



Plyometrics Program

A Plyometrics Program is a progressive series of exercises designed to improve vertical jump, acceleration, speed, and dynamic power by emphasizing the work of the fast twitch muscle fibers by producing a stretch-shortening action in the muscle fibers to produce an explosive reaction in the leg extensor muscles. This program will give a significant improvement to any athlete who can and will follow it properly.

WARNING !!!!!!!

This program places heavy demands on the cardiovascular system so a good base of aerobic fitness is recommended before beginning the program.

Some eastern block science authorities recommend that you be able to perform a maximum squat of 1.5 times body weight before beginning this program. Thus a good strength base is also strongly recommended if injury is to be avoided.

If you cannot complete a state of the program without server deterioration in form you should repeat that stage until you can complete it satisfactorily.

If you feel abnormal discomfort during exercise you should stop immediately and seek professional medical advice.

TECHNIQUE

You should land on the ball of your foot using your leg muscles to adsorb the impact of each landing as you would normally.

You should spend as little time as possible in contact with the ground.

Your upper body should be upright and relaxed to avoid stress on joints. Also correct posture is synonymous with strength in the torso, lower back and abdominal regions.

Co-ordination of the arms with the jump provides balance, speed, and can assist the jump by up to 10 per cent.

RULES

1. Establish an adequate strength base
2. Proceed from simple to difficult drills as per the program
3. Wear proper sports shoes which provide good foot support
4. Always jump on smooth consistent surface.
5. Always perform an adequate warm up and stretching routine.
6. Do not do weight training and plyometrics in the same session.

7. Do not perform plyometrics when fatigued as this will lead to injury
8. Train 3 times per week.
9. Concentrate on speed and excellent technique.
10. Recovery between sets should be 3-5 minutes.

PROGRAM

- Week 1** Tuck jumps 3 * 10 reps (knees to chest, jump as high)
 Skipping 5 * 1 minute (feet together)
- Week 2** Hip Kicks 3 * 10 reps (knees down, bring heels up to buttocks)
 Double Leg Bounds 6 * 20 meters (feet together, jump up and forward, concentrate on rebounding off the ground quickly)
- Week 3** Parallel Jumps 2 * 10 reps (jump bringing thighs parallel with the ground, grasp the knees).

 Skipping 3 * 1 minute (feet together, jumping high)

 Combination Bounding 4 * 20 meters (RLRLRL)
- Week 4** Skipping 3 * 1 minute (feet together, jumping high)
 Double Leg Bounds 4 * 25 meters
 Combination Bounding 5 * 25 meters (RLRLRL)
- Week 5** Tuck Jumps 2 * 10 reps (knees to chest)
 Skipping 5 minutes (jump off alternate feet)
 Double Leg Bounds 4 * 25 meters
 Alternate Hopping 4 * 25 meters (RLLRLL)
- Week 6** Tuck jumps 2 * 10 reps
 Skipping 1 minute (swing rope around twice between jumps)
 Combination Bounding 5 * 25 meters (RLRLRL)
 Alternate Hopping 5 * 25 meters (RLLRLL)
- Week 7** Combination Bounding 5 * 25 meters (RLRLRL)
 Alternate Hopping 5 * 25 meters (RLLRLL)
 Single Leg Hopping 5 * 25 meters (left leg only)
 Single Leg Hopping 5 * 25 meters (right leg only)
- Week 8** Same as for Week 7
- Week 9** Same as for Week 7 for the first days training
 Depth jumps 2 * 10 reps (use a box 60cm - 75cm high, spend minimum time on the ground and strive for maximum height)
- Week 10** Depth Jumps 3 * 10 reps (using 25, 50 and 75 cm boxes)

Weeks 11 and 12

Same as the week 10 but line the three boxes up and jump from one and immediately up onto the next.



Power Skipping



Repeated Tuck Jumps



Repeated Long Jumps



Diagonal Obstacle Jump



Alternate Leg Bounding



Squat Jump



Single Leg Hops