**PLYOMETRICS**

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| SQUAT JUMPS | BACKWARD THROW FROM SQUAT | | SINGLE-LEG BALANCE | |
| ABC | AB | |  | |
| WALL JUMPS | countermovement squat jump | | 5-5-5 SQUAT | |
| AB | AB | | ABC | |
| **PHASES OF PLYOMETRIC EXERCISES** | | | | |
| Phases of a lower-extremity plyometric exercise | | | | |
| ABCDEFG | | | | |
| Phases of an upper-extremity plyometric exercise | | | | |
| ABCDF | | | | |
| Phases of a plyometric exercise for the trunk | | | | |
| ABCDF | | | | |
| **FUNDAMENTAL MOVEMENT PROGRESSION: SQUAT** | | | | |
| Ball Squat | Box Touch Squat | | | Overhead Broomstick Squat |
| AB | AB | | | AB |
| Assisted Single-Leg Squat | Forward box drop-off with deep hold | | | |
| A  B | ABCD | | | |
| Lateral box drop-off with deep hold | | Squat Jump | | |
| ABCD | | ABCD | | |

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| **CORE MOVEMENT PROGRESSION: PELVIC BRIDGE** | | |
| Pelvic Bridge | Pelvic Bridge on BOSU | Single-Leg Pelvic Bridge on BOSU |
| A    B | A    B | A    B |
| Single-Leg Pelvic Bridge on BOSU With Abduction  and Rotation | | Single-Leg Pelvic Bridge on Bench |
| ABCD | | A    B |

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| **STRENGTH MOVEMENT PROGRESSION: WALKING LUNGE** | |
| Front Lunge | Walking Lunge |
| AB | ABCD |
| Walking Lunge Unilaterally Weighted | Walking Lunge with Weight Crossover |
| ABCD | ABCD |
| Walking Lunge with Unilateral Shoulder Press |  |
| ABDD |  |

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| **PLYOMETRIC MOVEMENT PROGRESSION: TUCK JUMP** | |
| Single Tuck Jump with Soft Landing | Double Tuck Jump |
| ABCD | ABCD |
| Repeated Tuck Jump | Side-to-Side Barrier Tuck Jump |
| ABCD | ABCD |
| Side-to-Side Barrier Tuck Jump With Reaction |  |
| ABCD |  |

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| **STABILITY MOVEMENT PROGRESSION: SINGLE-LEG** | | | |
| Step and Hold | | Jump and Hold | |
| ABD | | ABC | |
| Hop and Hold | | Hop, Hop, and Hold | |
| ABC | | ABC | |
| Crossover Hop, Hop, Hop, and Hold | |  | |
| ABCD | |  | |
| **AGILITY MOVEMENT PROGRESSION: LATERAL AGILITY** | | | |
| Lateral Hop, Hop, and Hold Opposite Leg With Barriers | | Lateral Hop, 90-Degree Hop, and Hold With Barriers | |
| ABCD | | ABCD | |
| TUCK JUMP ASSESSMENT (TJA) | | | |
| Front view of the desired execution of a tuck jump | | Side view of the desired execution of a tuck jump | |
| ABCD | | ABCD | |
| DISASSOCIATION DRILLS | | | |
| Leg lift and shoulder rotation | | Lunge and shoulder rotation | |
| AB | | AB | |
| Walking lunge with shoulder rotation | |  | |
| AB | |  | |
| **JUMPS IN PLACE** | | | |
| SINGLE-FOOT SIDE-TO-SIDE ANKLE HOP | | Side-to-side ankle hop | |
| AB | | AB | |
| SPLIT-SQUAT JUMP | | SPLIT SQUAT WITH CYCLE | |
| A B | | A B C | |
| Two-foot ankle hop | SPLIT-PIKE JUMP | Tuck jump with knees | TUCK JUMP WITH HEEL KICK |
|  |  |  |  |
| STRAIGHT-PIKE JUMP |  |  |  |
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| STANDING JUMPS | | | | | | | | | |
| STANDING JUMP-AND-REACH | | STANDING LONG JUMP | | | | | | | STANDING LONG JUMP WITH LATERAL SPRINT |
| A B | | A B | | | | | | | AB |
| STANDING JUMP OVER BARRIER | | STRADDLE JUMP TO CAMEL LANDING | | | | | | | STANDING LONG JUMP WITH SPRINT |
| AB | | AB | | | | | | | AB |
| 1-2-3 DRILL | | LATERAL JUMP OVER BARRIER | | | | | | | SINGLE-LEG LATERAL JUMP |
|  | | A B | | | | | | | A B |
| STANDING TRIPLE JUMP | | | STANDING TRIPLE JUMP WITH BARRIER JUMP | | | | | | |
| A B C D | | | A B C | | | | | | |
| MULTIPLE HOPS AND JUMPS | | | | | | | | | |
| FRONT CONE HOP | DIAGONAL CONE HOP | | | | | CONE HOP WITH CHANGE-OF-DIRECTION SPRINT | | | |
|  |  | | | | |  | | | |
| LATERAL CONE HOP | | | | | | RIM JUMP | | | |
| ABC | | | | | |  | | | |
| CONE HOP WITH 180-DEGREE TURN | | | | | | DOUBLE-LEG HOPS | | | |
| ABC | | | | | | AB | | | |
| HURDLE (BARRIER) HOP | | | | | | SINGLE-LEG HOPS | | | |
| AB | | | | | | AB | | | |
| STANDING LONG JUMP WITH HURDLE HOP | | | | | | | | | |
| A  B  C  D | | | | | | | | | |
| WAVE SQUAT | | | | | | | | | |
| A  B  C  D | | | | | | | | | |
| STADIUM HOPS | ZIGZAG DRILL | | | | | | | | OLYMPIC HOPS |
| A  B | ABC | | | | | | | | AB |
| **DEPTH JUMPS** | | | | | | | | | |
| DROP AND FREEZE | JUMP TO BOX | | | | | | | | DEPTH (DROP) JUMP |
| AB | AB | | | | | | | | ABC |
| DEPTH JUMP OVER BARRIER | | | | | DEPTH JUMP TO RIM JUMP | | | | |
| ABC | | | | | ABC | | | | |
| DEPTH JUMP WITH STUFF | | | | | DEPTH JUMP WITH LATERAL MOVEMENT | | | | |
| ABC | | | | | ABC | | | | |
| DEPTH JUMP WITH 180-DEGREE TURN | | | | | DEPTH JUMP WITH 360-DEGREE TURN | | | | |
| ABCD | | | | | ABC | | | | |
| DEPTH JUMP TO STANDING LONG JUMP | | | | | SINGLE-LEG DEPTH JUMP | | | | |
| ABC | | | | | ABC | | | | |
| DEPTH JUMP WITH BLOCKING BAG | | | | | DEPTH JUMP WITH PASS CATCHING | | | | |
| ABC | | | | | ABC | | | | |
| DEPTH JUMP WITH BACKWARD GLIDE | | | | | HANDSTAND DEPTH JUMP | | | | |
| ABC | | | | | ABC | | | | |
| **BOX DRILLS** | | | | | | | | | |
| 30-, 60-, OR 90-SECOND BOX DRILL | | | | | SINGLE-LEG PUSH-OFF | | | | |
| ABC | | | | | AB | | | | |
| SIDE-TO-SIDE BOX SHUFFLE | | | | | SCORPION STEP-UP | | | | |
| ABC | | | | | ABC | | | | |
| FRONT BOX JUMP | | | | | MULTIPLE BOX JUMP | | | | |
| AB | | | | |  | | | | |
| LATERAL BOX JUMP | | | | | PYRAMIDING BOX JUMP | | | | |
| A  B | | | | |  | | | | |
| LATERAL STEP-UP | | | | | MULTIPLE BOX-TO-BOX SQUAT JUMPS | | | | |
| AB | | | | | A  B | | | | |
| MULTIPLE BOX-TO-BOX JUMP WITH SINGLE-LEG LANDING | | | | |  | | | | |
| AB | | | | |  | | | | |
| **BOUNDING** | | | | | | | | | |
| SKIPPING | SIDE SKIPPING WITH BIG ARM SWING | | | | | | | POWER SKIPPING | |
|  | AB | | | | | | |  | |
| BACKWARD SKIPPING | MOVING SPLIT SQUAT WITH CYCLE | | | | | | | ALTERNATE BOUNDING WITH SINGLE-ARM ACTION | |
|  | AB | | | | | | | AB | |
| ALTERNATE BOUNDING WITH DOUBLE-ARM ACTION | COMBINATION BOUNDING WITH SINGLE-ARM ACTION | | | | | | | COMBINATION BOUNDING WITH DOUBLE-ARM ACTION | |
| AB | ABC | | | | | | | ABC | |
| SINGLE-LEG BOUNDING | COMBINATION BOUNDING WITH VERTICAL JUMP | | | | | | |  | |
| AB | AB | | | | | | |  | |
| **MEDICINE BALL EXERCISES** | | | | | | | | | |
| DROP PUSH-UP | CHEST PASS | | | | | | RUSSIAN TWIST | | |
| AB |  | | | | | |  | | |
| LUNGE SQUAT WITH TOSS | WOODCHOPPER | | | | | | SINGLE-LEG SQUAT | | |
|  |  | | | | | |  | | |
| OVERHEAD SIT-UP TOSS | V-SIT GIANT CIRCLES | | | | | | FRONT TOSS | | |
| A  B | AB | | | | | | AB | | |
| HEEL TOSS | OVER-UNDER | | | | | | TRUNK ROTATION | | |
| AB |  | | | | | |  | | |
| UNDERHAND THROW | PULL-OVER PASS | | | | | | OVERHEAD THROW | | |
| AB | A  B | | | | | | AB | | |
| LOW-POST DRILL | | | | | | | | | |
| ABCDD | | | | | | | | | |
| SIDE THROW | | | | | | | KNEELING SIDE THROW | | |
| AB | | | | | | | AB | | |
| CATCH AND PASS WITH JUMP-AND-REACH | | | | | | | QUARTER-EAGLE CHEST PASS | | |
| ABCD | | | | | | |  | | |
| POWER DROP | | | | MEDICINE BALL SLAM | | | | | |
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