

## FHS Hawks Cross Country – Plyometric Drills

**Single-leg bounding:** Bounding, land and take off using the same leg.

**Broad jump / standing long jump:** Take off and land with both feet together. Use crouch and arms to take off with power and maximize distance.

**Bounding skips:** Bound forward as far as possible with each skip, focusing on pumping the arms and an exaggerated knee lift. Two reps.

**Vertical skips:** Keeping your arms in running form, skip with each leg, focusing on landing lightly on the balls of your feet and maximizing the height of each skip. Two reps.

**Reverse lunge to knee-up jump:** Start in lunge position. Bring rear leg forward and up while pushing off with plant leg. Rear leg goes up to 90 degrees while jumping from the plant leg. Land on the jumping foot and sink back into lunge position. Engage arms throughout.

**Jump squat:** Feet shoulder-width apart, keep chest up, lower hips until thighs almost parallel to ground. Spring out of the squat into a vertical jump, raising arms. After each rep, reset to the proper squat position.

**Split squat jump:** Starting position is as if you've just done a lunge, both knees at 90 degrees. Quickly drive the rear leg forward and bring the front leg backward.

**Tuck jump:** Start with a squat. Jump, bringing both knees up toward the chest, meeting the elbows. Land flat-footed.

**Vertical-horizontal-vertical jump:** Starts with a jump squat. Upon landing, take off immediately into a standing long jump. Again upon landing, do a jump squat.

**Mini hurdle plyometrics:** Set up six rows of eight hurdles. For MS 33-39 inches between each hurdle, for HS 39-48 inches (can lengthen distance as strength and skill increase). Set up three rows of each length.

- Forward "jump and stick" (landing firmly before taking off again). Both legs and with each leg.
- Forward "speed hops" (bouncing quickly over each hurdle in succession). Same.
- Lateral "jump and stick". First facing left, then facing right.
- Lateral "speed hops". First facing left, then facing right.

Two reps of each type is a good amount.

### Other references:

<https://blog.nasm.org/fitness/developing-power-in-everyday-athletes-with-plyometrics>

<https://www.runnersworld.com/training/a20815090/3-simple-ways-to-improve-running-efficiency/>

<http://soccerinnovationsusa.blogspot.com/2017/10/20-mini-hurdle-drills-for-speed.html>

<https://www.stack.com/a/mini-hurdle-drills>

<b>Hawks XC Full Plyometrics Routine</b>
Power skips there & back
Triple broad jump
Bounding skips there & back
Triple broad jump
Single-leg bounds
Triple broad jump
Squat jumps
Triple broad jump
Split squat jumps