

Plyometric progressions are quality triggered, not time dependant. Exercises should be led with an active arm drive & landings should be quiet

Single exercises: recovery in between repetitions should be sufficient to enable an optimal quality of execution

Stage	Vertical Plyometric Exercise Double Leg	Sets/Reps	Horizontal Plyometric Exercise	Sets/Reps
1	Box Jumps – Singles	5 x 10		
2	Box Jumps – Continuous	5 x 10		
3	Place Jumps – Singles	5 x 10		
4	Place Jumps – Continuous	5 x 10		
5	Tuck Jumps – Singles	5 x 10		
6	Tuck Jumps – Continuous	5 x 10		
7	Split Lunge Jumps – Singles	5 x 10		
8	Split Lunge Jumps – Continuous	5 x 10		

Single Leg Progressions

Stage	Vertical Plyometric Exercise Single Leg	Sets/Reps	Horizontal Plyometric Exercise	Sets/Reps
1	Forward Hop Box Jumps – Singles	5 x 10		
2	Forward Hop Box Jumps – Continuous	5 x 10		
3	Lateral Hop Box Jumps – Singles	2 x 10	Skips	2 x 30m
4	Lateral Hop Box Jumps – Continuous	2 x 10	Skips for Distance	4 x 30m
5	Backward Hop Box Jumps – Singles	2 x 10	Skips for Height	1 x 30m
6	Backward Hop Box Jumps – Continuous	2 x 10	Indian Skips	2 x 30m
7	Forward Small Hurdle Hops – Continuous	2 x 10	Bounds	3 x 30m
8	Backward Small Hurdle Hops – Continuous	5 x 10		