THE WHOLE SCHEME OF CONJUGATE-SEQUENCE SYSTEM FOR THE JUMP EXERCISES PROGRESSION

TRAINING STIMULI INTENSITY

PREPARATION PERIOD

THE "GREY AREAS" CONTAINS THE LINK TO THE VIDEOS OR LIST OF VIDEOS
### ABC Runs

1. **Run with high lifting of the thighs (High knees)**

2. **Run with a heel kickback (Butt kicks)**

3. **High knee skip**

4. **High knee skip & bound**

5. **Springy run (or bouncy run)**

6. **Bounce run**

7. **Long build-ups (called long accelerations in Russia)**
**Bounds & Jumps without weights**

**Long Bounces**

VIII. Leg to Leg Bounce

IX. Bounce with alternating 3 take-offs on the left leg and 3 take-offs on the right leg

X. Bounce on the right leg

XI. Bounce on the left leg (executed as on the right leg)

XII. Two legs take off bounces (“Frog bounces”)

**Double leg consecutive jumps over obstacles with moderate forward displacement**

XIII. Hurdles Jumps

XIII. Slalom Jumps (no video)

**Box Jumps (consecutive jumps on and off a box)**

XIV. Consecutive Jumps on and off a box
XV. **Single Double Leg Long Jump (Broad Jump)**

XVI. **Triple Jump (Consecutive Take-offs with Two Legs - Right Leg - Left and a Two-Leg Landing)**

XVII. **Five-Fold Jump (Consecutive Take-offs with Two Legs - Right Leg - Left Leg - Right Leg - Left Leg and a Two-Leg Landing)**

XVIII. **8-10 Fold Jump (Executed in the Same Way as the Previous One)**

XIX. **Double Leg Triple Jump (Executed in the Same Way as "Frog" Bounces)**

XX. **Double Leg Five-Fold Jump**

XXI. **Double Leg Ten-Fold Jump**