**PLYOMETRICS**

**Guidelines-**

**Frequency-** The ground based plyometric program should be utilized in the off- and pre- seasons. Workouts should be done 2x week for no longer than 6 weeks. These workouts should be avoided during the in-season and post-season periods.

**Form-** All exercises must be done with perfect form. Emphasis should always be on quality, not quantity. Do each exercise explosively, but stay under control within the confines of the drill. All landing should be done “softly” (on the balls of the feet and with knees bent). Keep your head up, knees bent in a good athletic position.

**Surface-** The plyometric program should be done on a soft, level surface; preferably a synthetic surface whish has some “give”. Avoid doing plyometric drills on hard surfaces where the ground may be uneven and unsafe.

**Warm-Up-** Always warm-up the body thoroughly before the plyometric wokout. See the warm-up and stretching section of this manual.

**Volume-** Pick two exercises per workout. Progress from lower impact drills (level 1) to higher impact drills (level 2 & 3). Do not progress to another level if the current level has not been mastered. Progress from 2 sets to 3 or 4 sets. Keep the sets short (3-10 reps or 5-10 seconds).

**Duration-** Excluding warm-up, the plyometric workout should not take longer than 10 minutes.

**Fitting ground based plyos into the overall workout schedule-** The best time of the week to do these workouts is before lifting, after an extensive warm-up or on a day where you are not strength training.

**Rest-** Enough time between reps to duplicate a perfect rep.

**Lower Body Plyometrics Drills-**

# Level 1- Level 2- Level 3-

 **Vertical - Horizontal-**

## Line Jumps Power Skips Scissor Jumps Alternate Bounding

**Dot Drills Vertical Jump**  **Tuck Jumps Standing Long Jump (Single Jumps)**

## Ladder Squat Jump Skate& Jump Up Standing Long Jump (Continuous)

## Ice Skaters Cone/ Hurdle Jumps Box Jumps Jump Out & Up

##  Quick Box Jumps Ski Jumps

 **Single Leg Power Ups Bag Jumps**

**Upper Body Plyometrics Drills-**

# Kneeling & Standing- Wall Throws (Kneeling & Standing)-

## Jerk Hip Toss (Diagonal)

**Scoop**  **Hip Toss (Side)**

## Throw Overhead Toss

## Overhead Toss

## Hip Toss

**Explosive Strength/Olympic Lifts- Strength Lifts- Box Circuit-**

## Jerk Squat (Back/ Front/ Overhead) Box-Step Ups

**Snatch**  **Single Leg Squat Box Steps**

## Cleans (Hang & Power) Lunges Scissor Jumps

## Clean & Jerk RDL’s Carioca Jumps

#### Combo Cleans

**Plyometric Progressions-**

**Jump Landing Training** – Every plyometric training session will first emphasize jump landing training to develop the various skills necessary for good lower body plyometric work. The focus in landing is to “stick” each landing utilizing the following joint flow sequence: Toes, Ankles, Knees, Hips, Spine, Shoulders, Elbows.

Begin each of these drills not from an actual jump but from a toe raise position. Here is the sequence:

1. Two Leg – Neutral Stance, Lunge Position Stances

2. One Leg

3. Vertical Jump

4. Forward Jump

5. Backward Jump

6. Diagonal Jumps

7. Rotational Jumps

**SUBMAXIMAL PLYOMETRIC DRILLS –**

**LOWER BODY**

1. Fast Feet Line Drills
2. Jump Ropes
3. Dot Drills
4. Ladder
5. Ice Skaters
6. Cone Jumps

**MAXIMAL PLYOMETRIC DRILLS – LOWER BODY**

1. Standing Vertical Jump and Stick – 2 legs

2. Standing Vertical Jump and Stick – 1 Leg

3. Broad Jump and Stick – Forward (1 & 2 Leg

Variations)

4. Broad Jump and Stick – Multi-Directional (1 & 2 Leg Variations)

5. Jump Chains and Stick – Multi-Directional (1 & 2 Leg Variations)

6. Depth Drops (1 & 2 Leg Variations) – Forward, Side, Backward, Diagonal, Sprint Position

**SUBMAXIMAL PLYOMETRIC DRILLS –**

**UPPER BODY**

1. Explosive Pushups
2. Fast Hands
3. Medicine Ball Throws

**MAXIMAL PLYOMETRIC DRILLS – UPPER BODY**

1. Push-Up Decelerations (Wall, Bench, Floor from Knees)

2. Pull-Up and Stick