

General Plyometric Program

Agility and speed based 30 minute program suitable for members in team based field and court sports (AFL, Soccer, Netball, Basketball etc).

1. Warm up

- a. 5-10mins
- b. use bike, rower, skipping rope, pilates machine

2. Plyometric work Program

Designed for improved footwork and initial speed.

Focus on minimal contact with the ground.

1. Line outs – fwd & bkwd over a rope x12
2. Lateral line out – stand next to the line and ski over and back the rope (x12)
3. Jumps for height – repeat efforts (x12) next to a wall
4. Skipping (speed fast feet 30 sec On – 30sec Off x3 sets)
5. Plyo box – depth drops and ground rebound – jump off box, to a $\frac{1}{4}$ squat and rebound as high as possible, walk to reset. X12. ***Focus on minimal contact time.***
6. Step Box – single leg up & jump x12
7. Dumbbell walking lunges w plyo jump x12each
8. Pushups – with clap x12
10. Tricep dips-hands exploding off box a little x12
11. Skipping 30 on, 30 off x3 sets

ADD for an extended workout

- Mini hurdles
- Speed Ladder

3. Warm down

- a. 3-5mins bike, rower
- b. 5-10mins stretching