

# Athletic Development Evolution USING JUMP EVOLUTION



This document will support you in how to implement **JUMP EVOLUTION** into your training in a safe and effective way.



**THE  
CAMOGIE  
ASSOCIATION**  
An Cumann Camógáíochta



## PROGRAMME FOCUS

Landing  
Technique

Jump  
Technique

Jump Height/  
Distance

Hurl/Sliotar  
Included

Earn the right to progress



## GUIDING PRINCIPLES

<b>When</b>	After your warm up
<b>Set Up</b>	Players line up in lines of 2 or 3 (Side note: Lines of 3 allows players more rest. This is more important when the focus is on improving jump height/distance)
<b>Reps/Sets</b>	3-6 reps for exercises with two feet, 3-5 reps each side for single leg exercises, 1-3 sets per exercise (Side note: 4-6 exercises per session)
<b>How Often</b>	2 times per week (Side note: Exercise quality is more important than exercise quantity)
<b>For How Long</b>	6 week blocks with 1 weeks rest after each block



## KEY POINTS

### Training Age

Training ages refers to a players experience of the type of training. If players have not done this type of training before, they start at the beginning of the programme regardless of their age.

### Safety Considerations

1. Warm Up first.
2. Ensuring training surface is flat and stable.
3. Check for injuries.

### Exercise Progression

Progress of exercises depends on players mastery of the exercise.

# EXERCISES

## TRANSITION 1 LANDING MECHANICS

- ✓ Set Position
- ✓ Single Leg Set Position
- ✓ Triple Extension Set Position
- ✓ Single Leg Triple Extension Set Position

## TRANSITION 2 INCLUDING THE JUMP

- ✓ Counter Movement Jump, Landing in the Set Position
- ✓ Single Leg Counter Movement Jump, Landing in the Single Leg Set Position
- ✓ Broad Jump, Landing in Set Position
- ✓ Single Leg Broad Jump, Landing in the Single Leg Set Position
- ✓ Bounding, Sticking the Landing
- ✓ Bounding, Without Sticking the Landing

## TRANSITION 3 LATERAL AND ROTATIONAL MOVEMENTS

- ✓ Lateral Counter Movement Jump, Landing in the Set Position
- ✓ Single Leg Lateral Counter Movement Jump, Landing in the Single Leg Set Position on the Same Foot
- ✓ Single Leg Lateral Counter Movement Jump, Landing in the Single Leg Set Position on the Opposite Foot
- ✓ Counter Movement Jump with 90 Degree Rotation, Landing in Set Position
- ✓ Single Leg Counter Movement Jump with 90 Degree Rotation, Landing in the Single Leg Set Position

## TRANSITION 4 CHALLENGING WITH THE SLIOTAR

- ✓ Counter Movement Jump with Overhead Catch, Landing in the Set Position
- ✓ Single Leg Counter Movement Jump with Overhead Catch, Landing in the Single Leg Set Position
- ✓ Running Start and Jump, Landing in the Set Position
- ✓ Running Start and Jump, Landing in the Single Leg Set Position
- ✓ Counter Movement Jump with Partner Push, Landing in Set Position
- ✓ Single Leg Counter Movement Jump with Partner Push, Landing in Single Leg Set



## REFERENCE POINTS



Head



Hands



Hurl



Feet

We should only add the hurl and sliotar when players have mastered the technical element of Landing and Jumping



## COACHING CUES

Coaching cues are short phrases we use to guide players when executing an exercise. Effective use of coaching cues can positively affect both the execution of the skill and retention of the skill.

Movement	Coaching Cue	To help with...
LANDING	Try not to make a sound/ be quiet on the ground	Absorbing impact of the Landing
	Try to land softly	Absorbing impact of the Landing
	Imagine your Landing in a puddle and you don't want to make a splash	Absorbing impact of the Landing
	Imagine you have an elastic band around your knees and you want to push against it	Knees collapsing in on land
	You should be able to slide a piece of paper under your heel	Landing on the ball of the foot (not the toes, heel is just slightly off the ground)
	Don't squash the grape under your heel	Landing on the ball of the foot (not the toes, heel is just slightly off the ground)
Movement	Coaching Cue	To help with...
JUMPING	Focus forward	Keeping their head up
	Look at a fixed point in front of you	Keeping their head up
	Trust your feet know what to do	Keeping their head up
	Stick your chest out	Keeping a neutral spine
	Keep your shoulders back and down	Keeping a neutral spine
	Show off the crest/logo on your chest	Keeping a neutral spine
	Bring your hand to your back pocket, and your other hand to your cheek	Hand placement
	Stretch an imaginary band around your knees	Knees collapsing in as they jump
	Be like a spring being pulled tight	Create length in the body when jumping
	Push the ground away	Improve jump height/distance
	Reach for the sky	Improve jump height/distance
	Try to look over the fence	Improve jump height/distance
	Bounce like a spring	Improve jump height/distance
Spring forward/up	Improve jump height/distance	



## HELPFUL TIPS

1. Observe players technique carefully to get used to spotting what needs correcting. Then work on correcting it.
2. Give players 1-3 cues when instructing them how to perform the exercise initially (Reference head, hands, hurl (when relevant), feet). Then use cues to correct specifics where needed. Too many coaches cues can confuse things.
3. Be conscious we can't correct everything all at once. It is okay to focus on one element of technique at a time.
4. Ask players questions (When you land, do you think it should be loud or quiet?). You will learn from them too.
5. Avoid negative language (when we tell someone not to do something, it tends to be the thing they do):
  - Don't
  - No
  - Stop
6. Not all coaching cues work for all players. Experiment to find what clicks.



# PROGRAMMING

Exercise Progression: Progress of exercises depends on players mastery of the exercise. We have created a 21-week programme, consisting of 3 blocks, progressing the exercises from Jump Evolution. Please note that this programme is not set in stone and can be changed to suit you (the player) or the players you coach (you the coach). Only progress exercises when you are comfortable that you/your players have learned the technique.

## BLOCK 1

SL = Single Leg ES = Each Side

Week	Sessions per week	Exercises	Session Focus	Video	Set Up	Reps	Sets
1	2	Set Position	Landing Mechanics	1	2 Lines	6	2
		SL Set Position	Mechanics	1		3ES	2
2	2	Set Position	Landing Mechanics	1	2 Lines	6	2
		SL Set Position		1		3ES	2
		Triple Extension Set Position		1		6	2
		SL Triple Extension Set Position		1		3ES	2
3	2	Set Position	Landing Mechanics	1	2 Lines	6	2
		SL Set Position		1		3ES	2
		Triple Extension Set Position		1		6	2
		SL Triple Extension Set Position		1		3ES	2
		Counter Movement Jump		2		6	2
		SL Counter Movement Jump		2		3ES	2
4	2	Set Position	Landing Mechanics	1	2 Lines	6	2
		SL Set Position		1		3ES	2
		Counter Movement Jump		2		6	2
		SL Counter Movement Jump		2		3ES	2
		Broad Jump		2		6	2
		SL Broad Jump		2		3ES	2
5	2	Triple Extension Set Position	Landing Mechanics	1	2 Lines	6	2
		SL Triple Extension Set Position		1		3ES	2
		Broad Jump		2		6	2
		SL Broad Jump		2		3ES	2
		Bounding (Stick Landing)		2		6	2
		Bounding (Non-Stick Landing)		2		6	2
6	2	Triple Extension Set Position	Landing Mechanics	1	2 Lines	6	2
		SL Triple Extension Set Position		1		3ES	2
		Broad Jump		2		6	2
		SL Broad Jump		2		3ES	2
		Bound (Stick Landing)		2		6	2
		Bound (Non-Stick Landing)		2		6	2
7	Rest Week						

# BLOCK 2

SL = Single Leg ES = Each Side EW = Each Way

Week	Sessions per week	Exercises	Session Focus	Video	Set Up	Reps	Sets
1	2	Set Position	Landing Mechanics	1	2 Lines	6	2
		SL Set Position		1		3ES	2
		Counter Movement Jump		2		6	2
		SL Counter Movement Jump		2		3ES	2
		Lateral Counter Movement Jump		3		3EW	2
		SL Lateral Counter Movement Jump Landing on the Same Foot		3		4EW/ES	2
2	2	Triple Extension Set Position	Landing Mechanics	1	2 Lines	6	2
		SL Triple Extension Set Position		1		3ES	2
		Lateral Counter Movement Jump		3		3EW	2
		SL Lateral Counter Movement Jump Landing on the Same Foot		3		3EW/ES	2
		SL Lateral Counter Movement Jump Landing on the Opposite Foot		3		3ES	2
3	2	Triple Extension Set Position	Distance/Height (Landing Mechanics)	1	3 Lines	6	2
		SL Triple Extension Set Position		1		3ES	2
		Lateral Counter Movement Jump		3		6	2
		SL Lateral Counter Movement Jump Landing on the Opposite Foot		3		3ES	2
		Counter Movement Jump with 90-degree Rotation		3		3EW	2
		SL Counter Movement Jump with 90-degree Rotation		3		3EW/ES	2
4	2	Triple Extension Set Position	Distance/Height (Landing Mechanics)	1	3 Lines	6	2
		SL Triple Extension Set Position		1		3ES	2
		Counter Movement Jump		2		6	2
		SL Counter Movement Jump		2		3ES	2
		Broad Jump		2		6	2
		SL Broad Jump		2		3ES	2
5	2	Counter Movement Jump	Distance/Height (Landing Mechanics)	2	3 Lines	6	2
		SL Counter Movement Jump		2		3ES	2
		Broad Jump		2		6	2
		SL Broad Jump		2		3ES	2
		Bounding (Stick Landing)		2		6	2
		Bounding (Non-Stick Landing)		2		6	2
6	2	Broad Jump	Distance/Height (Landing Mechanics)	2	3 Lines	6	2
		SL Broad Jump		2		3ES	2
		Bounding (Stick Landing)		2		6	2
		Bounding (Non-Stick Landing)		2		6	2
		Lateral Counter Movement Jump		3		3EW	2
		SL Lateral Counter Movement Jump Landing on the Same Foot		3		3EW /ES	2
7	Rest Week						

# BLOCK 3

SL = Single Leg ES = Each Side EW = Each Way

Week	Sessions per week	Exercises	Session Focus	Video	Set Up	Reps	Sets
1	2	Triple Extension Set Position	Distance/Height (Landing Mechanics)	1	3 Lines	6	2
		SL Triple Extension Set Position		1		3ES	2
		Lateral Counter Movement Jump		3		3EW	2
		SL Lateral Counter Movement Jump Landing on the Same Foot		3		3EW/ES	2
		SL Lateral Counter Movement Jump Landing on the Opposite Foot		3		3ES	2
2	2	Lateral Counter Movement Jump	Distance/Height (Landing Mechanics)	3	3 Lines	3EW	2
		SL Lateral Counter Movement Jump Landing on the Same Foot		3		3EW/ES	2
		SL Lateral Counter Movement Jump Landing on the Opposite Foot		3		3ES	2
		Counter Movement Jump with 90-degree Rotation		3		3EW	2
		SL Counter Movement Jump with 90-degree Rotation		3		3EW/ES	2
3	2	Triple Extension Set Position	Landing Mechanics	1	3 Lines	6	2
		SL Triple Extension Set Position		1		3ES	2
		Counter Movement Jump		2		6	2
		SL Counter Movement Jump		2		3ES	2
		Counter Movement Jump with Overhead Catch		4		6	2
		SL Counter Movement Jump with Overhead Catch		4		3ES	2
4	2	Set Position	Landing Mechanics	1	3 Lines	6	2
		SL Set Position		1		3ES	2
		Broad Jump		2		6	2
		SL Broad Jump		2		3ES	2
		Running Start and Jump, Landing in the Set Position		4		6	2
		Running Start and Jump, Landing in the SL Set Position		4		3ES	2
5	2	Triple Extension Set Position	Landing Mechanics	1	3 Lines	6	2
		SL Triple Extension Set Position		1		3ES	2
		Counter Movement Jump with 90-degree Rotation		3		3EW	2
		SL Counter Movement Jump with 90-degree Rotation		3		3EW/ES	2
		Counter Movement Jump with Partner Push		4		6	2
		SL Counter Movement Jump with Partner Push		4		3ES	2
6	2	Counter Movement Jump with Overhead catch	Landing Mechanics	4	3 Lines	6	2
		SL Counter Movement Jump with Overhead catch		4		3ES	2
		Running Start and Jump, Landing in the Set Position		4		6	2
		Running Start and Jump, Landing in the SL Set Position		4		3ES	2
		Counter Movement Jump with Partner Push		4		6	2
		SL Counter Movement Jump with Partner Push		4		3ES	2
7	Rest Week						