



This month's column will provide a little info about plyometric exercise. If implemented correctly and at the right times, plyometric exercise can improve performance and enable your team to peak at the appropriate time. The tips below provided are taken directly from the National Strength and Conditioning Association. (Links to great articles below.)

Tips:

- **Intense plyometric training should be used for off-season workouts only.** Jump training puts significant stress on the body; improper training regimens can backfire by causing injury instead of making your athletes stronger.
- **Allow adequate rest.** Depending on the intensity of the exercise, the work-to-rest ratio may be between 1:5 and 1:10. If an exercise lasts for 30 seconds, the rest before the next set could be 3-6 minutes. Sufficient rest time allows for better recovery and better technique in other sets. Allow a minimum of 2 days off between plyometric training sessions.
- **Build intensity gradually to reduce the risk of training-related injury.** Initially, use lower intensity exercises (examples: 2-leg cone hops, single-leg hop). Build up to high stress workouts (Example: depth jumps from 18") as your athletes get stronger.



- **Make the exercises sport-specific.** Look at repetitive movements in your sport and incorporate them into your exercises. Examples: For basketball, use two foot jumps and landing; for hockey, use lateral jumping to simulate pushing off), and for wrestling use plyometric push-ups to help your athletes get off the mat more quickly.



Please take a few minutes to read over the articles. The information is great, and implementing these techniques could really be beneficial to your athletes' overall success.

Articles taken from [www.nscs-lift.org](http://www.nscs-lift.org)

[PLYO Technique](#)

[PLYO Intensity](#)