

Schexnayder Athletic Consulting



www.sacspeed.com
bschex@sacspeed.com