

Plyometrics – Low-Impact Quick Jumps

Aim

To develop explosive power for running, jumping and changing direction.

Area/equipment

Indoor or outdoor – Fast Foot Ladder or cones placed at 0.5 metre intervals.

Description

The player performs double-footed single jumps, i.e. 1 jump between each rung or cone. On reaching the end of the ladder, the player turns around and jumps back.

Key Teaching Points

- Maintain correct jumping form/mechanics
- The emphasis is on the speed of the jumps *not* the height
- Start slowly and increase the speed but do not lose control, i.e. avoid feeling as though you are going to ‘fall over the edge of a cliff’ when you reach the end of the drill

Sets and reps

2 sets of 2 reps with a 1-minute recovery between each set.

Variations/progression

- Backward jumps down the ladders or cones
- Perform two jumps forward and one jump back
- Sideways jumps down ladder or cones
- Perform sideways jumps, 2 forwards and 1 back
- Perform hopscotch – 2 feet in one square and then two feet outside the square
- Perform left- and right-footed hops
- Increases the intensity – replace ladders/cones with 18-30 cm hurdles and perform the drills detailed above

