



GROUND BASED DRILLS

Category	Description
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.
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.
Plyometric Components	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
Ground Based Jumping Drills	Progressing from beginning to advanced drills (Ground Based is the first step) - Items to jump over: Cones, Foam Blocks, etc...
Drill 1	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)
Drill 2	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)
Drill 3	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)
Drill 4	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)
Drill 5a	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)
Drill 5b	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)
Drill 6a	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)
Drill 6b	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)
Drill 7a	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)
Drill 7b	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)
Drill 8a	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)
Drill 8b	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)
Drill 9a	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)
Drill 9b	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)
Drill 10a	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)
Drill 10b	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)
Cognitive Development	Have athletes react to stimulus at end of every drill (Sound, color, adaptation - ball, etc...)
	*1 to 3 Drills per workout - Do Not Over Train / Progress from Drills 1 to 10, 1 = Beginner / 10 = Advanced