

The Stay at Home Training Plan

There are 3 main factors affecting jumps: Height, Speed, and Rotation. The purpose of these exercises is to strengthen your legs so you can jump higher.

By following the plan and completing the circuits, your muscles will become stronger and you will be able to jump higher.

By strengthening your leg muscles, you will also be able to increase your speed over the ice. You will be able to skate faster with less effort – how great is that! But why will you be able to skate faster? Are you not paying attention! Because, by following the training plan, your legs will become stronger. Now listen up, and listen well: the first thing we need to do is to see how strong you are to start with. We need to record how high you can jump.

1. Find a wall
2. Stand next to the wall and extend one arm as high as you can above your head. This is your standing reach. Have a friend mark your standing reach with a piece of tape.
3. Now from a standing start, jump and touch as high up the wall as you possibly can. You'll need your friend to watch and see where you touch so that there's no confusion. Get your friend to mark where you were able to reach on the wall with another piece of tape. You may need a chair so your friend can mark how high you jumped.
4. Measure the distance between your standing reach and your jumping reach. This is your current jump height.

Write your jump height down.