

Plyometric Definitions

Jump Rope: Traditional fashion.

Vertical Jump: Standard vertical jump. Make each jump count. This can be done with feet side-by-side or with a one step approach.

Broad Jump: Jump and land on two feet every time. Swing arms and rock on heels forward and back to create momentum to help jump farther. Goal is horizontal distance, try to gain some vertical height to increase horizontal distance. Land heels first, then role to toes to reduce impact on body.

Tuck Jump: Jump up and tuck the legs near the chest while suspended in air. Try to quickly and loosely hug the knees. This hug should not impede the landing. Land on the balls of the feet, and quickly transfer our weight to the heels. Allow the knees to bend to help absorb impact.

Lunge Jump: Start one foot in front of the other, and knees slightly bent. Jump up, while in midair switch legs, landing with opposite foot in front. Land with the balls of your feet contacting first, followed by the heels, then bending at the knees. Jumps can be low until skill is acquired then jump for height.

Ankle Bounce: Stand in place, use only the ankles to create bounce. As soon as you touch the ground, rapidly rebound into another bounce. This can be done on a padded surface to prevent over stressing the body.

Box Rapid Fire: Stand facing plyometric box (12-18 inches in height). Quickly bring both feet up, touch the top of the box, then back down to the floor. Contact the floor with the balls of the feet first then the heels. As soon as the feet contact the floor, quickly bring the feet up, touch the top of the box, then back down to the floor. There will be no rest during this drill. Your feet should be constantly moving for the duration of the time.

Power Skips: Skip while driving knee and arm upward. You are trying to perform as many vertical leaps as possible in the given distance.

Half-Spin Jump: Jump up and while in the air spin the body around and land facing the opposite direction. Can spin to right or left.

One-Leg Vertical Takeoff: Run a few steps then jump off one leg. Use the opposite hand to reach for a target.

Ice Skaters: Start with legs shoulder width apart, with one foot on each side of a line. Push off laterally, staying low to the ground (bound laterally), with the left foot and landing on the right foot. Move back to the left pushing off the right foot and landing on the right foot.