Rationale for Using Plyometrics

- The main advantage of a high-horsepower automobile engine is its acceleration: it can get the automobile up to a chosen speed more quickly than a lower-powered engine can. – Peter Branczio
- The Neuromuscular system is our engine.
- Speed of movement and explosive power are related; athletes with higher power to body weight ratios execute faster, and dominate athletics.
- In any sport dominated by fast movements, the athlete who can use more strength more quickly has the edge.
- Plyometrics develop power!

When doing plyometric drills, always strive for speed of execution.
Imagine the ground is hot coal.
Spend as little time as possible on the ground, and explode up.
Fully recover between all sets. Think quality, not quantity.
- Strength and Conditioning Staff

Plyometric Exercises

- Box Cross Jumps-Speed
- Box Cross Jumps-Vertical
- Box Cross Hops
- Box Step Up and Jump
- Box Taps
- Box Jumps
- Lateral Box Jumps
- Box Depth Jumps
- Vertical Jumps
- Tuck Jumps
- Squat Jumps
- Split Squat Jumps
- Double Leg Zigzag Hops
- Ice Skaters
- Prisoner Squats
- Push Ups-Regular, Clapping, Staggered, Wide,
- Depth, Alt. Explosive MB, Diamond
- Wall Throws
- Forward Hurdle Hops
- Lateral Hurdle Hops
- Forward Hurdle Hops-Quick Feet
- Lateral Hurdle Hops-Quick Feet
- Forward Hurdle Hops-Over & Back
- Lateral Hurdle Hops-Over & Back
- Single Leg Forward Hurdle Hops-Over & Back
- Single Leg Lateral Hurdle Hops-Over & Back
- OH MB Throw Downs
- Lateral Wall Throws
- Weighted Box Jumps
- Single Leg Box Jumps
- Pike Press
- Squat Thurst/Burpee
- Box Jump Downs
- Standing Side Wall Throws
Box Cross Jumps- Speed

Stand to the side of a plyometric box. Place your right foot on top of the box and your left foot at the side of the box. Jump up and over the box so your right foot strikes the ground and your left foot is now on top of the box. As soon as your foot strikes the ground, explode back over the box. Your body stays low throughout the exercise.

Box Cross Jump- Vertical

Stand to the side of a plyometric box. Place your right foot on top of the box and your left foot at the side of the box. Jump up and over the box, launching yourself as high as possible, so your right foot strikes the ground and your left foot is now on top of the box. As soon as your foot strikes the ground, explode back over the box. Your body stays low throughout the exercise.
Box Cross Hops

Stand on the side of a plyometric box with both feet together. With your feet staying together, bend your knees, use your arms to propel you upward, and jump on to the box then off to the other side. Perform the exercise as fast as you possibly can.

Box Step Up & Jump

Place a plyometric box right in front of you. Place your right foot on top of the box. Push off with your right foot and jump into the air as high as you can. Land in the same position you started. Complete the set with one leg then switch.

Box Taps

Stand with one foot on the plyometric box and the other foot on the ground. Alternate your foot so that the left foot strikes the box at the same time the right foot strikes the ground. This is done in a running motion and exchange feet as fast as possible.
Box Jumps
video >>>
Stand facing the plyometric box. While keeping your feet together, jump onto the box by bending your knees and exploding up; using your arms to help propel you up. Immediately step back down and then explode back up in one movement. Repeat.

Lateral Box Jumps
video >>>
Stand to one side of the plyometric box. While keeping your feet together, jump onto the box by bending your knees and exploding up, and using your arms to help propel you up. Immediately step back down and then explode back up in one movement. Repeat.

Box Depth Jumps
video >>>
Place two plyometric boxes about two yards apart. Stand on top on of one of them. Slowly step off the box, making sure you land on the balls of both feet between the two boxes, with knees bent. Upon landing, immediately explode up onto the other box. Step down and repeat the jump.
Vertical Jumps

Start in an upright position. Bend your knees as if in a squat position. Using your arms and your legs, propel upward extending your arms and legs. Return to starting position and repeat.

Tuck Jumps

Start in an upright position. Bend your knees as if in a squat position. Using your arms and legs, propel yourself upward; bring your knees to your chest while in the air. Return to the starting position, and repeat.

Squat Jumps

Start in a squat position, with hands behind your head. Use your legs to jump upward and return to the squat position. Repeat.
Split Squat Jumps

Start in a squat position, with your hands behind your head. Using your legs, jump upward and split your legs. You will end up in a lunge position. Repeat the jump, alternating the legs.

Double Leg Zig-Zag Hops

Start in an upright position, with feet together and legs slightly bent. Take a hop on a diagonal direction, and then repeat. Make sure legs stay together and knees stay slightly bent.

Ice Skaters

Start in an upright position, with knees slightly bent. Jump to the side, landing on the opposite leg, while bring the other leg behind the outside one. You should pause for a second, and then jump to the other side, landing on the outer leg. Repeat.
Prisoner Squats

Stand with feet a little wider than shoulder width apart, with your hands behind your head. Bend at the knees keeping your back in an upright position. Go down and then explode upward, keeping your feet on the ground. Repeat.

Regular Pushups

Start by lying on your stomach with your hands on the ground shoulder width apart. Push upward using your arms, keeping the body in a straight line. Pull yourself downward using only the arms, and repeat.

Clapping Pushups

Start by lying on your stomach with your hands on the ground shoulder width apart. When you push upward using your arms, bring your hands off the ground and clap. Return to the starting position by keeping the body in a straight line. Repeat.
Staggered Pushups

Start by lying on your stomach with one hand shoulder width apart and the other up in front of you, meaning they should be staggered. Push upward using your arms, keeping the body in a straight line. Pull yourself downward using only the arms, and repeat.

Wide Pushups

Start by lying on your stomach with your hands on the ground wider than shoulder width apart. Push upward using your arms, keeping the body in a straight line. Pull yourself downward using only the arms, and repeat.

Depth Push Ups

Start in a push up position with both hands on a medicine ball. Perform a push up with both hands on the ball. Once in the up position, quickly take hands off of the medicine ball and catch yourself with each hand on either side of the ball. Perform another pushup, this time with each hand on either side of the ball (perform this push up like a clapping push up, instead, push yourself off the ground and catch yourself with both hands back on the medicine ball). Repeat.
Alternating Explosive Medicine Ball Push Ups

Get into a push up position and place a medicine ball in one hand. Keep your back and hips level and your head up. Perform a push up with the medicine ball in one hand. On the up phase of the push up, explode by pushing yourself off the ground. While in the air transfer the ball to the other hand and repeat the sequence with the ball in the other hand. Continue switching from side to side until all repetitions are completed.

Diamond Push Ups

Get into a push up position, this time bring your hands directly under your chest. Make a diamond pattern with your hands. Perform a push up and remember to keep your back and hips level. Repeat

Wall Throws

Start in a squat position against a wall with a medicine ball in your hand. Throw the ball against a wall and catch it. Stay in the squat position throughout the exercise. Repeat.
Forward Hurdle Hops

video >>>
Stand facing a series of hurdles that are about one yard apart. Begin by hopping over the first hurdle, keeping knees bent and exploding upward using your legs. After touching the ground, immediately explode over the next hurdle. Keep feet together throughout the exercise. Repeat.

Lateral Hurdle Hops

video >>>
Stand to the side of a series of hurdles that are about one yard apart. Begin by hopping laterally over the first hurdle, keeping knees bent and exploding upward using your legs. After touching the ground, immediately explode over the next hurdle. Keep feet together throughout the exercise. Repeat.

Forward Hurdle Hops- Quick Feet

video >>>
Stand facing a series of hurdles that are about one yard apart. Explosively step over the first hurdle, right foot then left. As you clear the hurdle take two quick steps and repeat over the next hurdle. This is done in a running motion and as quickly as possible. Continue through the rest of the hurdles.
Lateral Hurdle Hops- Quick Feet

Stand laterally to a series of hurdles that are about one yard apart. Explosively step over the first hurdle, right foot then left. As you clear the hurdle take two quick steps and repeat over the next hurdle. This is done in a running motion and as quickly as possible. Continue through the rest of the hurdles.

Forward Hurdle Hops-Over and Back

Stand facing a series of hurdles about one yard apart. Hop over the first hurdle with feet together, exploding upward with the legs. When you land over the second hurdle, immediately hop backwards over the second hurdle. Hop over the third hurdle, then the fourth, and then repeat over and back on the fourth hurdle. Continue routine, performing over and back on every other hurdle.

Lateral Hurdle Hops- Over and Back

Stand laterally to a series of hurdles about one yard apart. Hop laterally over the first hurdle with feet together, exploding upward with the legs. When you land over the second hurdle, immediately hop backwards over the second hurdle. Hop over the third hurdle, then the fourth, and then repeat over and back on the fourth hurdle. Continue routine, performing over and back on every other hurdle.
Single Leg Forward Hurdle Hops- Over and Back

Stand facing a series of hurdles about one yard apart. Hop over the first hurdle with one foot, exploding upward with the leg. When you land over the second hurdle, immediately hop backwards over the second hurdle. Hop over the third hurdle, then the fourth, and then repeat over and back on the fourth hurdle. Continue routine, performing over and back on every other hurdle. Switch legs and repeat.

Single Leg Lateral Hurdle Hops- Over and Back

Stand laterally to a series of hurdles about one yard apart. Hop laterally over the first hurdle with one foot, exploding upward with the leg. When you land over the second hurdle, immediately hop backwards over the second hurdle. Hop over the third hurdle, then the fourth, and then repeat over and back on the fourth hurdle. Continue routine, performing over and back on every other hurdle. Switch legs and repeat.
PLYOMETRICS

Overhead Medicine Ball Throw Downs

Start in a squat position against a wall while holding a medicine ball over your head. Use your upper abdominals and arms to throw the ball across the hall. Throw the ball at the floor, just before where the floor and wall meet. The ball your hit the floor, bounce off the wall and come back to you. Repeat.

Lateral Wall Throws

Sit on ground with legs out in front of you. Hold medicine ball with arms out straight. Twist to one side and touch medicine ball to the ground. Quickly uncoil your body and throw the ball sideways to opposite wall. Let ball bounce back to you and catch it, then repeat. Do exercise in both directions.

Weighted Box Jumps

Stand facing the plyometric box while holding a dumb bell in each hand. While keeping your feet together, jump onto the box by bending your knees and exploding up; using your arms to help propel you up. Immediately step back down and then explode back up in one movement. Repeat.
Single Leg Box Jumps

Stand facing the plyometric box, this time stand on just one leg. Jump onto the box by bending your knee and exploding up; use your arms to help propel you up. Land on top of the box with both feet, remembering to land in a squat position. Immediately step back down, set yourself, and then explode back up in one movement. Repeat

Pike Press

Get into a pike position, hands and feet on floor, bent at the hips with rear-end pointed to ceiling. Perform a push up like motion while maintaining the pike position. Bend elbows and bring head towards floor, then use your arms and shoulders to push yourself up into starting pike position. Repeat
Squat Thrust/Burpee

Stand with feet shoulder width apart and with your hands at your side. Squat down and place both hands on the floor outside of your feet. Kick both feet back together and behind you so that you are in a push up position. Bring both feet in together return back to starting position. As you stand up out of your squat, add a small jump to the end of your exercise.

Box Jump Downs

Stand on a plyometric box; slowly start to step off the box with one foot. Allow the trail foot to catch up with the lead foot as you begin to fall towards the floor. Land on both feet and stick the landing. When you land you should be in a slightly squatted position. Your feet should be flat, knees slightly bent, arm out in front of you to help maintain balance. Step back onto the step and repeat.
Standing Side Wall Throws

Standing Side Wall Throws

Stand with your side turned towards the wall. Hold a medicine ball in front of you. Slightly turn away from wall and touch medicine ball to outside hip. Quickly turn towards the wall and throw the medicine ball at the wall. Catch the rebound and twist back to put the ball on the outside hip and repeat. Do exercise so that you throw from each side.