

## **PLYOMETRIC PROGRESSION**

WEEK 5/6/7: 1 DAY PER WEEK

- Forward Bound w/hold on two feet
- Lateral Bound w/hold on one foot
- Hop up/Step down 24" raised surface
- Jump Rope

SETS/REPS: All(except jump rope): 3 sets x 10 repetitions  
Jump Rope: 5 x 45 seconds

WEEK 8/9/10: 2 DAYS PER WEEK

- Hop up/Hop down 24" raised surface
- Forward Bound w/hold on one foot
- Lateral Bound w/hold and back
- Speed Hops

SETS/REPS: 3 sets x 10 repetitions

WEEK 11/12: 2 DAYS PER WEEK

- Hop up/Hop down continuous on 24" raised surface
- Lateral hop on one foot
- Criss-Cross Bounding
- Deep Squat Bounding

SETS/REPS: 3 sets x 10 repetitions