

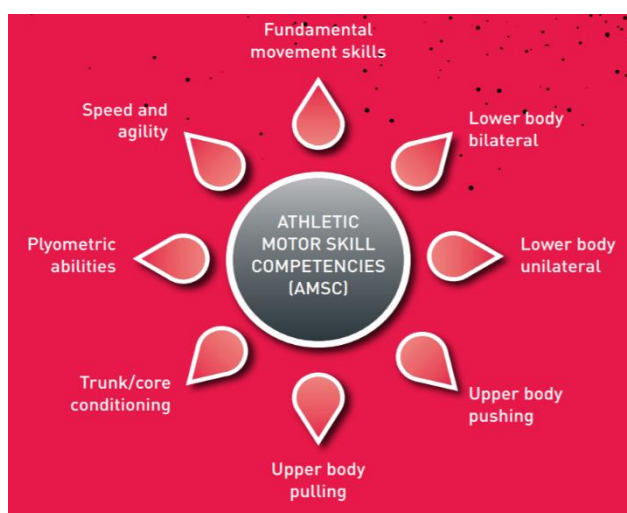
The Lockdown Sessions

#StayHome #BeActive #StaySafe



WELSH ATHLETICS
ATHLETAU CYMRU

Plyometric Abilities: Building onto the base.



Plyometrics are: 'A pattern of muscular activity, which involves the fast, powerful eccentric contraction of a muscle, immediately followed by an explosive concentric contraction of that muscle.'

You probably already include or perform plyometrics within your session but don't necessarily think of it as such. Hops, skips, drills are plyometric activities. Children do these from an early age and it's vital to encourage and develop these games and skills and use deliberate play as a permanent part

of your training session either in the warm-up, or main session.

As the athlete develops through the stages, plyometric activities will become more specific and possibly more intensive to include bounding, longer hopping, hurdle and wicket jumps, box work, medicine ball and weight training exercises. It is important that these activities are relevant to the event in terms of limb angles and ground contact times in order to make optimal progress and avoid unnecessary loading.

As with all athletic training, focus on correct movement patterns, never add load (reps, height, speed) to unstable positions. Keep exercises appropriate for stage of development of athlete and consider that athletes may have to regress exercises during growth. Don't be afraid to make it fun!

JUMP IN PLACE



Technical Points

- ✓ Soft landing
- ✓ Full foot contact
- ✓ Assume back squat position upon landing

Common errors

- ✗ Heavy/loud landing
- ✗ Knees collapsing together
- ✗ Hips sinking towards floor towards elbow

JUMP TO BOX



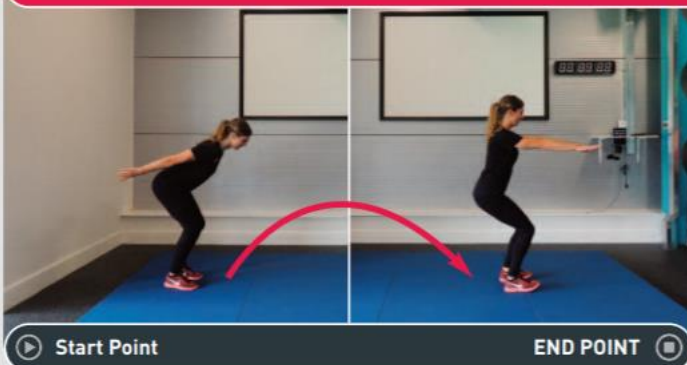
Technical Points

- ✓ Soft landing
- ✓ Full foot contact
- ✓ Assume back squat position upon landing

Common errors

- ✗ Heavy/loud landing
- ✗ Knees collapsing together
- ✗ Hips sinking towards floor

HORIZONTAL JUMP



Technical Points

- ✓ Soft landing
- ✓ Full foot contact
- ✓ Assume back squat position upon landing

Common errors

- ✗ Heavy/loud landing
- ✗ Knees collapsing together
- ✗ Hips sinking towards floor

JUMP WITH PERTURBATION



Technical Points

- ✓ Soft landing
- ✓ Full foot contact
- ✓ Assume back squat position upon landing
- ✓ Weight equally distributed between both feet

Common errors

- ✗ Heavy/loud landing
- ✗ Knees collapsing together

MULTIPLE JUMPS



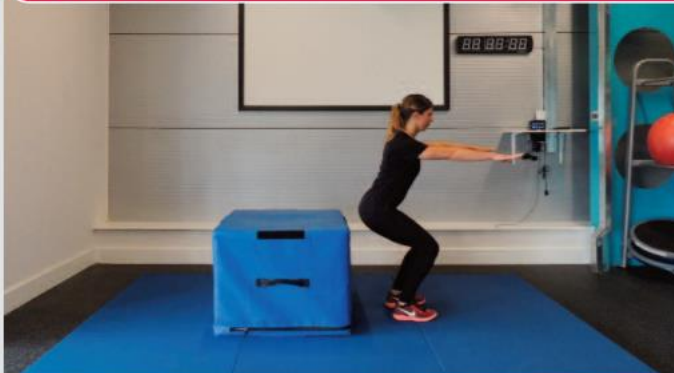
Technical Points

- ✓ Quick transition into next jump
- ✓ Full foot contact
- ✓ Assume back squat position upon landing

Common errors

- ✗ Heavy/loud landing
- ✗ Knees collapsing together
- ✗ Hips sinking towards floor

JUMP FROM BOX



Technical Points

- ✓ Soft landing
- ✓ Full foot contact
- ✓ Assume back squat position upon landing

Common errors

- ✗ Heavy/loud landing
- ✗ Knees collapsing together
- ✗ Hips sinking towards floor