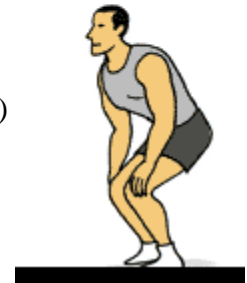


# Track and Field Plyometric Training – Alison Wood

## Lower Body Plyometric Exercises (Low Intensity)

### Squat Jumps

1. Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position.
2. Arms should be in the ready" position with elbows flexed at approximately 90.
3. Lower body where thighs are parallel to ground and immediately explode upwards vertically and drive arms up. Do not hold a squat position before jumping up keep the time between dipping down and jumping up to a minimum.
4. Land on both feet. Rest for 1-2 seconds and repeat  
Prior to takeoff extend the ankles to their maximum range (full plantar flexion) to ensure proper mechanics.



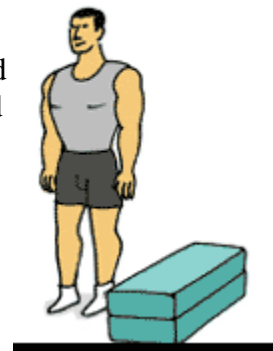
### Jump to Box

1. Stand facing box with feet slightly wider than hip-width apart.
2. Lower body into a semi-squat position and immediately jump up onto box. Do not hold a squat position before jumping up keep the time between dipping down and jumping up to a minimum.
3. Feet should land softly on box. Step back down (not jump back down) and repeat.



### Lateral Jump to Box

1. Stand side on to box with feet slightly wider than hip-width apart.
2. Lower body into a semi-squat position and jump up onto box. Do not hold a squat position before jumping up keep the time between dipping down and



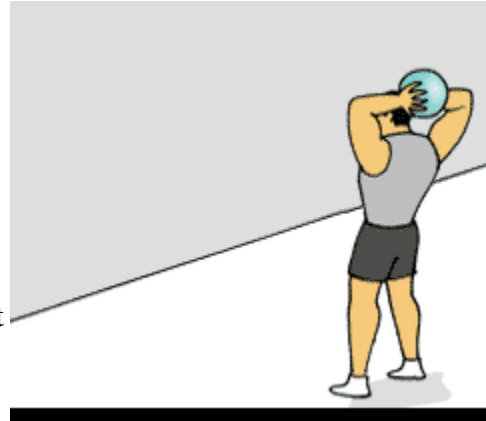
jumping up to a minimum.

3. Feet should land softly on box. Step back down (not jump back down) and repeat.

## Upper Body Plyometric Drills

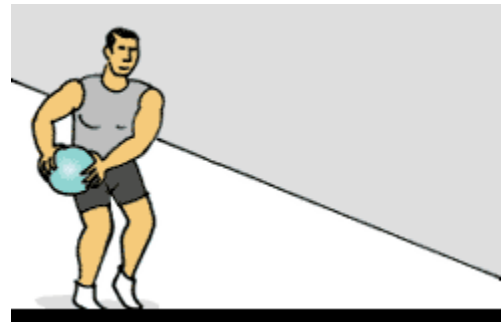
### Overhead Throws

1. Stand with one foot in front (staggered stance) with knees slightly bent.
2. Pull medicine ball back behind head and forcefully throw ball forward as far as possible into the wall.
3. Catch ball on the bounce from the wall and repeat according to prescribed repetitions. Keep the time between pulling the ball back and starting the throw (transition phase) to a minimum. Can also be completed with a partner instead of a wall.



### Side Throws

1. Stand with feet hip-width apart; place left foot approximately one foot in front of right foot.
2. Hold medicine ball with both hands and arms only slightly bent.
3. Swing ball over to the right hip and forcefully underhand toss ball forward to a partner or wall. Keep the stomach drawn in to maximize proper usage of muscle.
4. Catch ball on the bounce from your partner or wall and repeat.



### Over Back Toss

1. Stand with feet slightly wider than hip-width apart. Have a partner or trainer stand approximately 10-15 yards behind you.
2. Grasp ball and lower body into a semi-squat position. Explode up extending the entire body and throwing medicine ball up and over the body.
3. The goal is to throw the ball behind you as far as you and generating most of the power in the legs.



4. Catch ball on the bounce from your partner and repeat according to prescribed repetitions.

### **Slams**

1. Stand with feet parallel, shoulder-width apart and knees slightly bent.
2. Pull medicine ball back behind head and forcefully throw ball down on the ground as hard as possible.
3. Catch the ball on the bounce from the ground and repeat according to prescribed repetitions.



### **Explosive Start Throws**

1. Stand with feet slightly wider than hip-width apart. Knees should be slightly bent.
2. Pick medicine ball up to chest level.
3. Quickly explode up and press the ball straight out as far and fast as you can.
4. As you press the ball forward explode with either leg so that you actually sprint forward a couple of steps.



### **Single Arm Overhead Throws**

1. Stand with feet slightly wider than hip-width apart.
2. Grasp medicine and lower body into a semi-squat position. Explode up extending the entire body and throwing the medicine ball up into the air.
3. The aim is to throw the ball as high as you can and generating most of the power in the legs.
4. Catch ball on the bounce and repeat.



### **Squat Throws**

1. Stand with feet slightly wider than hip-width apart. Knees should be slightly bent.
2. Hold medicine ball at chest level and squat down to a parallel position.
3. Quickly explode up and jump as high as you can. As you start your jump you should start to shoulder press the ball up and reach full extensions with the arms when you are at the peak of your jump. Push ball as high as possible into the air. Try to minimize the time spent in the squatted position. It should be a quick squat and jump.
4. Catch ball on the bounce and repeat according to prescribed repetitions.



### **Push-Ups**

getting into a push-up position. yourself to the ground and then explosively that your hands leave the ground. fall with your hands and immediately lower a push-up again and repeat.



### **Plyometric**

1. Start by
2. Lower push up so
3. Catch your yourself into



## Lower Body Plyometric Exercises (Moderate Intensity)

### Split Squat Jumps

1. Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
2. Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position.
3. Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
4. Switch feet in the air so that the back foot lands forward and vice versa.

Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.



### Tuck Jumps

1. Stand with feet shoulder-width apart, knees slightly bent, with arms at sides.
2. Jump up bringing knees up to chest.
3. Land on balls of feet and repeat immediately.
4. Remember to reduce ground contact time by landing soft on feet and springing into air.



### Lateral Box Push Offs

1. Stand to side of box and place the left foot on top of box.
2. Push off the box using the left leg only and explode vertically as high as possible. Drive the arms forward and up for maximum height.
3. Land with right foot on the box and left foot on the ground to the other side of the box.
4. Repeat from this side.



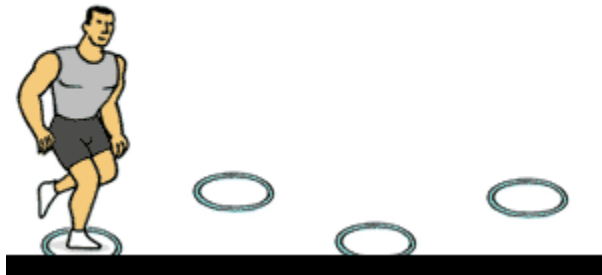
## Bounding

1. Jog into the start of the drill for forward momentum.
2. After a few feet, forcefully push off with the left foot and bring the leg forward. At same time drive your right arm forward.
3. Repeat with other leg and arm
4. This exercise is an exaggerated running motion focusing on foot push-off and air time.



## Bounding with Rings

1. Jog into the start of the drill for forward momentum.
2. After a few feet, forcefully push off with the left foot and bring the right leg forward. At same time swing left arm forward and land into the first ring, which is 3-4 feet out and to the left, with the right foot.
3. Continue and repeat with other leg and arm into the second ring, which is now 3-4 feet up and to the right.
4. This exercise is an exaggerated running motion focusing on foot push-off and air time.



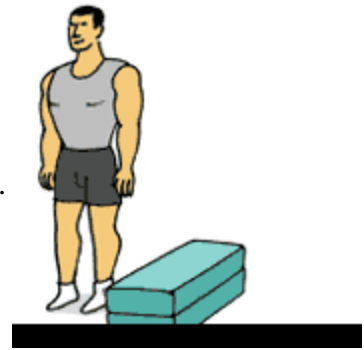
## Box Drill with Rings

1. Stand with feet slightly wider than hip-width apart with your body facing the first ring.
  2. Hop forward using both feet and land in first ring.
  3. Now hop to the left and land in the ring to the side. Now jump backwards to land in ring behind you. Finish by jumping to your right to land in final ring.
  4. Rest and repeat. Remember to keep ground contact time between bounds to a minimum.
- Hurdle Jumps



### **Lateral Hurdle Jumps**

1. Stand beside object to be cleared.
2. Bring knees up and jump vertically but also laterally off ground and over the barrier.
3. Land on both feet and immediately jump the other direction over barrier.
4. Try not to pause between jumps or sink down into a squat position.

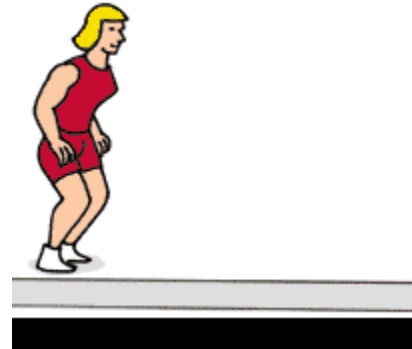


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## Lower Body Plyometric Exercises (High Intensity)

### Zigzag Hops

1. Stand to the left of an agility ladder or similar object approximately 1-2 feet away.
2. Forcefully push off both feet and land on the other side of the ladder.
3. Repeat and land feet back on the other side, continue repeating and so on down the ladder.
4. Do not "double hop" upon each landing and keep ground contact time to a minimum.



### Single Leg Tuck Jump

This is the same as the tuck jump exercise above only one leg is used. Upon landing another jump is performed immediately with minimal ground contact time and with the same leg for the desired number of repetitions. This is repeated for the other leg after a rest period. Single leg plyometric exercises are typically more advanced and require greater strength and balance. They are suitable for sports where a takeoff is completed on one leg.

### Single Leg Lateral Hops

1. Start by standing on one leg with your hands on your waist or at your sides.
2. Proceed to hop to the side while maintaining your balance and hop back to the starting position.
3. You can place a rope on the ground or any object on the ground. The object can be small in size and height or large to increase difficulty.
4. Repeat continuously.



### Depth Jumps

1. Stand on box with toes close to edge, feet shoulder width apart.
2. Step off (do not jump off) box and land on both feet. Immediately jump up as high as possible and reach up with both hands towards. The jump should be vertical with no horizontal movement.
4. Ground contact time should be short unlike in the diagram. Landing should be soft. **Note:** Start with a box height of 30cm





(12in). Intensity can be increased by gradually increasing the box height to a maximum of 107cm (42in) but this is only for experienced athletes with a substantial strength training background.