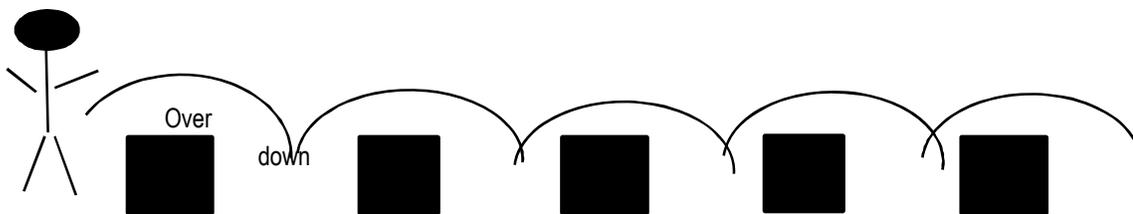


Plyometric Boxes

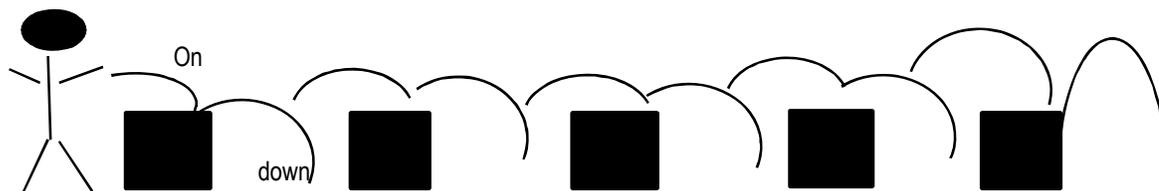
Note: You can use boxes, agile bags, hurdles, or cones that are Approx. 12 to 16 Inches in Height

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



Finish with a 5yds Sprint

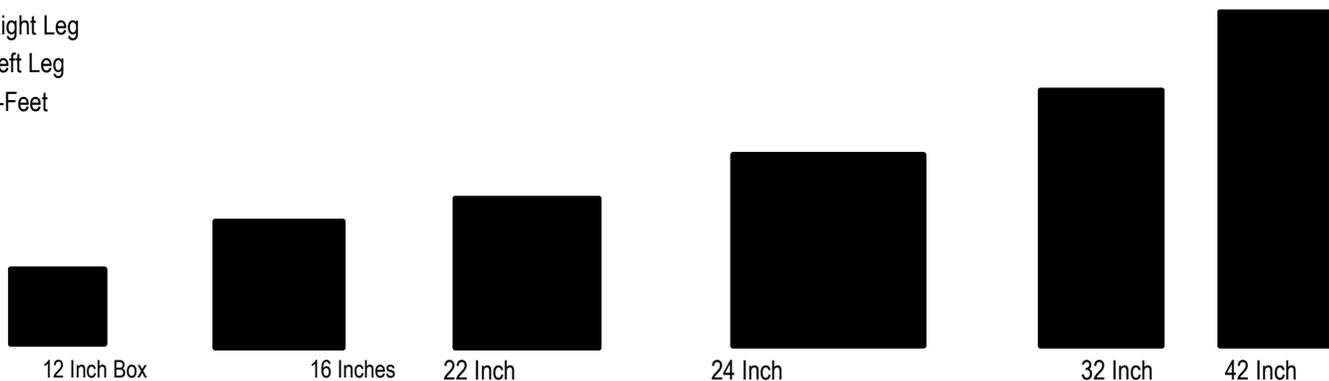
- Drill # 1 Right Leg Hops On each box
- Drill # 2 Left Leg Hops On each box
- Drill # 3 2-Foot Hops On each box



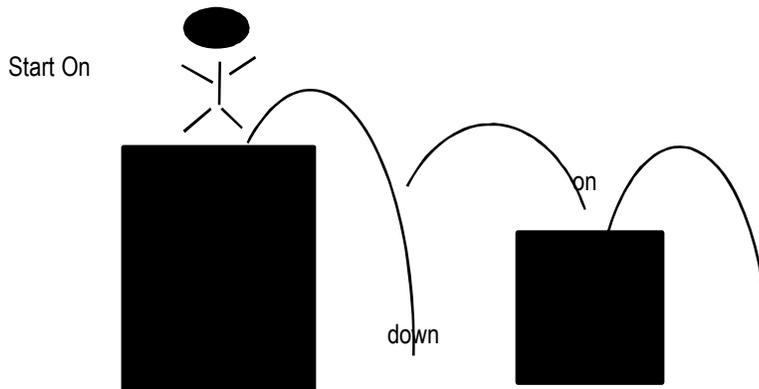
Plyometric Boxes-Each is a different height

Use the 6 Drills Above

- Drill #1 Right Leg
- Drill #2 Left Leg
- Drill #3 2-Foot



Plyometric Depth Jumps



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