Plyometric Boxes

Note: You can use boxes, agile bags, hurdles, or cones that are Approx. 12 to 16 Inches in Height

Drill #1 Right Leg Hops Over each
Drill #2 Left Leg Hops Over each
Drill #3 2-Feet Hops Over each

Finish with a 5yds Sprint

Drill #1 Right Leg Hops On each box
Drill #2 Left Leg Hops On each box
Drill #3 2-Feet Hops On each box

Plyometric Depth Jumps

Start On

Week 9-12 Do these Drills 3x a Week. Week 12-14-Off. Week 15-20 Do these 2x a Week

Week 1 & 2 Do these Drills 2x a week. Tuesday & Thursday Before you lift.

Week 2-6 Do these Drills 3x a Week Tuesday Thursday & Friday. No Boxes Week 7 & 8.

Week 9-12 Do these Drills 3x a Week. Week 12-14-Off. Week 15-20 Do these 2x a Week