

THE LOCKDOWN SESSIONS

#StayHome #BeActive #StaySafe



WELSH ATHLETICS
ATHLETAU CYMRU

Lower body plyometrics

Jac Lloyd Palmer

Session focus

- Develop power
- Develop stiffness
- Training stretch reflex
- Maintaining tendon health



The Session

- 10 contacts per exercise
- 2 to 3 sets of all exercise-
- Ensure plenty of recovery between sets



The Exercises

1. **Double leg pogos:** Two footed contacts, focus on rebounding off the floor and extending through your ankles, knees and hips. Anticipate the floor and push it away. *Imagine you're a kangaroo...*
2. **Single leg pogos:** One footed contacts, focus on rebounding off the floor and extending through your ankles, knees and hips. Free leg should help with balance. Anticipate the floor and push it away. Try and stay in a straight line and make rhythmical and even hops- Left-left-right-right
3. **One footed contacts:** focus on rebounding off the floor and extending through your ankles, knees and hips. Free leg should help with balance and cycle through to change leg. Focus on coordinating the change in legs.
4. **Bounds:** Long and forceful steps propelling up and forward. Free leg should drive up and hit 90 degrees at the ankle, knee and hip. Look up and forward. Think about flat footed contacts.