MY VISION, APPROACH & METHOD

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WHO ARE YOU?
«... SO SIMILAR BUT SO DIFFERENT»
CAREER PERFORMANCES

HEIG<br>HTS


2.40
2.30
2.20
2.10
2.00

NICOLA

GIULIO

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SYNCHRONIZED
HIGH JUMP 2,10m
Bhull (D) 2003
« The High Jump is EASY...you have only to RUN and JUMP »
Nicola Ciotti

…BONDARENKO DOCET
EASY
“RUN”

RUN FROM A STANDING START

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“RUN”

...BUT HOW?

HIGH HIPS

ALIGNED

KNEE DRIVE
“RUN”

... Shoulders - the hips and foot contact point has to be Aligned ..

“ALIGNED HIPS”
"FLOW" «the CM must flow from the first to the last step»
“Final Strides have to be Fast and the Hips kept High”

“HIPS FORWARD”
“Take off on the penultimate”

...WHAT ABOUT “JUMP”
“JUMP”

“Use The take off leg like the pole vaulters use the pole”
... And what about «Over the Bar»

\[ \text{B E F O R E} \rightarrow \text{A F T E R} \]
...and what about «over the bar»
... AND SO FOCUSING ON THESE THINGS..
“A JUMPER MUST JUMP EVERY DAY”
“THE INCHES WE NEED ARE EVERYWHERE AROUND US.”
TONY D’AMATO
MY VISION OF TECHNIQUE

SEARCHING FOR SPECIFIC MOMENT

LOOKING FOR CHANGES OR ADAPTING

“LINK”

PLYOMETRICS
RUNNING
STRENGTHENING
SPRINT DRILLS

BOUNCING
JUMPING

FINAL DRILL

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HOURS IN A WEEK

- Technique: 43%
- Bounds: 14%
- Sprints: 14%
- Gym: 22%
- Mobility: 7%

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<table>
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<tr>
<th>Planning</th>
<th>Goals Period by Period</th>
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| **General** | 2/3 weeks  
4-5 weekly sessions  |
| **Research of the recovery of general and specific work capacity - muscle reinforcement works in the districts that will be more stressed with localized general strength exercises - introduction of maximum force with lifts in difficult conditions.** |
| **Fundamental** | 3+1 weeks  
5-6 weekly sessions  |
| **Development of the Maximum Dynamic Force with the use of Olympic risers and squat various angles - Search for the ability to jump through take-out exercises using hs - Resumption of technical concepts in an analytical form - Search for running technique with exercises in various curves - Search for the jumping technique with use of short rides.** |
| **Intensiv** | 3+1 weeks  
5 weekly sessions  |
| **Further growth of the Maximum Dynamic Force - Search for the growth of running and jumping technique through full-body jumps and climbs - Increase of special strength through multi-leap reactive elastic exercises in an extensive form and with hurdles.** |
| **Special** | 3+1 weeks  
4-5 weekly sessions  |
| **Technical improvement with high intensity jumps with complete ratchets - Reactive elastic capacity growth through the use of plyometric exercises both in an extensive and vertical form - to obtain high speed peaks - to keep the maximum force high through weekly calls.** |
| **Pre-competing Special** | 5-6 weeks  
3-4 weekly sessions  |
| **Maintenance of the reactive elastic capacity through plyometric exercises with prevalent vertical development - Research of the performance during technical sessions drastically reducing the volume but increasing the intensity and lengthening the recovery times to bring the race conditions closer - Search for Speed.** |
«Give them the most specific information using any type of technological support»
THE END THANKS