

# Plyometric Exercise Examples

## **Plyometric Exercises**

**The following are examples of some of plyometric exercises used on the Emerging Talent Programme. They are to be used as a reference only. The coach must plan his own programme.**

### **Plyometric Exercises Examples**

**Plyometric training is an essential part of a players athletic development. You can enhance your strength and speed, using this type of training. However, the coach must produce a programme that gradually loads the player, while monitoring how they are doing the exercises, to make sure they are ready to move on to the next phase.**

**Grass is a perfect surface for plyometric training, as it provides good cushioning. However soggy, wet grass or hard, dry grass surfaces are not recommended. All-Weather pitches with some shock absorbency, should also be perfect for this type of training. Some cushioned wooden floors, such as indoor gyms/aerobic studios, tarten running tracks, rubber weight room floors or gymnastic floor mats, would also be sufficient.**

**If the player cannot do the exercise or complete the required repetitions, due to fatigu, then they should stop STOP. The most important aspect is that the exercise is done properly and you avoid injury.**

### **Warm up**

To get yourself ready for plyometrics, a normal football warm-up(running, stretching etc) should be done, followed by 1 set of 10 Double Leg Squats and 1 set of 10 Lunges.

Alternatively, Plyometrics could be done after Strength work(warm up and exercises).

## Plyometric Exercises

### Description of exercises

#### Pogo

**Introduction** - This is the beginning exercise in learning jumps. Keep upper body upright, bending foot up during jump(toe-up rule) and landing with foot, knee and ankle flexed(bent up).

**Starting Position** – Upright stance, feet shoulder-width apart, knees slightly bent.

**Action** – Jump straight up, using only the lower portion of the legs(knees slightly bent). Use the arms and shoulders in an upward blocking fashion (bring arms forward and up). There should be slight flexion (bending) of the knee and more flexion of the ankle and foot. Upon takeoff, lock the foot into a toes-up position. Maintain this toes-up position throughout the jump, to ensure good contacts and quick elastic takeoff, during multiple jumps.



## Plyometric Exercises

### Squat Jump

**Introduction** – This is a basic drill for developing power in the legs and hips. The main idea is to attain maximum height with every effort.

**Starting Position** – Assume a relaxed upright stance, feet shoulder width apart. Place your hands at the back of your head.

**Action** – Begin by flexing downwards to a half-squat position; immediately stop the downward movement and explode upward as much as possible, extending (straightening out) the hip, knee and ankle joints, to full length, as quickly as you can. On landing, your hip, knee and ankle should already be flexed. This will be important to you when you are doing repetitive jumping, to enable you to minimise ground contact. During multiple jumps, the jump phase of the exercise should be started before reaching the semi-squat position.



## Plyometric Exercises

### Rocket Jump

**Introduction** – This is a basic drill for developing power throughout the entire body. The main idea is to attain maximum height and reach with every effort.

**Starting Position** – Assume a relaxed upright stance, feet shoulder width apart. Slightly flex the arms and hold them close to the body.

**Action** – Begin by flexing downwards to a half-squat position; immediately stop the downward movement and explode upward as high as possible, extending (straightening out) the whole body. On landing, your hip, knee and ankle should already be flexed. This will be important to you when you are doing repetitive jumping, to enable you to minimise ground contact. During multiple jumps, try not to move too far from the original takeoff area.



## Plyometric Exercises

### Power Skipping

**Introduction** – The progression from Fast skipping to Power skipping, reinforces sprinting and jumping mechanics and helps train explosiveness.

**Starting Position** – Assume a relaxed upright stance. Lead into the skipping by jogging first.

**Action** – Perform Power skipping by using a short skipping step and then with the opposite leg, thrusting the knee and toe up. Try and get as much height and power as possible, after each short step. Drive the knee up hard and fast and concentrate on lift and hang time in the air, as much as possible, while minimizing the ground contact time.



## Plyometric Exercises

### Lateral Bound

**Introduction** – This is a drill for developing power in the thigh and groin muscles, as well as the hips and lower back. The main idea is to explode off the outside leg inwards, jumping as far as you can and resetting each time.

**Starting Position** – Assume a semi squat position.

**Action** – Squat downwards, shifting your weight to the outside leg, for an immediate push-off. The inner knee and shoulder will dip, as you push off your outside leg. Jump inward/across, driving your inner leg across and extending your arms and body. The inner/lead foot will land first with the trailing/push off foot following, to balance the landing.



## Plyometric Exercises

### Knee Tuck Jump

**Introduction** – The idea of this drill is to attain maximum height with every effort. During continuous jumps, the jumps should be performed at a rapid rate with minimal ground contact.

**Starting Position** – Assume a relaxed upright stance, feet shoulder width apart. Place the hands chest high, with palms facing down. This is done to in the early stages to ensure good take-off and landing posture and to give the knees a target. Once good posture is achieved, you can use the normal blocking method (bringing arms forward and up).

**Action** – Begin by rapidly dipping towards a half-squat position and immediately exploding upwards. Drive the knees towards the chest and try to touch them to the palms of the hands, while tucking the feet under the body. Continuous jumps should be performed at a rapid rate, driving the knees upwards and tucking the feet under each time.



## **Plyometric Exercises**

### **Plyometric Push up's**

#### **Push up off ground**

Kneel down, palms of hands on floor, shoulder width apart. Stretch out one leg at a time behind you, toes curled up against floor. Brace your abdominals(Pull belly button back towards spine) and breathe as normal. Keep your head tilted up and your body straight(Back should not sag). Lower yourself towards the floor, by bending your arms, not too quickly, keeping a straight line from your head to your toes and then immediately push yourself up so that your hands leave the ground. On landing repeat the above.

**Head up, back straight, keep abdominals braced/contracted**



#### **Advanced Plyometric Push up (Push up and clap)**

The Advanced Plyometric push up, should be done exactly the same way as the Plyometric Push up. The only difference now is that you will have to put more power into the push up, to attain more height. This will enable you to clap your hands together, while in mid air and give you enough time to have you arms in position to assume the press up position on landing. Repeat on landing.