

# PLYOMETRIC JUMP TRAINING ADVICE FOR DANCERS

Photo: Angélique Keller picturing dancers from Ballett Zürich

## 1

### SAFETY FIRST



- Have foundational strength in lower limbs

- Wear training shoes



- 15' heart-raising warm-up (squats, lunges, jogging, hops, rope-skipping, core work)



Source: Davies, Riemann and Manske, 2015

Photos: Charlotte Karlsen from Unsplash; Victor Freitas from Pexels; Bruno Nascimento from Unsplash

### PROGRESSION

## 2



Weeks 1-4

- Basic jumps concentrating on landing stability; 80-100 foot contacts



Weeks 5-7

- Include changes of direction, increase distance and add small obstacles; 100-120 foot contacts



Finally

- Jump with maximum power, add high obstacles; 120-140 foot contacts

Sources: Davies et al., 2015; Brown, Well, Schade, Smith, & Felling, 2007; Piper, & Erdmann, 1998

## 3

### REST



- 6-8 reps. & 2' rest

- 1 session & 48hrs. of rest

Source: Davies et al., 2015

Photo: Auskteez Tran from Unsplash

### QUALITY BEFORE QUANTITY

## 4

- Master the current training phase before attacking the next level.
- Contraindications: Tired legs, faulty alignment, pain, inflammation or strains.

Source: Davies et al., 2015

