Clear
Consistent
Choice

- Develop a process for you athletes to use.
- Over explain.
- Be predictable
- Make sure that your athletes are bought in to the process
- Know your goal.
The Process

- Identifying Athletes
- How to run with rhythm
- Running on a curve
- Take off drills
- Bar Clearance
Identifying Athletes

- Speed Jumper/ Power Jumper
  - Speed Jumper – tall, lengthy, high waist, springy
  - Power Jumper – explosive, springy, shorter, speedy
- Mentally tough
- Different sports to poach from
Drills for Rhythm

- Straight Rhythm Run
- Clapping Rhythm Run
- Bound into straight Rhythm Run
- Rhythm Run a Curve
- 50m Curve stride outs
Running on a Curve

- Three Point Line Runs
- Three Point Line Run with a Pop Up or banana hurdle
- Circle Drill
  [https://www.youtube.com/watch?v=alnXQ8uVW7Y](https://www.youtube.com/watch?v=alnXQ8uVW7Y)
- Circle Drill With Run Out
- Circle Drill With hurdle or banana hurdle
  [https://www.youtube.com/watch?v=wj3yCESGncQ](https://www.youtube.com/watch?v=wj3yCESGncQ)
- Figure Eights
- In and Out Circle Runs
Take Off

- Ankle Pronation
  - https://www.youtube.com/watch?v=-MjP2fdm4DM
  - https://www.youtube.com/watch?v=f7qlo_xOLqA

- Ankle Roll Walks
  - Circle walk with pop off
  - Curve walk with pop off
  - Curve run with pop off
  - Circle walk with pop off
  - 3 step approach Scissor
  - 5 step approach Scissor
Bar Clearance

10 secs of high jump

- Hip Raises
  - Knees apart
  - Hands down
  - Toes pointed out
- Bridges
- Bridges with a snap
- Fall back with hips up [https://www.youtube.com/watch?v=M4Z23hoKLZ8](https://www.youtube.com/watch?v=M4Z23hoKLZ8)
- Back bridge walk [https://www.youtube.com/watch?v=BhCXCF6TDQc](https://www.youtube.com/watch?v=BhCXCF6TDQc)
- Backwards jump off of flat box off of two feet
- 3 step approach jump
- 5 step approach jump
- 7 step approach jump
- Step jump sequence from slanted box (box should not be high than 8 inches, athletes will slow down too much if the box is higher)
Workouts

- Weight Room
- Plyos
- Track Work
- Core
- Standing Squat and Lunge holds
- Toe Taps
- Knee Stability
- Leg Lifts
- Leg lift and tuck
- Stability ball curl and pulls
- https://www.youtube.com/watch?v=4
Weight Lifting Workouts

- Squats heavy to light jump Squats
- Deadlift heavy to SLRDL
- Power Clean to Propulsion to Hang Snatch
- Step Ups with weight and Knee Drive
- Push Press
- Bench
- Shoulder Complex
- 3x a week early to 2x a week to 1x regionals and state

Everything should be slow down then move the weight FAST
<table>
<thead>
<tr>
<th></th>
<th>Day One</th>
<th>set 1</th>
<th>set 2</th>
<th>set 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varsity</td>
<td>Hang Cleans</td>
<td>10 at 50%</td>
<td>10 at 55%</td>
<td>10 at 60%</td>
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<tr>
<td></td>
<td>Depth Box Jumps</td>
<td>10</td>
<td>10</td>
<td>10</td>
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<tr>
<td>JV</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Everyone</td>
<td>Deadlifts</td>
<td>10 x 60%</td>
<td>10 x 65%</td>
<td>10 x 70%</td>
</tr>
<tr>
<td></td>
<td>DB Bench</td>
<td>10 x 60%</td>
<td>10 x 65%</td>
<td>10 x 70%</td>
</tr>
<tr>
<td>Everyone</td>
<td>Step Ups</td>
<td>10</td>
<td>12</td>
<td>15</td>
</tr>
<tr>
<td>Everyone</td>
<td>Push Press</td>
<td>10 x 60%</td>
<td>10 x 65%</td>
<td>10 x 70%</td>
</tr>
<tr>
<td>Everyone</td>
<td>Pull ups</td>
<td>Fatigue</td>
<td>Fatigue</td>
<td>Fatigue</td>
</tr>
<tr>
<td>Everyone</td>
<td>Propulsion</td>
<td>set 1</td>
<td>850%</td>
<td>855%</td>
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<tr>
<td>----------</td>
<td>------------</td>
<td>-------</td>
<td>--------</td>
<td>--------</td>
</tr>
<tr>
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<td>SLRDL</td>
<td>1250%</td>
<td>1250%</td>
<td>1250%</td>
</tr>
<tr>
<td>Everyone</td>
<td>Push Press</td>
<td>860%</td>
<td>865%</td>
<td>870%</td>
</tr>
<tr>
<td>Everyone</td>
<td>Upright Row</td>
<td>1250%</td>
<td>1250%</td>
<td>1250%</td>
</tr>
<tr>
<td>Everyone</td>
<td>DB Bench</td>
<td>860%</td>
<td>865%</td>
<td>870%</td>
</tr>
<tr>
<td>Everyone</td>
<td>Pull ups</td>
<td>Fatigue</td>
<td>Fatigue</td>
<td>Fatigue</td>
</tr>
<tr>
<td>Everyone</td>
<td>Day One</td>
<td>set 1</td>
<td>set 2</td>
<td>set 3</td>
</tr>
<tr>
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<td>-------------</td>
<td>---------</td>
<td>---------</td>
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<tr>
<td></td>
<td>Jump Squats</td>
<td>5 80%</td>
<td>5 80%</td>
<td>5 80%</td>
</tr>
<tr>
<td></td>
<td>SLDRL</td>
<td>5 80%</td>
<td>5 80%</td>
<td>5 80%</td>
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<tr>
<td></td>
<td>Bench Press</td>
<td>5 80%</td>
<td>4 80%</td>
<td>3 85%</td>
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<tr>
<td></td>
<td>Pull ups</td>
<td>Fatigue</td>
<td>Fatigue</td>
<td>Fatigue</td>
</tr>
<tr>
<td></td>
<td>Push Press</td>
<td>8 60%</td>
<td>8 65%</td>
<td>8 70%</td>
</tr>
<tr>
<td></td>
<td>Hang Snatch</td>
<td>12 50%</td>
<td>12 50%</td>
<td>12 50%</td>
</tr>
</tbody>
</table>
Running Workouts

- Speed Endurance especially with High Jump
- Need to be able to perform multiple times a meet at a consistent high level
- 80-150 meters
- 300-800 meters a session
- 90-95% effort
- 5-6min rest in between sprints
- Starting blocks
- 60m strides
Sample Running Workouts

- 2x120m 2x90m
- 2x90m 2x80m
- 1x 120m 1x110 1x90 1x80
- All end with starting blocks and between 4-8 60m strides with 1min rest
Plyo Workouts*

Although may not directly effect vertical high does effect power speed and agility

- We don’t box jump during the season ever.
- Landing
- Jump in place
- Multi spot jump/ line jump
- Banana hurdle jumps
- Bounding
- Try to keep foot contacts under 150 a day
### Table 2. Plyometric 6-week training protocol.

<table>
<thead>
<tr>
<th>Week</th>
<th>Training Volume (foot contacts)</th>
<th>Plyometric Drill</th>
<th>Sets X Reps</th>
<th>Training Intensity</th>
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</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>90</td>
<td>Side to side ankle hops</td>
<td>2 X 15</td>
<td>Low</td>
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<tr>
<td></td>
<td>Standing jump and reach</td>
<td></td>
<td>2 X 15</td>
<td>Low</td>
</tr>
<tr>
<td></td>
<td>Front cone hops</td>
<td></td>
<td>5 X 6</td>
<td>Low</td>
</tr>
<tr>
<td>Week 2</td>
<td>120</td>
<td>Side to side ankle hops</td>
<td>2 X 15</td>
<td>Low</td>
</tr>
<tr>
<td></td>
<td>Standing long jump</td>
<td></td>
<td>5 X 6</td>
<td>Low</td>
</tr>
<tr>
<td></td>
<td>Lateral jump over barrier</td>
<td></td>
<td>2 X 15</td>
<td>Medium</td>
</tr>
<tr>
<td></td>
<td>Double leg hops</td>
<td></td>
<td>5 X 6</td>
<td>Medium</td>
</tr>
<tr>
<td>Week 3</td>
<td>120</td>
<td>Side to side ankle hops</td>
<td>2 X 12</td>
<td>Low</td>
</tr>
<tr>
<td></td>
<td>Standing long jump</td>
<td></td>
<td>4 X 6</td>
<td>Low</td>
</tr>
<tr>
<td></td>
<td>Lateral jump over barrier</td>
<td></td>
<td>2 X 12</td>
<td>Medium</td>
</tr>
<tr>
<td></td>
<td>Double leg hops</td>
<td></td>
<td>3 X 8</td>
<td>Medium</td>
</tr>
<tr>
<td></td>
<td>Lateral cone hops</td>
<td></td>
<td>2 X 12</td>
<td>Medium</td>
</tr>
</tbody>
</table>

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THE EFFECTS OF A 6-WEEK PLYOMETRIC TRAINING PROGRAM ON AGILITY

Michael G. Miller 1, Jeremy J. Herniman 1, Mark D. Ricard 2, Christopher C. Cheatham 1 and Timothy J. Michael 1

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2 University of Texas-Arlington, USA

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<th>Sets X Reps</th>
<th>Training Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 4</td>
<td>140</td>
<td>Diagonal cone hops</td>
<td>4 X 8</td>
<td>Low</td>
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<tr>
<td></td>
<td></td>
<td>Standing long jump with lateral sprint</td>
<td>4 X 8</td>
<td>Medium</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lateral cone hops</td>
<td>2 X 12</td>
<td>Medium</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Single leg bounding</td>
<td>4 X 7</td>
<td>High</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lateral jump single leg</td>
<td>4 X 6</td>
<td>High</td>
</tr>
<tr>
<td>Week 5</td>
<td>140</td>
<td>Diagonal cone hops</td>
<td>2 X 7</td>
<td>Low</td>
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<tr>
<td></td>
<td></td>
<td>Standing long jump with lateral sprint</td>
<td>4 X 7</td>
<td>Medium</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lateral cone hops</td>
<td>4 X 7</td>
<td>Medium</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cone hops with 180 degree turn</td>
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<td>Medium</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Single leg bounding</td>
<td>4 X 7</td>
<td>High</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lateral jump single leg</td>
<td>2 X 7</td>
<td>High</td>
</tr>
</tbody>
</table>
• In the Sand pit or on the High Jump Mat
  • 20 tuck jumps
  • 20 tuck jump tuck
  • 20 lunge jump
  • Do 2 sets all in a row
Rest of Season

- The rest of the season we do most of our plyo work during our skill time still trying to limit the amount of foot contacts.
- We will add some neural training as well adding medicine ball catching or agility exercise but with fewer contacts.
Contact info

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