



## Plyometric Progressions

### Day 1

P.1	P.2
SL Toe Touch	SL Tuck Jumps (land 2 feet)
SL Toe Touch to Broad (land 2 feet)	SL Tuck Jumps (land 1 foot)
SL Toe Touch to Broad (land 1 foot)	SL Tuck to Broad (land 2 feet)
SL Broad (land unilateral)	Deceleration Step Up
Pause Triple Jump	Sprinter Step Up
Connected Triple Jump	Alternating Lunge Jump
Power Skips (height)	Alternate Bounding
Power Skips (distance)	SL Bounding

### Day 3

P.3	P.4	P.5
Pogo Jump	Box Jump	Squat Jump
Low Squat Pogo	Seated Box Jump	DB Squat Jump
Low Squat Pogo w Lunge	Approach Box Jump	BB Squat Jump
Knee Jumps	Depth Jump	MB Broad Toss
Weighted Knee Jumps	Rebound Jump	MB Broad Toss to Sprint
Ascending Knee Jumps	Rebound Jump to Lunge	MB Back Toss
Quick Hurdle Jumps	Bounding	Trapbar Squat Jump

