

Plyometric Training

SUBMITTED BY:

The Play Book

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PLYOMETRICS

Ground Based Plyometrics

Guidelines

Who

Athletes that can safely squat 1 ½ times their body weight and are in good physical conditioning. High level plyometric exercise (repetitive bounding exercises) are not recommended for those that weigh more than 230 pounds

Frequency

The ground based plyometric program should be utilized in the off and pre seasons. Workouts should be done 2 x week for no longer than 6 weeks. These workouts should be avoided during the in season and post season periods. No more than 100 contacts in a session.

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 and 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 which has some “give”. Avoid doing plyometric drills on hard surfaces or where the ground may be uneven and unsafe.

Warm-up

Always warm-up the body thoroughly before the plyometric workout. See the warm-up and stretching procedures outlined in this manual.

Volume

Pick two exercises per workout. Progress from lower impact drills (level 1) to higher impact drills (levels 2). 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 5-20 seconds).

Duration

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

How do I fit ground based plyometrics 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. 2:00 minutes between sets.

Upper Body Plyometrics

GUIDELINES

These exercises are to be done during the off and pre season training periods. One or two workouts per week are all that is necessary or desirable. Care should be taken to do these exercises after an extensive warm-up and upper body stretching program. These drills could be incorporated right into the strength training workout.

Volume

Pick 1 or 2 exercises and perform 2-4 sets of 5-20 reps of each.

Form

Emphasis should be on quality not quantity. Every rep should be done explosively but under control within the context of the drill.

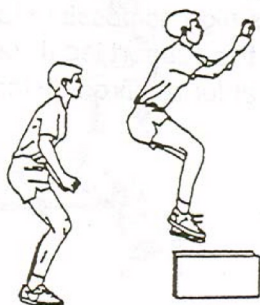
Medicine Balls

All upper body plyometric exercises will involve some sort of medicine ball. The medicine balls will vary in weight from 2 lbs to 28 lbs. Beginners should use lighter weights. Always remember never sacrifice safe form for more weight.

Rest

Minimal between reps, 1:00 between sets.

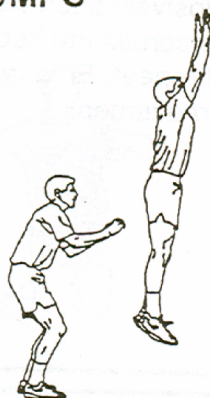
BOX JUMPS



Directions:

Begin drill with a 1/4 squat. Then using double arm swing, jump from the ground onto the center of the box. Land with the knees bent, under control and on the balls of the feet. The box should be 12"-36" high, depending on the skill level.

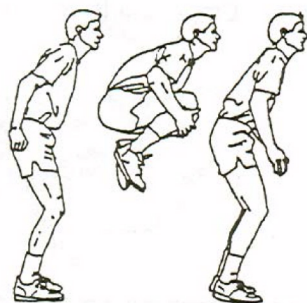
POWER JUMPS



Directions:

Stand with feet shoulder width apart and in an upright position. Drop hips into a power position and explode upward. Use your arms to jump as high as possible. Land in the same place, regroup and repeat. Emphasis on height and form.

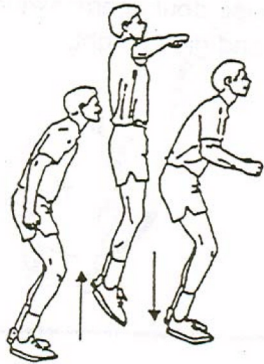
TUCK JUMPS



Directions:

Stand with feet shoulder width apart. Drop hips into the power position and explode upward. Bring knees to chest and grab with both hands, then release. Upon landing, immediately repeat. Emphasize grabbing the knees. Skill and big players only.

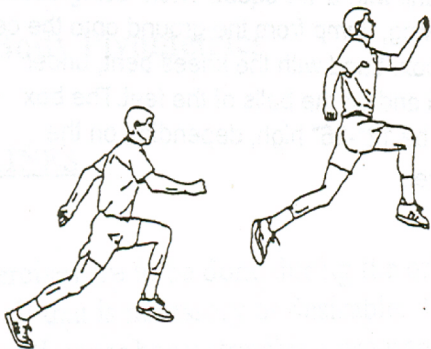
DOUBLE LEG HOPS



Directions:

Stand with feet shoulder width apart and in the power position Drop hips and while using arms explode outward and upward. Upon landing repeat. Emphasis is on speed and distance. Perform in a diagonal pattern.

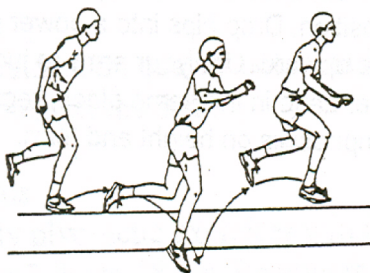
POWER SKIPS



Directions

Stand with one foot in front of the other and arms to the side. Begin to skip and then hard and explosively push off the support leg and bring opposite leg as high as possible toward the chest. Swing arm of the support leg through as in running. Repeat for required distance.

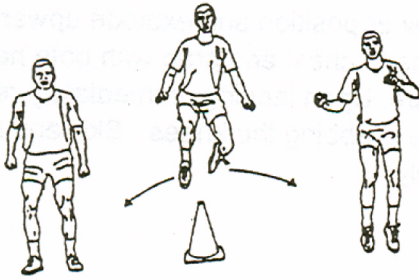
SINGLE LEG ICE SKATERS



Directions:

Start on one foot and arms to the side as a skater. Hard and explosively push off the leg while swinging arms across the body. Land on the other foot and repeat. Emphasis on distance and speed of movement.

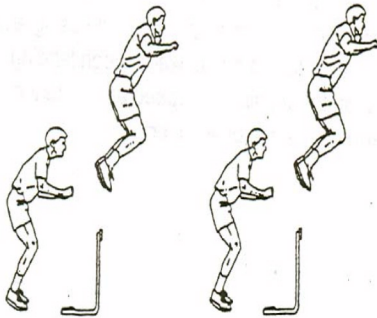
LATERAL CONE JUMPS



Directions

Begin with the feet together and knees bent starting next to a small 4-6" cone. Begin by jumping over the cone as quick as possible for a desired time. Emphasis is on speed.

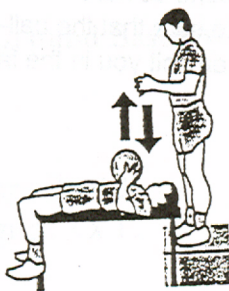
HURDLE HOPS



Directions

Jump forward over the hurdles(12-36"). Keep feet close together and action comes from the hips and knees. Keep the body vertical. Use double arm swing to maintain balance and gain height.

BENCH PRESS THROW



Directions

Begin drill on a supine bench with arms extended in front of the body. Catch the ball over the chest, bend the arms, and explode the ball back to your partner standing above.

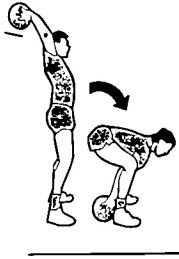
CHEST PASS



Directions

Begin the drill in an athletic position or sitting on a bench. Catch the ball from your partner with your arms extended in front of the body. Absorb the weight of the ball and explode the ball back to your partner.

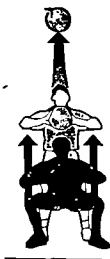
SLEDGEHAMMER



Directions

Begin drill by holding the ball overhead with arms extended. Swing the ball down and forward exploding it into the ground as hard and fast as possible. Be sure that the ball doesn't come back up and hit you in the face.

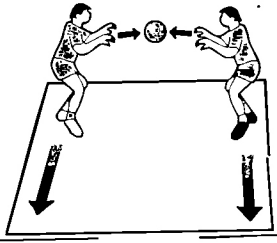
SQUAT THROW



Directions

Begin drill by holding the ball in front of the chest. Squat down and extend legs, while throwing the ball directly overhead as hard and as high as possible. Let the ball bounce, catch it and repeat.

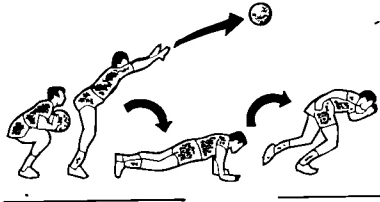
SHUFFLE PASS



Directions

Begin drill by holding the ball at the chest, facing your partner. You must be in an athletic position. Shuffle laterally while passing the ball back and forth.

SQUAT, THROW, FALL, RUN



Directions

Begin drill with the ball held at the chest. Squat down and extend legs out while throwing the ball forward. As you release the ball fall down into a push-up position. Perform a push-up, snap up and run to the ball as fast as possible.