

# PLYOMETRICS

## I

### WARM UP

- Marching: march on the spot keeping knees high, minimal contact with ground, head up
- Jogging: jog 15m on toes, then turn and jog back with straight legs, then turn and do butt-kicks, then turn and jog back on toes.
- Skipping: skip to 15m line reaching high, then skip back going for distance.
- Footwork: do all ladder footwork twice through (online in FILE).
- Lunging: Do clock-work lunges, all the way around on one leg, then all the way around on the other leg.
- Drink water.

### PLYOMETRIC SESSION

- Two-footed height jumps: **6** jumps, aim for height, reach up. Land with a solid-steady form<sup>1</sup>. Do not do the next jump until you are stable and ready. **Take a 1 minute break. Do a total of 4 times.**
- Two-footed distance jumps: **6** jumps, aim for distance. Land with a solid-steady form. Do not do the next jump until you are stable and ready. **Take a 1 minute break. Do a total of 4 times.**
- Single-foot height jumps: **6** jumps, aim for height, reach up. Land with a solid-steady form. Do not do the next jump until you are stable and ready. **Take a 1 minute break. Do a total of 4 times.**
- Single-foot distance jumps: **6** jumps, aim for distance. Land with a solid-steady form. Do not do the next jump until you are stable and ready. **Take a 1 minute break. Do a total of 4 times.**
- TAKE A 4 MINUTE BREAK TO SET UP NEXT BIT AND SHAKE LEGS OUT
- 20m with cones at every 5m. Sprint to first cone, stop and squat. Sprint to next cone, stop and squat, etc.. Do a total of 4 times with a 1 min break between each set.
- 20m with a cone at the first 5m mark. Sprint to 5m, then backward sprint to start line. Drop into the sprint form, touch ground, sprint forward again to 5m mark, then backward sprint to start line. Drop into the sprint form, touch ground, sprint all the way to the 20m cone. Rest 1 min. Do a total of 5 times.

WARM DOWN.  
END OF SESSION.

#### [1] Solid Steady Form

- ✓ Hips even and facing forward
- ✓ Back straight (not folding over your hips)
- ✓ Head up
- ✓ Soft landing (should be QUIET!)