

- 1 **Plyometric Implementation**
Boo Schexnayder
- 2 **Categorizing Multijumps**
- 3 **Categorization Principles**
 - Tension as a Periodization Variable
 - Personal Historical Perspectives
 - Volumes/Intensity Valuation and Indexing
 - Unit – Based Volume Selection
- 4 **Classifying Multijumps**
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 - Short Bounds
 - Extended Bounds
 - Depth Jumps
- 5 **Classifying Multijumps - Going Farther**
 - 1 **In Place Jumps**
 - Lower Leg Conditioning
 - Volume Establishment Work
 - Short Bounds
 - Short Horizontal Bounds
 - Hurdle Hops
 - 2 **Extended Bounds**
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 - Power Sustenance Work
 - Depth Jumps
 - Double Leg
 - Single Leg
- 6 **Lower Leg Conditioning**
- 7 **Lower Leg Conditioning**
 - Program Components
 - Impact Training
 - Mobility Work
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- 9 **Lower Leg Conditioning - Parameters**
 - Simple Jumps
 - 30 Seconds Work

- Work to Rest Ratio 1:1 to 2:1
 - 10-12 Total Sets
 - Surface Variations
 - Scrambles and Barefoot Work Possible
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- 10 **Lower Leg Conditioning**
- Periodization
 - Early Season Usage
 - Typical Misapplications
 -
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- 11 **In Place Jumps**
- 12 **In Place Jump Training**
- Purposes
 - Fundamental Elastic Strength and Fitness
 - Building Multijump Volumes
 - Diversity
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- 14 **In Place Jump Training - Parameters**
- Circuit Design
 - 12-16 Total Sets
 - 12-30 Second Workbouts
 - Work to Rest Ratio 1:2
- 15 **Short Horizontal Bounds**
- 16 **Short Horizontal Bounds**
- Purposes
 - Elastic Strength Development
 - Horizontal Force Application Improvements
 - Specific Postural Maintenance
 - Acceleration Enhancement
- 17
- 18 **Short Horizontal Bounds - Parameters**
- Remedial or Intermediate Circuits
 - Limit to 5 Takeoffs
 - Remedial
 - Mix Double and Single Leg Work
 - 4-5 Repetitions of 4-5 Exercises, 60-120 Takeoffs

- Intermediate
 - Single Leg Work
 - 2-3 Repetitions of 5-6 Exercises, 50-100 Takeoffs

19 **Vertical Bounds**20 **Vertical Bounds**

- Purposes
 - Elastic Strength Development
 - Enhances Speed By Improving Vertical Pushing Qualities
 - Improves Lateral Movement and Directional Change
 - Improves Rotational Components
 - Foundation for Teaching Progressions
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21 22 **Vertical Bounds - Parameters**

- Done Conservatively
- 2-3 Repetitions of 6-8 Exercises
- 10 – 15 Meters Per Repetition
- Forward, Lateral, Possibly Backwards
- Double Leg Remediation Possible

23 **Hurdle Hops**24 **Hurdle Hops**

- Purposes
 - Elastic Strength Development
 - Vertical Force Application
 - Unique Contact Times
 - Safety Factor - Governor Effect

25 26 **Hurdle Hops - Parameters**

- Work Over 4-6 Hurdles
- 30 - 60 Total Contacts
- Hurdle Height and Technical Problems

27 **Extended Bounds**28 **Extended Bounds**

- Purposes
 - Elastic Strength Development
 - Train Sustained Force Production

29 **Extended Bounds**

- Concerns
 - For High Training Ages
 - Specificity Concerns and Misapplications
 - Extended Nature Limits Tension Development
- 30
- 31 **Extended Bounds - Parameters**
 - Session Guidelines
 - 2-3 Repetitions of 4-8 Exercises
 - 20-40 Meter Repetitions
 - Session Volumes < 400 m
- 32 **Depth Jumps**
- 33 **Depth Jump Work**
 - Purposes
 - High End Elastic Strength Development
 - Specificity
- 34 **Depth Jump Work**
 - Concerns
 - For High Training Ages
 - “Over” Specificity
 - Vertical Jump/Box Height Relationships
 - Single Leg Usage
- 35
- 36 **Depth Jump Work - Parameters**
 - Box Height
 - Vertical Jumps Relationships
 - Periodization and Progression
 - 3-5 Repetitions of 4-6 Exercises
 - Session Volumes < 50 Contacts
 - Box Jumps as an Introduction
- 37 **Other Classification Schemes**
 - Single Leg vs. Double Leg
 - Double to Single Progression
 - Horizontal vs. Vertical
- 38 **Program Design**
- 39 **Key Principles**
 - Maintaining Power Output – Stay Explosive
 - Volume and Intensity Relationships
 - Elasticity - Frontloading Mesocycles and Microcycles

- Unloading
- Horizontal/Vertical Balance

40 41 **Sequencing Guidelines**

- Volume and Intensity Relationships
- Specific Progression Phases
 1. In Place Jumps, Short Horizontal Bounds, Vertical Bounds
 2. Extended Bounds, Depth Jumps if Prepared, Review
 3. Reversion and Hurdle Hops

42 **Inseason Multijump Management**

- Training Management Principles
 - Training Readiness and Power Output
 - Aggregate Intensities
- Subjective Evaluation of Competitive Schedule

43 **Purposeful Training**

- Clear Identification of Training Goals
- Targeting Specific Variables
 - Tension Levels
 - Direction of Force Application
 - Diversity
- Common Traps
 - Mistaken Specificity
 - Fallback Workouts

44 **Neural Days**

- Multijumps Combine Best With
 - Acceleration or Speed Work
 - Olympic Lifts
 - Static Lifts – Squats and Presses
- Sequence
 - Sprint – Jump – Olympics - Statics

45 **Safety Guidelines**

- Full Footed Contacts
- Patient Progressions
- Individualize
- Extra Care with Depth Jumps and Extended Bounds

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