

## **PLYOMETRICS EXERCISES**

*\*\*If you want to get a “jump” start on the fall conditioning, you can do some of these plyo exercises. I would recommend finding the ones that you like and doing them 2-3 days per week for a total of no more than 20 minutes. The general rule of thumb is to do an exercise for distance or time. Do not start off with jumping exercises before you get your legs in some kind of shape or you will increase your risk of tearing or pulling muscles.*

### **EXERCISES** (varying degrees of difficulty)

- Skipping like you are doing layups (40 yards)
- Ankle bounce jumping with little knee flexion
- Hip-Twist Ankle Hop
- Side-to-side ankle hop
- Standing vertical jump without arms
- Standing Long jump (15 yards)
- Tuck jumps: Kick buttocks with heels
- Drop jump: Stepping off box and spring up
- Bounding: Alternate legs (40 yards)
- Double leg hops
- Box jumps: jumping up to the top of a box
- Lateral cone hops
- Double leg hops on and off three consecutive boxes
- Depth jumps to hurdles: step off box and jump over 3 hurdles
- Medicine ball jumps: Jump as high as possible up to 10x's
- Series of box jumps (vary the height of 6 boxes) and the distance between to whatever the athlete can handle
- Same-leg hops (40-yards)
- Single leg box: jump off box; land and jump off with 1-leg
- Line jumps (sideways or front-to-back)—30 seconds at a time
- Karoke (quick steps, turn hips)—40 yards; go both ways
- Knees to chest
- Lunges (only knee to foot, keep back straight)—length of court
- Machine Gun (hot feet)—30 seconds; you can mix in a “right” or “left”
- Defensive Slides
- Backpedals