

Jumping Pre-Season Plyometric & Strength Base Building

Monday	Explosive Force: Goal is to be as smooth and soft as possible. Start with light weights adding a little each week.
Tuesday	Core Training Day
Wednesday	Repetitive Plyometrics: This day isn't meant for maximal jumping & power, but for perfecting clean technique.
Thursday	Core Training Day
Friday	Speed Day: Maximal velocity development, fast bounding, and explosive lifting day.
Saturday	Core Training Day
Sunday	Rest

Explosive Force	Warm Up/Form Drills	A-Skips, Butt Kickers, Circular High Knees, B-Skips, Double B-Skips, Quick Steps.
	3 x 20 meter sprints	3 sets. 2 minutes between sets. Focus on having perfect form while being explosive.
	18" to 24" Drop Jumps	2-4 sets of 10. 2 minutes between sets.
	Hurdle Hop	3 sets of 4 hurdles. 2 minutes between sets. After 3rd week add 1 hurdle.
	Standing Triple Jump	3 times focusing on explosive, long jumps. 2 minutes between sets.
	Speed Box Hop 12" -18" Box	3 sets of 8 jumps up & down. 90 seconds between sets.
	Vertical Medicine Ball Toss	2 sets of 10 throws. 90 seconds between sets. 97% effort.
	Hex Dead Lift	3 sets of 5. 2 minutes between sets. 60% of max weight.
	Front Squat	2 sets of 15. 5 minutes between sets. 60% of max weight.
	Barbell Bench Press	4 sets of 6. 3 minutes between sets. 60% of max weight.
	Jog/Skip Combo	

Core Training Days	Planks (3-5 Minutes)	3-5 Minutes increasing by 15 seconds each week.
	Bicycles	3 sets of 30 revolutions/set.
	V-Sits	3 sets of 20 seconds.
	Situps	3 sets of 20-40 increasing by 5 per set each week.
	Pullups	Until failure. Use bands for assistance if needed.
	Pushups	2 sets of 20-30 increasing by 5 per set every other week.
	Planks	3-5 Minutes increasing by 15 seconds each week.

Repetitive Plyometrics	1a. Tuck Hops	Sets of 8, repeating block 3 times. 70% effort. 20 seconds rest leading to 1b.
	1b. Scissor Jumps	Sets of 8, repeating block 3 times. 70% effort. 20 seconds rest leading to 1c.
	1c. 180 Degree Jumps	Sets of 8, 2 minutes rest before repeating block repeating block 3 times.
	2a. Lateral Barrier Jumps	Sets of 6, repeating block 3 times. 70% effort. 20 seconds rest leading to 2b.
	2b. Tail Kicker Jumps	Sets of 8, repeating block 3 times. 70% effort. 20 seconds rest leading to 2c.
	2c. 20 Meter Skip for Height	70% effort. 2 minutes rest before repeating block.
	Vertical Medicine Ball Toss	2 sets of 3 throws. 70% effort.
	Volleyball Dunks	10-15. Lower rim if necessary. Vary approach with each dunk.
	Pistol Squat	2 sets of 8. 60% effort.
	King Deadlift/Skater Squat	2 sets of 8. 60% effort.
	Pullups/Chinups	4 sets of 5. Use assistance bands if needed.
	Pushups	4 sets of 12.
Skip/Lunge Combo		

Speed Day	Warm Up/Form Drills	A-Skips, Butt Kickers, Circular High Knees, B-Skips, Double B-Skips, Quick Steps.
	30 Meter Sprints	3 at 97% effort.
	40 Meter Sprints	3 at 97% effort.
	25 Meter Bounding	3 at 97% effort.
	Single Leg Tuck Hops	3 sets of 5-8 hops.
	Vertical Medicine Ball Toss	2 sets of 5 at 97% effort.
	Speed Hex Deadlift	4 sets of 4 at 65% max weight.
	Jog/Skip Combo	