PHASE 1: VERTICAL JUMPS
Do ten quality vertical jumps. Do the them by a wall or basketball standard. Mentally measure the first jump and then try to improve with each successive jump. A minimum of 15 seconds should be taken between vertical jumps. Vertical jumps should be tested once a month.

PHASE 2: STANDING LONG JUMPS
Do three sets of three successive standing long jumps. High School standards are as follows:
Fair = 22 feet, Good = 25 feet and Great = 28+ feet (the measurement recorded is the total distance of the three jumps). This should be tested once a month as well.

PHASE 3: BOX JUMPING
Begin by doing five jumps from a box about 20-inches high and landing in a hit position. Next, do five more jumps in the same manner, but this time recoil straight up as quickly as possible. On the next series, jump from one box, to the floor to the next box for five reps. Now you are ready to get after it.
You should set up three to five 20-inch boxes about three feet apart. Follow the same procedure but jump continuously through all three to five boxes for two sets. Do it as fast as possible. The last drill is to jump over the boxes as fast as possible for two sets. As you become more advanced, you can raise the height of the last box up to 36 to 40 inches for the last two drills. You may wish to time these last two drills once a month.

PHASE 4: STANDING BOX JUMP
Jump on a box from a standing position. It will create interest and enthusiasm for plyometrics. Successively increase the height of the box up to 36 to 40 inches. You may wish to test a Standing Box Jump once a month.
# PLYOMETRIC PROGRAM

## PLYOMETRIC PROGRAM AT A GLANCE

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<td>3. BOX JUMPING</td>
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<tr>
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<tr>
<td>4. STANDING BOX JUMP</td>
<td>2 REPS</td>
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**BFS Dot Drill**
- Use indoors and outdoors
- Fully integrated dots — not just stuck on or painted

**Plyo Max 3**
- One Box - 3 heights!
- Flip for 3 height options, 20, 24 and 30 inches
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