



# **BOUNDING JUMPING AND PLYO DRILLS FOR ATHLETIC MOVEMENT**



## **THE BFS PLYOMETRIC PROGRAM!**

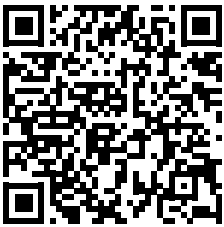


# BFS GROUND BASED DRILLS

**Balanced Development:** Helping Students to utilize the strength they have developed in the weight room and transfer it to movement/ physical activity and sports performance.

**Overview:** Plyometrics - Teaching the body to use it's strength in an efficient and effective way. Plyometric training involves maximum explosive contractions performed as quickly as possible. The focus of plyometrics is to decrease contact time and increase height on each jump.

| CATEGORY                                                                  | DESCRIPTION                                                                                                                                                                          |
|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Plyometric Components</b><br><b>Eight areas to train and focus on:</b> | 1. Jumping with a focus on Height                                                                                                                                                    |
|                                                                           | 2. Jumping with a focus on Height & Contact Time                                                                                                                                     |
|                                                                           | 3. Jumping Straight Ahead                                                                                                                                                            |
|                                                                           | 4. Jumping Laterally                                                                                                                                                                 |
|                                                                           | 5. Jumping with both feet                                                                                                                                                            |
|                                                                           | 6. Jumping with one foot at a time                                                                                                                                                   |
|                                                                           | 7. Upper Body Position and Plyometric Drills                                                                                                                                         |
|                                                                           | 8. Landing with Proper technique                                                                                                                                                     |
| <b>Ground Based Jumping Drills</b>                                        | Progressing from beginning to advanced drills (Ground Based is the first step) - Items to jump over: Cones foam blocks, hurdles, etc...                                              |
| <b>Drill 1</b>                                                            | Vertical Jump for Height - 1.Both Feet - 2.Right Foot - 3.Left Foot (3 x 5 of Each Drill - work up to 15 reps each)                                                                  |
| <b>Drill 2</b>                                                            | Vertical Jump for Height & Speed - quick off the ground / short contact time - 1.Both Feet - 2.Right Foot - 3.Left Foot (3 x 5 of Each Drill - work up to 15 reps each)              |
| <b>Drill 3</b>                                                            | Split Stance Vertical Jump for Height - 1.Both Feet - 2.Right Foot - 3.Left Foot (3 x 5 of Each Drill - work up to 15 reps each)                                                     |
| <b>Drill 4</b>                                                            | Split Stance Vertical Jump for Height & Speed - quick off the ground / short contact time - 1.Both Feet - 2.Right Foot - 3.Left Foot (3 x 5 of Each Drill - work up to 15 reps each) |
| <b>Drill 5a</b>                                                           | Both Feet - Front to Back (over single implement) for 1.Height - 2.Speed - 3.Combo of Height & Speed (3 x 5 of Each Drill - work up to 15 reps each)                                 |
| <b>Drill 5b</b>                                                           | Both Feet - Straight ahead (Progressive - over multiple implements in a row) for 1.Height - 2.Speed - 3.Combo of Height & Speed (3 x Each Drill - work up to 5 x Each Drill)         |
| <b>Drill 6a</b>                                                           | Right Foot - Front to Back (over single implement) for 1.Height - 2.Speed - 3.Combo of Height & Speed (3 x 5 of Each Drill - work up to 15 reps each)                                |
| <b>Drill 6b</b>                                                           | Right Foot - Straight ahead (Progressive - over multiple implements in a row) for 1.Height - 2.Speed - 3.Combo of Height & Speed (3 x Each Drill - work up to 5 x Each Drill)        |

| CATEGORY                                                                                                                                  | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Drill 7a</b>                                                                                                                           | Left Foot - Front to Back (over single implement) for 1.Height - 2.Speed - 3.Combo of Height & Speed (3 x 5 of Each Drill - work up to 15 reps each)                                                                                                                                                                                                                                             |
| <b>Drill 7b</b>                                                                                                                           | Left Foot - Straight ahead (Progressive - over multiple implements in a row) for 1.Height - 2.Speed - 3.Combo of Height & Speed (3 x Each Drill - work up to 5 x Each Drill)                                                                                                                                                                                                                     |
| <b>Drill 8a</b>                                                                                                                           | Both Feet - Lateral - once facing each direction (over single implement) for 1.Height - 2.Speed - 3.Combo of Height & Speed (3 x 5 of Each Drill - work up to 15 reps each)                                                                                                                                                                                                                      |
| <b>Drill 8b</b>                                                                                                                           | Both Feet - Lateral - once facing each direction (Progressive - over multiple implements in a row) for 1.Height - 2.Speed - 3.Combo of Height & Speed (3 x Each Drill - work up to 5 x Each Drill)                                                                                                                                                                                               |
| <b>Drill 9a</b>                                                                                                                           | Right Foot - Lateral - once facing each direction (over single implement) for 1.Height - 2.Speed - 3.Combo of Height & Speed (3 x 5 of Each Drill - work up to 15 reps each)                                                                                                                                                                                                                     |
| <b>Drill 9b</b>                                                                                                                           | Right Foot - Lateral - once facing each direction (Progressive - over multiple implements in a row) for 1.Height - 2.Speed - 3.Combo of Height & Speed (3 x Each Drill - work up to 5 x Each Drill)                                                                                                                                                                                              |
| <b>Drill 10a</b>                                                                                                                          | Left Foot - Lateral - once facing each direction (over single implement) for 1.Height - 2.Speed - 3.Combo of Height & Speed (3 x 5 of Each Drill - work up to 15 reps each)                                                                                                                                                                                                                      |
| <b>Drill 10b</b>                                                                                                                          | Left Foot - Lateral - once facing each direction (Progressive - over multiple implements in a row) for 1.Height - 2.Speed - 3.Combo of Height & Speed (3 x Each Drill - work up to 5 x Each Drill)                                                                                                                                                                                               |
| <b>Cognitive Development</b>                                                                                                              | Have athletes react to stimulus at end of every drill (Sound, color, adaptation - ball, etc...)                                                                                                                                                                                                                                                                                                  |
|  <p data-bbox="365 1612 483 1633">Plyo Mini-course</p> | <p data-bbox="527 1339 1404 1417"><b>1 to 3 Drills per workout - Do Not Over Train / Progress from Drills 1 to 10</b></p> <p data-bbox="527 1480 1453 1591">◀ Find examples and instuction in the free BFS Mini Course <a href="https://www.biggerfasterstronger.com/pages/bfs-jumping-and-plyo-progression">https://www.biggerfasterstronger.com/pages/bfs-jumping-and-plyo-progression</a></p> |



# BFS PLYOMETRIC INFORMATION

**Balanced Development:** Helping Students to utilize the strength they have developed in the weight room and transfer it to movement/physical activity and sports performance.

**Overview:** Plyometrics - Teaching the body to use it's strength in an efficient and effective way. Plyometric training involves maximum explosive contractions performed as quickly as possible. The focus of plyometrics is to decrease contact time and increase height on each jump..

| CATEGORY                                                           | DESCRIPTION                                                                                                                    |
|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <b>Plyometric Components</b><br>Eight areas to train and focus on: | 1. Jumping with a focus on Height                                                                                              |
|                                                                    | 2. Jumping with a focus on Height & Contact Time                                                                               |
|                                                                    | 3. Jumping Straight Ahead                                                                                                      |
|                                                                    | 4. Jumping Laterally                                                                                                           |
|                                                                    | 5. Jumping with both feet                                                                                                      |
|                                                                    | 6. Jumping with one foot at a time                                                                                             |
|                                                                    | 7. Upper Body Position and Plyometric Drills                                                                                   |
|                                                                    | 8. Landing with Proper technique                                                                                               |
| <b>Box Jumping Drills</b>                                          | Progressing from beginning to advanced drills (Box Jumping) - Start with 10 inch boxes & work up to 20 inch 32 inch and beyond |
| <b>Drill 1</b>                                                     | Step off & Land                                                                                                                |
| <b>Drill 2</b>                                                     | Step off & Land & Jump Straight up (as high as possible - shortest contact time on the ground as possible)                     |
| <b>Drill 3</b>                                                     | Step off & Land & Jump to the next box (as high as possible - shortest contact time on the ground as possible)                 |
| <b>Drill 4</b>                                                     | Rapid Fire through boxes (shortest contact time on the ground and boxes as possible)                                           |
| <b>Drill 5</b>                                                     | Rapid Fire through boxes & jump to high box (shortest contact time on the ground and boxes as possible)                        |
| <b>Box Jumping Progression</b>                                     | As students/athletes master one section progress them to the next level of difficulty                                          |
| <b>Step 1</b>                                                      | Straight ahead with both feet                                                                                                  |
| <b>Step 2</b>                                                      | Lateral (one time facing each way) with both feet                                                                              |
| <b>Step 3</b>                                                      | Straight ahead with 1 foot at a time (Right / Left)                                                                            |
| <b>Step 4</b>                                                      | Lateral (one time facing each way) with 1 foot at a time (Right / Left)                                                        |

| CATEGORY | DESCRIPTION |
|----------|-------------|
|----------|-------------|

**Additional Plyometric Drills**

Advanced and Upper Body Drills - Start with 10 inch boxes & work up to 20 inch 32 inch and beyond / also utilize Medicine Balls

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Leap frog over boxes (Both Feet & Single Leg - Right / Left - Straight Ahead & Lateral)

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Jump on a high box (Both Feet & Single Leg - Right / Left - Straight Ahead & Lateral)

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Side to side jumps between boxes (Both Feet & Single Leg - Right / Left - Straight Ahead & Lateral)

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Split leg jumps between boxes

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Upper Body - Clap Pushups or Modification (On Knees etc...)

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Upper Body - Medicine Ball explosive throws - overhead from side etc... / Catch and then throw - overhead



Plyo Mini-course

**Do Not Over Train**

◀ Find examples and instruction in the free BFS Mini Course <https://www.biggerfasterstronger.com/pages/bfs-jumping-and-plyo-progression>



# BFS PLYOMETRIC PROGRAM

The BFS Plyometric Program takes 10 minutes. It includes four phases: 1-Vertical Jumps, 2-Standing Long Jumps, 3-Box Jumping and 4-Standing Box Jump.

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## **PHASE 1: VERTICAL JUMPS**

Do ten quality vertical jumps. Do 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.



# BFS PLYOMETRIC PROGRAM

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## PLYOMETRIC PROGRAM AT A GLANCE

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|                                                               |                        |
|---------------------------------------------------------------|------------------------|
| <b>1. QUALITY VERTICAL JUMPS</b>                              | <b>10 REPS</b>         |
| <b>2. STANDING LONG JUMPS</b>                                 | <b>3 SETS X 3 REPS</b> |
| <b>3. BOX JUMPING</b>                                         |                        |
| <b>A. DEPTH JUMP</b>                                          | <b>5 REPS</b>          |
| <b>B. DOWN &amp; STRAIGHT UP</b>                              | <b>5 REPS</b>          |
| <b>C. DEPTH JUMP TO BOX</b>                                   | <b>5 REPS</b>          |
| <b>D. RAPID FIRE THROUGH BOXES*</b>                           | <b>2 SETS</b>          |
| <b>E. JUMP OVER BOXES*</b>                                    | <b>2 SETS</b>          |
| <b>* OPTION: JUMP TO BIG BOX AT END OR JUMP OVER BIG BOX.</b> |                        |
| <b>4. STANDING BOX JUMP</b>                                   | <b>2 REPS</b>          |



# BFS SPEED & PLYO PRODUCTS



[Product Link](#)

## BFS Dot Drill

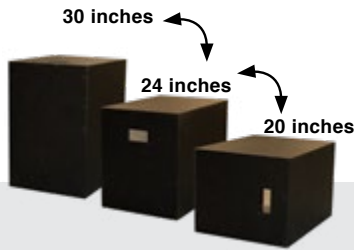
- ▶ Use indoors and outdoors
- ▶ Fully integrated dots - not just stuck on or painted



[Product Link](#)

## Sprint Chute

- ▶ 4 sizes, Giant, Large, Med, Sm
- ▶ Specifically designed to increase speed
- ▶ Strong, inner-core webbing
- ▶ Quick-release belt



[Product Link](#)

## Plyo Max 3

- ▶ One Box - 3 heights!
- ▶ 3 height options, 20 24 30
- ▶ Solid sided construction



[Product Link](#)

## Verti-Block Package 12 Blocks

- ▶ Our newest youth speed and agility training product!
- ▶ Our goal is to increase your vertical jump, improve explosive power, as well as speed and agility. Our Verti-block is designed to meet these goals in a safe, fun and affordable way.



[Product Link](#)

## Individual Plyo Boxes

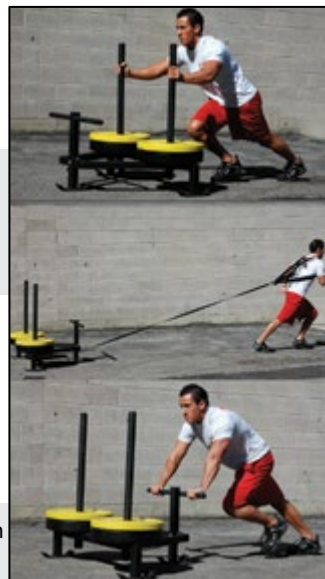
- ▶ 42 - 32 - 20 - 10



[Product Link](#)

## Varsity Plyo Box Set

- ▶ Three 20 Boxes One 32 Box with Booster



[Product Link](#)

## Push Pull Sleds

- ▶ BFS offers a variety of push/ pull sleds to fit every program and every budget



[Product Link](#)

## Readiness Plyo Box Set

- ▶ Three 10 Boxes One 20 Box with Booster

Call 800-628-9737, or Shop online at [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com)

BFS Inc. • [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com) 800-628-9737 • Fax 801-975-1159 • [info@bfsmail.com](mailto:info@bfsmail.com)