

PLYOMETRICS

II

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. 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 side jumps: **6** jumps one side (6 other side), aim for distance. Land with a solid-steady form. Do not do the next jump until you are stable and ready. Make sure when you land your feet are still the same distance apart as when you started. **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 side jumps: **6** jumps one side (6 the other side). Lead with the leg you are jumping on, so if you are going to the right, jump using the right leg. Land with a solid-steady form. Do not do the next jump until you are stable and ready. If you are unable to be stable then you are going too far. Make smaller hops and **DO NOT PUT YOUR OTHER FOOT DOWN**, force yourself to get your balance. **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
- 40m with cones at every 10m. 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.
- 30m with a cone at the first 10m mark. Sprint to 5m, then side-step sprint to start line. Drop into the sprint form, touch ground, sprint forward again to 10m mark, then side-step (face other way) sprint to start line. Drop into the sprint form, touch ground, sprint all the way to the 30m cone. Rest 1 min. Do a total of 5 times.

WARM DOWN.

END OF SESSION.