

PLYOMETRIC DRILLS

1

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)

***Note:** I have separated these drills into three basic categories of difficulty. However, you can always make “easy” drills harder and “harder” drills easier by adding or taking away components like: reactive “go/start” commands, multi-directional movements, rotation, speed, depth, range of motion, drop to ground with shoulder roll, etc.

- **Drop/Jump Reactive Cue Tips:** *On command, hit ground then jump up and begin drill, or start on ground then jump up and begin drill, or hit ground with over-shoulder roll (vary directions and body positions to simulate sport demands).*
- **Also note that Plyos have a lot to do with speed, agility, and quickness!*

Speed, Agility, Quickness, Plyo Reference Book: “Training for Speed, Agility, & Quickness” by Brown, Ferrigno, & Santana (Eds.) \$19.95

EASY:

Hop Drills: (2 feet to one foot, hop, stick, & control the force leaks)

- 2-to-1 Forward
- 2-to-1 Backward
- 2-to-1 Lateral
- 45-90°+ Spin
- *Perform 5-8x each. Do all one leg first then switch. When you land, control the force leaks and keep stable.*

Running Drills: (20-30 yards x2 or reps as listed below)

- 2-Leg Butt Kick
- 2-Leg Hop
- 2-Leg Forward Bound
- High-Knees
- Goose Step March/Skip
- High Rate Skip
- Power Skip
- Tuck Jump (Stationary)
- Prance
- Speed Side Shuffle (Athletic “ready” position)
- Backwards Reach Run

MODERATE:

2-to-1 Leg Hop & Sink Drills: (Hold low position “stable” for 5-10 seconds)

- *Eccentric Deceleration & Stabilization Challenge*
- 2-to-1 Forward
- 2-to-1 Lateral
- 2-to-1 Leg 45-90°+ Spin

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2

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- *Tips: Perform 6x each. Get hips down and keep chest up! Do all one leg first then switch. When you land, control the force leaks and keep stable as you sink into the low position.*

1-Leg Hop & Sink Drills: (5x each leg, 5-10 second hold)

- Front to Back
- Lateral
- Zig-Zag Diagonal
- Rear diagonal

Reactive Hop Drills:

- 2-to-1 Leg (random multi-directional on command)
 - 1-Leg Partner Walkabout (30 seconds)
 - 2-to-1 Leg 45-90°+ Spin
- *Tips: Do all one leg first then switch. When you land, control the force leaks and keep stable as you sink into the low position.*

Running Drills: (20-30x2 yards or reps listed below)

- 1 Leg Forward Bound (↑Height & Distance, ↓Transition)
- 2-Leg Bound (↑Height & Distance, ↓Transition)
- 2-Leg Lateral Hop to 1-Leg ½ Squat Stabilization
- 2-Leg Backwards Jump
- Speed Carioca (minimal hip rotation)
- 2-Leg Lateral Tuck Jump

HARD! *(Note: Many of the above can be made “hard”—see top for ideas)

Hop Drills:

- 90-180° Spin
- 1-Leg Partner-Assisted Squat (Can also put back foot on bench or sofa, etc.)

Box Jump Drills: *(If you weigh >220 pounds you should use ≤18” box)

- 2-Leg Box Forward/Backward Jump
 - 2-Leg Box Lateral Jump
 - 2-Leg Box ‘T’ Multi-Directional Jump
- *1-Leg of the above drills—ADVANCED ONLY!*

Running Drills:

- 1-Leg Lateral Bound
- 90-180° Spin Alternating Spin Jump
- 1-Leg Lateral Tuck Jump

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