PERFORMANCE LAB / JUMP TRAINING

SAME BOX. THREE GOALS.

Choose the landing and repetition style to match the purpose. More advanced does not automatically mean more useful for every athlete.

01 SOFT CATCH + CONTROLLED STAND

Build landing skill and force absorption.

DO: Jump onto the box, yield through the hips, knees and ankles, stabilize, then stand. Reset for the next rep.

USE: Foundational landing practice and sessions prioritizing alignment and control. [1]

CUE: Catch quietly. Own the position. Then stand.



THE MOVEMENT / 1 OF 3

Use this visual with the description above. Coaching guidance and progression follow on page 4; intensity and session-volume references are on page 5.

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02 FIRM CATCH + RAPID STAND

Practice a quick landing-to-standing transition.

DO: Jump onto the box, catch with less sinking, then immediately drive tall. One repetition, then reset.

USE: After consistent landing control, when practicing a quick catch-to-stand transition.

CUE: Catch without collapsing. Drive tall. Reset.



THE MOVEMENT / 2 OF 3

Use this visual with the description above. Coaching guidance and progression follow on page 4; intensity and session-volume references are on page 5.

PERFORMANCE LAB / JUMP TRAINING

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03 CONTINUOUS REBOUND

Repeat force acceptance and immediate propulsion.

DO: Jump onto the box, extend at the top, jump back down to the starting floor spot, then rebound onto the same box. No step-down between reps.

USE: Short, high-quality sets for repeated reactive efforts; longer bouts shift emphasis toward conditioning. [1, 2]

CUE: Stay near the box. Rebound up, not out.



THE MOVEMENT / 3 OF 3

Use this visual with the description above. Coaching guidance and progression follow on page 4; intensity and session-volume references are on page 5.

CONTROL. TRANSITION. REPEAT.

Progress by demonstrated ability, not simply by the season or the height of the box. Softer landings remain useful even when an athlete can perform faster reactive work. [1]

1 | ESTABLISH THE CATCH

Use the arm swing to support takeoff. Keep the head up, trunk controlled and knees tracking with the toes. Settle onto the whole foot. Yield enough to control the landing; avoid chasing height that forces an extreme tuck or a compressed catch. Progress when the landing is consistently balanced and aligned. [1]

2 | REDUCE UNNECESSARY SINKING

For the single firm-catch variation, retain some hip and knee bend and drive to standing without a pause. Firm means controlled and less yielding; it does not mean locked knees or deliberately stomping. Reset between repetitions. This is a coaching application, not a protocol tested in the cited research.

3 | ADD THE FLOOR REBOUND

Start with a height the athlete can handle while maintaining a brief, controlled floor contact and consistent jump output. A 12-18 inch box is a demonstration starting range, not a universal prescription. Lower it if the athlete pauses, sinks excessively, loses alignment or struggles to return to the box. Keep the floor contact near the box: jump for height, with minimal horizontal travel. The floor landing loads the next takeoff through the SSC. [2]

MATCH THE SET TO THE GOAL

Reactive quality: use short sets and enough recovery to preserve the response. Conditioning: longer bouts emphasize sustaining repeated effort, but fatigue is not permission for mechanics to deteriorate. Stop or adjust when quality drops. Box height alone does not measure jump ability, and simply reaching the box does not establish a good rebound.

WHAT THE EVIDENCE DOES - AND DOES NOT - SAY

Mothersole presents a progression from landing control toward faster and more demanding jump-landings. You and Huang tested immediate floor rebounds after a drop, not a rapid stand on a box. The three drills above are a practical coaching framework; this exact sequence and the second drill's long-term effects were not tested. [1, 2]

SOURCES

[1] Mothersole, G. (2013). Ground reaction force profiles of specific jump-landing tasks in females: Development of a systematic and progressive jump-landing model [Master's thesis, Auckland University of Technology]. See printed pp. 38-39, 43, 48-51, 59-61.

[2] You, C.-H., & Huang, C.-H. (2022). Effects of leg stiffness regulated by different landing styles on vertical drop jump performance. Journal of Human Kinetics, 83, 29-37. https://doi.org/10.2478/hukin-2022-0066

PERFORMANCE LAB / SESSION VOLUME

INTENSITY CHANGES THE DOSE

Historical reference, not a session prescription. Chu combines training experience, season and exercise intensity when describing volume. His table does not assign one jump count to every box-jump variation. [3]

RELATIVE INTENSITY / LOWER TO HIGHER

Jumps in place	Lower end
Standing jumps	
Multiple hops and jumps	
BOX DRILLS / OUR SERIES	Highlighted category
Depth jumps	Higher end

Adapted from Chu (1998), Figure 3.1, p. 28. The ranking is a broad guide; height, execution and athlete ability change the demand.

SAMPLE TOTAL FOOT CONTACTS PER SESSION

Season	Beginning	Intermediate	Advanced	Intensity
Off-season	**60-100**	**100-150**	**120-200**	Low to moderate
Preseason	**100-250**	**150-300**	**150-450**	Moderate to high
In-season	Sport-dependent			Moderate
Championship	Recovery only			Moderate to high

Adapted from Chu (1998), Table 3.1, p. 29. These historical mixed-session totals are not targets for box jumps or depth jumps alone.

OUR CONTINUOUS VERSION: ONE BOX

Stay near the same box. Jump up, extend, jump down, and rebound upward. Assess the floor rebound separately from the catch on top. This is our coaching application, not a separately dosed protocol in Chu.

DEPTH-JUMP CONTEXT: Chu also reports an earlier recommendation of no more than 40 depth jumps in a workout (p. 16). This is a specific historical example, not a universal ceiling or a box-jump prescription. A controlled step-off without a rebound is a different task. [3]

[3] Chu, D. A. (1998). Jumping into plyometrics (2nd ed.). Human Kinetics. See pp. 16, 28-29.