

Plyometric Workout

3 sets of 5 to start with, progressing to 3 sets of 20 as a max workout

- Star Jumps
- Frog Leaps
- Split Lunges
- Lateral leaps
- Lateral hops
- Burpees
- Skips
- Single bounds
- Double bounds
- Spring off floor from kneeling onto feet and sprint off
- Straddle onto bench jumps

Increase load by jumping up onto **boxes**, over **hurdles** or carrying **hand weights**.

Then **combine a series of plyometrics** movements such as frog leap followed by a split jump. Try setting off on a sprint immediately on completion of the drill, or run over some sets of hurdles!!

<http://www.youtube.com/watch?v=8R0llb217Vs&feature=fvwrel>

Mix it up with a few static body weight holds

- Group Circle slow squats
- Half push up position holds to clap pushups

Volume of contacts; pre-season; beginner 60-100 advanced 150-250

Peak season; beginner 100-250 advanced 150-450