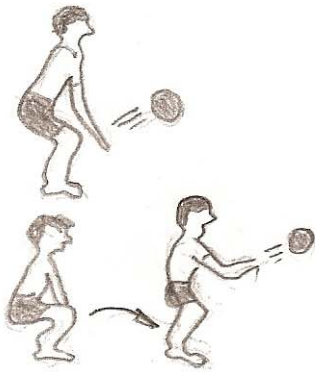
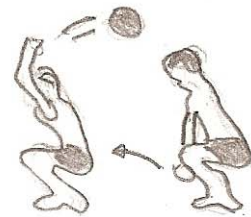


## CSP 2009 CONFERENCE PLYOMETRICS 2

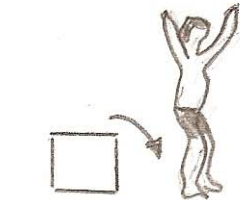


**UNDERHAND THROW**, a medicine ball to a partner as far away as possible. Once a rhythm is established, move on to:

**FORWARDS JUMP AND THROW.** Getting as low as possible, frog jump forwards one, two or three jumps and throw the ball, all with a continuous movement.



**BACKWARDS THROW.** Similar to above, jumping forwards but throwing the ball back overhead.



**BOX JUMP, STICK LANDING.** Standing on the edge of a box up to 2' high, drop down and hold a stick landing to strengthen bone density.



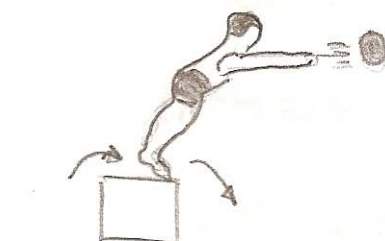
**BOX JUMP AND BOUND.** As above but land with a deep squat and immediately bound forward.



**BOX JUMP AND MULTIPLE DEEP BOUND JUMPS.**



**MULTIPLE BOX JUMPS** and either stick land or bounding away.



**BOX JUMP AND THROW THE MEDICINE BALL BEFORE DEEP SQUAT LANDING**



**RUN,-JUMP-THROW –RUN**  
Either with double foot landing and take off or with single foot continuous running action.



**MULTIPLE BOXES OF DIFFERENT HEIGHTS** with or without a ball.