

PLYOMETRICS

III

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. As soon as your feet touch the ground, get ready and do the next jump. These should be continual and you should have the least amount of contact time with the ground. You should also land in the same spot. **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, then go immediately into the next jump. 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, then immediately go into the next jump (and still aim for as high as you can!) Remember to have minimal contact time with the ground. **Take a 1 minute break. Do a total of 4 times.**
- Single-foot distance jumps: **6** jumps, continually aiming for distance but without losing your form or putting your other foot down to stabilise. 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
- 10m sprints. Sprint to a cone 10m away, then sprint straight back but **BACKWARDS**. Take 30s rest. Do a total of 5 times. (don't forget to pick up those heels and pump your arms).
- Start lying on the ground on your front facing the direction you are going. Use a visual signal then get up and sprint 15m. Take 1min rest. Do a total of 5 times. The visual signal can be anything. From waiting to see a bus go past, watching for someone to start talking, when you see a bicycle anywhere. Do it to something that doesn't have a count down (so don't use a red light). Just tell yourself to look for something. The minute you see it get up and go go go!!!

WARM DOWN.

END OF SESSION.