

## Plyometrics

1. Shuttle:
  - a. Side-to-side, over the box.
  - b. 2 sets.
  - c. 30-60 seconds.
2. Knee-ups:
  - a. Step up on box, using arms.
  - b. 2 sets.
  - c. 10-15 reps.
3. Running:
  - a. Constant movement, as if you are running.
  - b. 2 sets.
  - c. One minute to begin, work up to 2 minutes.
4. Line Jump:
  - a. Use 2x4's for height increase.
  - b. One minute to begin, work up to 2 minutes.
  - c. Forward-backwards jumping-2 feet.
  - d. Side-to-side jumping-2 feet.
  - e. Forward-backwards jumping-right foot.
  - f. Side-to-side jumping-right foot.
  - g. Forward-backwards jumping-left foot.
  - h. Side-to-side jumping-left foot.
  - i. 4-way: make a cross and jump clockwise.
  - j. 4-way: make a cross and jump counter-clockwise.
  - k. 2-5 lines in a row:
    - i. Repeat series as mentioned above.
5. Wall Jumps:
  - a. 25-50 reps.
  - b. Always use two feet/legs, never one leg/foot.
  - c. Right side facing the wall.
  - d. Left side facing the wall.
  - e. Front side facing the wall.
6. Jump Rope:
  - a. As fast as possible for 20 second x2.
  - b. Left foot only for 20 seconds.
  - c. Right foot only for 20 second.
  - d. One minute to begin, increase to 5 minutes.
7. Rebounding:
  - a. Standing in front of box, step up onto box, then jump with 2 feet off box.
  - b. Standing in front of box, jump with 2 feet onto the box, and step down.
  - c. Standing in front of box, jump with 2 feet onto the box, then jump with 2 feet off box.
  - d. Standing in front of box, jump with 2 feet onto the box, then jump with 2 feet off box-double bounce landing.
8. Line-up boxes of different sizes:
  - a. Jump onto the smallest box, then step off.
  - b. Repeat on next size box, etc.
  - c. Jump onto smallest size box, and then jump off box.
  - d. Repeat on next size box, etc.
  - e. Jump up onto smallest size box, jump off, and continue through line of boxes with no double bounces between boxes.
  - f. Repeat with largest box first, going down to the smallest box.
9. Jump onto box with one foot only; switch feet; repeat 5x each foot.