

CSP 2009 CONFERENCE PLYOMETRICS PART 1

Plyometrics is essentially a means of putting muscles into tension before releasing the stored energy in the form of power, rather like a spring under tension. This will

assist in the ability to use strength for movement with a reduced risk of injury.

DO NOT RUSH INTO HIGH ENERGY PLYOMETRICS IF YOU WANT TO AVOID INJURY.

Build up the intensity over several weeks

POGO JUMP is done with slight flexing of the knees and jumping as high as possible.

SKIPPING can be done forwards, backwards, single leg or with high knees. Work on either 50 reps or 30 seconds.

SQUATS. Start with focusing the eyes on the hands held out in front, feet hip width apart, squatting down to at least a sitting position, maintain a straight back and heels on the ground. Do not allow the knees to 'knock'.

A **FULL SQUAT** can be done with the fingers touching the ground, back straight etc. Develop this into a jump up.

JUMP SQUAT. Hands on the ears, go down to the squat position then jump as high as possible, driving the arms upwards.

SINGLE LEG JUMP SQUAT One leg off the ground, go as low as possible on the other leg and immediately rebound upwards as high as possible. Change legs after 5 jump

SINGLE LEG JUMP SQUAT WITH MEDICINE BALL. As above but throwing a medicine ball on the lift part of the exercise

CHEST PASS A simple exercise chest passing the medicine ball, gradually increasing the distance between throwers. This is only marginally plyometrics, but once the rhythm is established try hopping whilst throwing, making the hops deeper each time.

Alternatives include coming closer together and spinning round after each throw.

