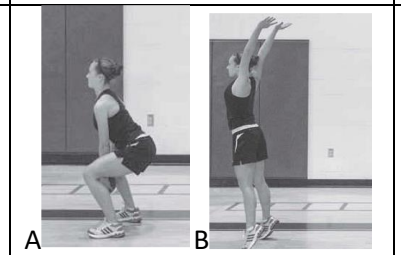
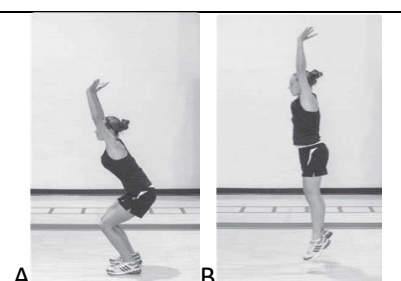
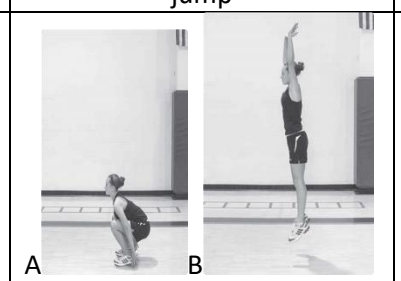
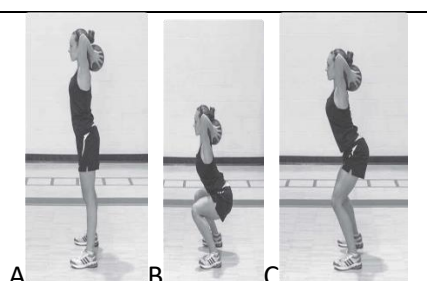
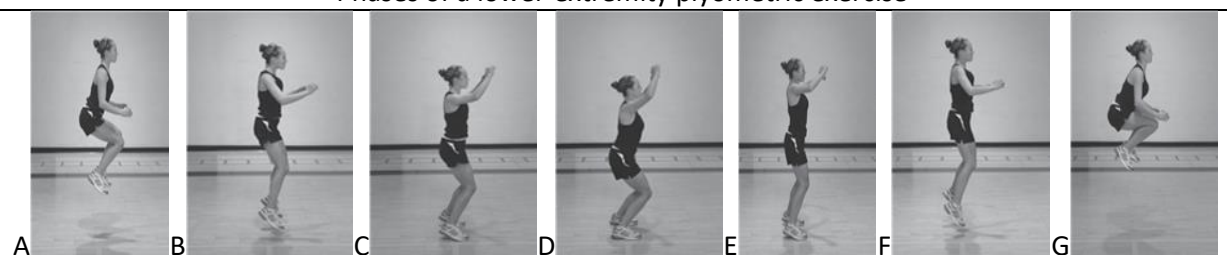
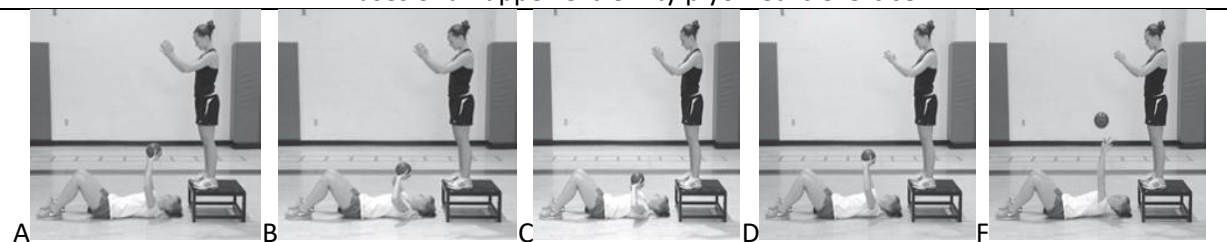
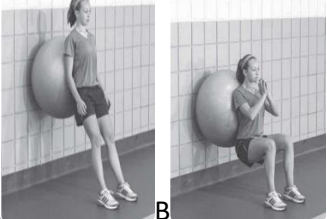
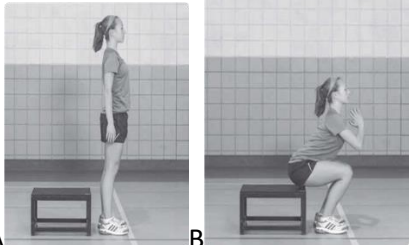
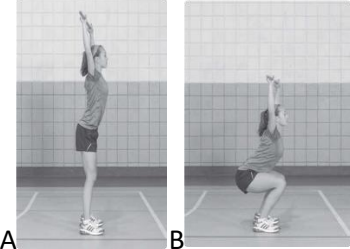
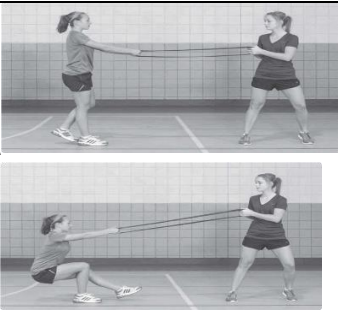
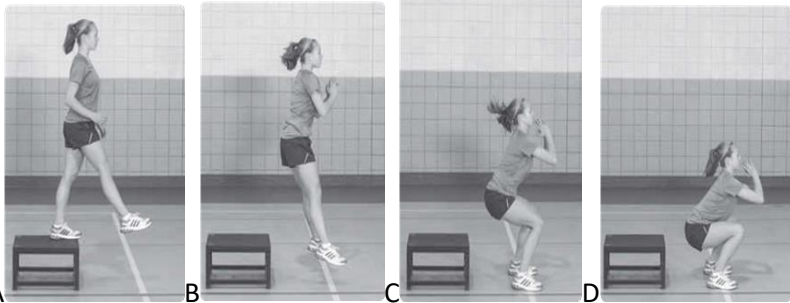
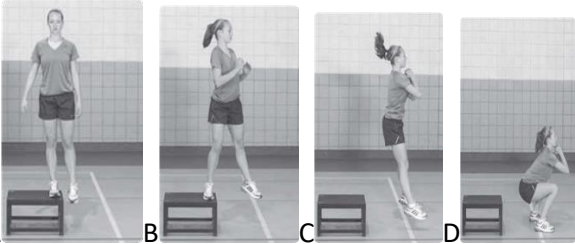
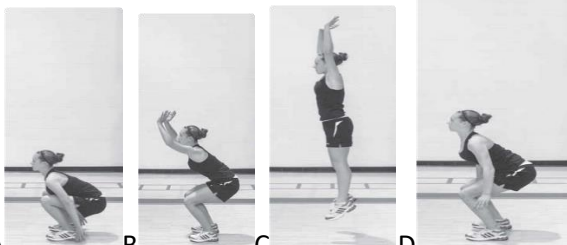


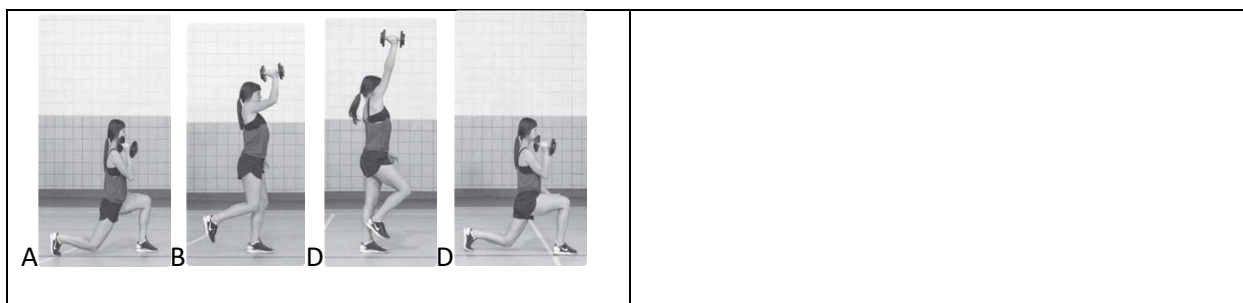
PLYOMETRICS

SQUAT JUMPS	BACKWARD THROW FROM SQUAT	SINGLE-LEG BALANCE
		
WALL JUMPS	countermovement squat jump	5-5-5 SQUAT
		
PHASES OF PLYOMETRIC EXERCISES		
Phases of a lower-extremity plyometric exercise		
		
Phases of an upper-extremity plyometric exercise		
		
Phases of a plyometric exercise for the trunk		

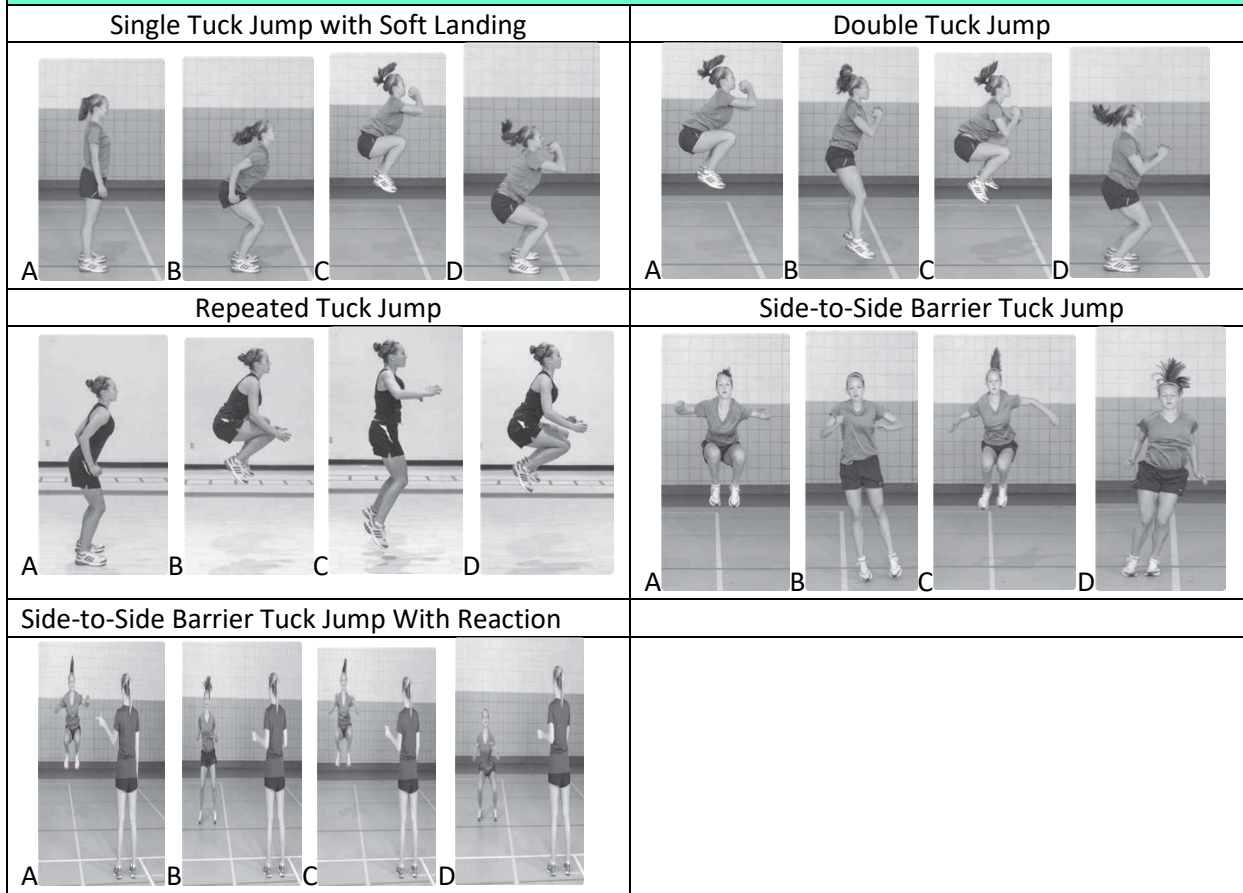
					
FUNDAMENTAL MOVEMENT PROGRESSION: SQUAT					
Ball Squat		Box Touch Squat		Overhead Broomstick Squat	
					
Assisted Single-Leg Squat		Forward box drop-off with deep hold			
					
Lateral box drop-off with deep hold			Squat Jump		
					

CORE MOVEMENT PROGRESSION: PELVIC BRIDGE		
Pelvic Bridge	Pelvic Bridge on BOSU	Single-Leg Pelvic Bridge on BOSU
A  B 	A  B 	A  B 
Single-Leg Pelvic Bridge on BOSU With Abduction and Rotation		Single-Leg Pelvic Bridge on Bench
A  B  C  D 		A  B 

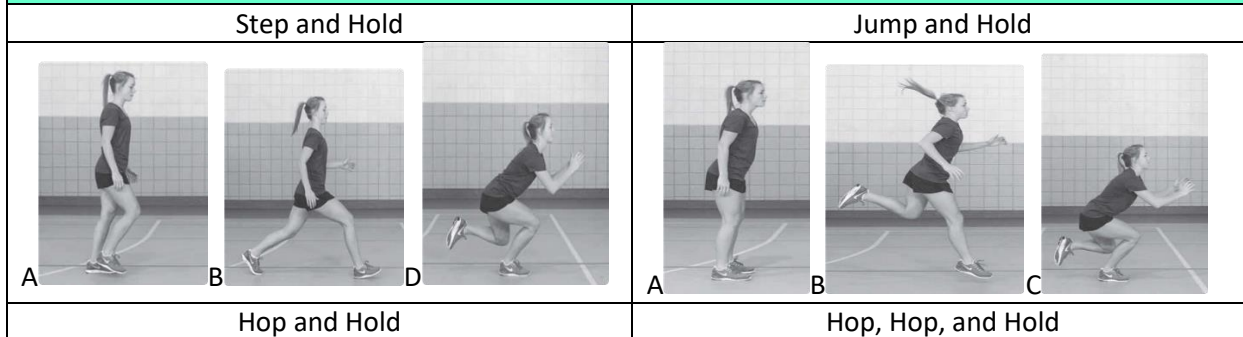
STRENGTH MOVEMENT PROGRESSION: WALKING LUNGE	
Front Lunge	Walking Lunge
A  B 	A  B  C  D 
Walking Lunge Unilaterally Weighted	Walking Lunge with Weight Crossover
A  B  C  D 	A  B  C  D 
Walking Lunge with Unilateral Shoulder Press	

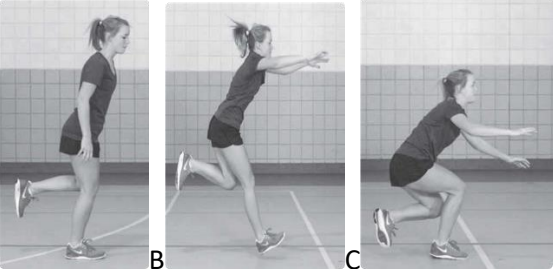
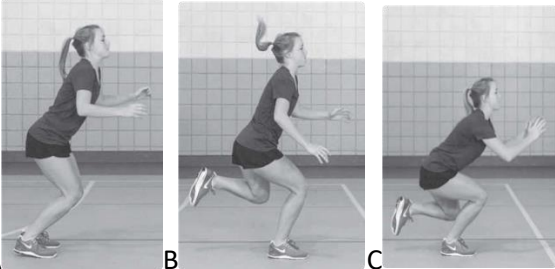
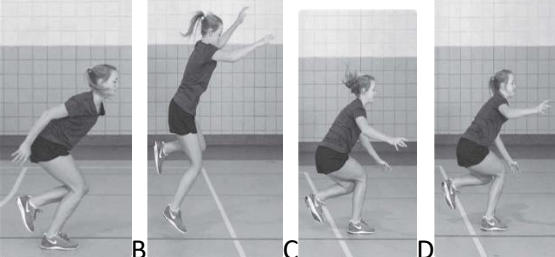
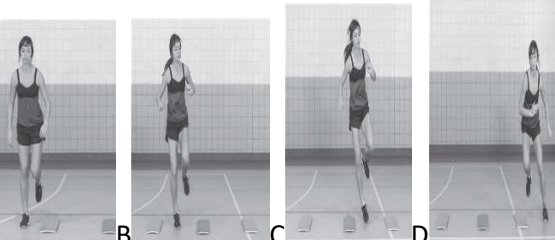
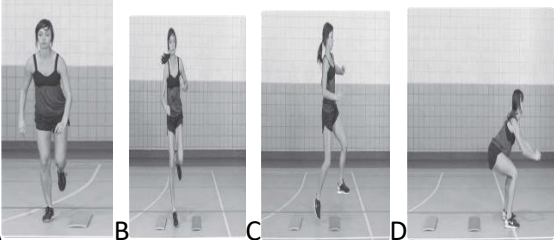
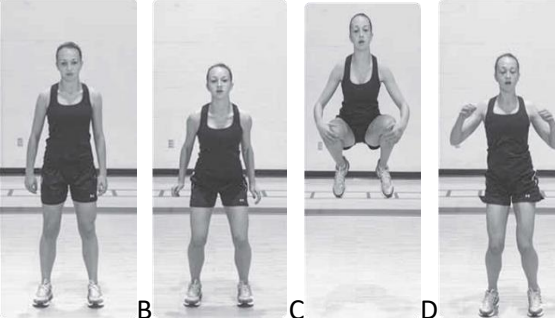
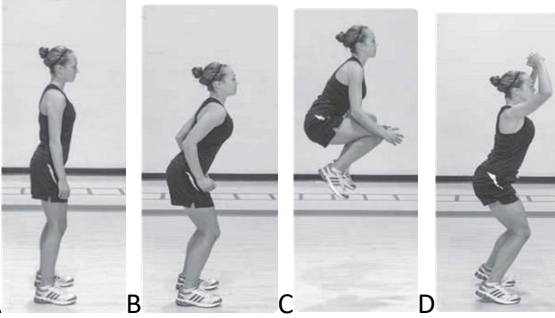


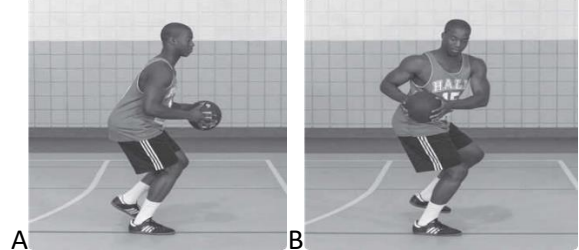
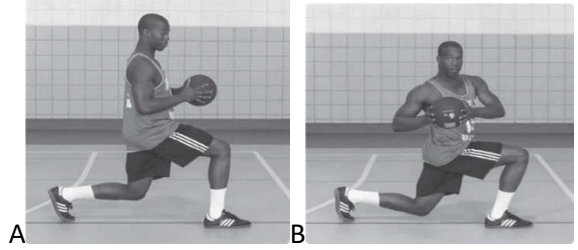
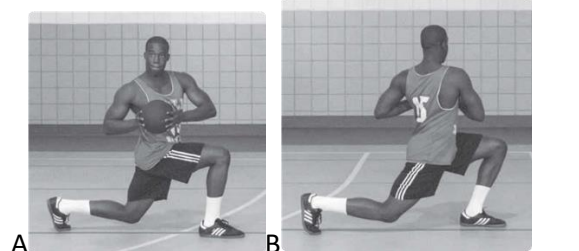
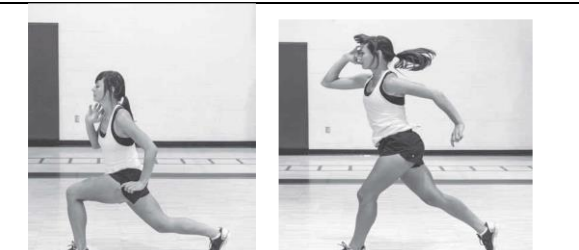
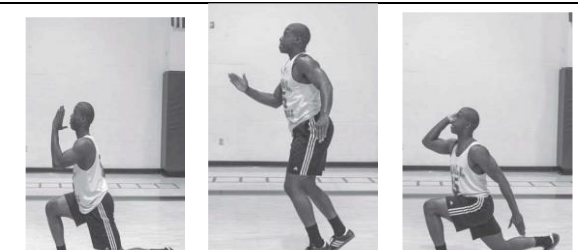
PLYOMETRIC MOVEMENT PROGRESSION: TUCK JUMP



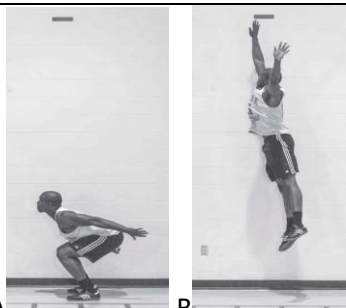
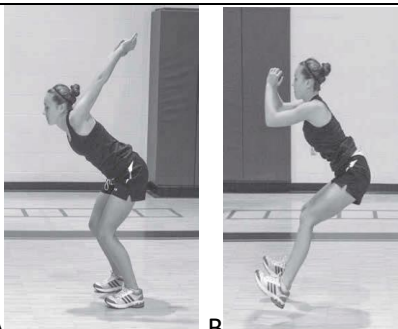
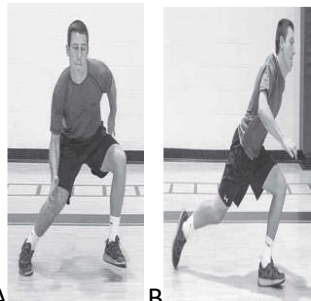
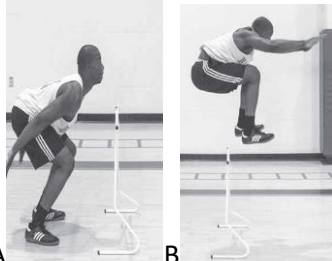
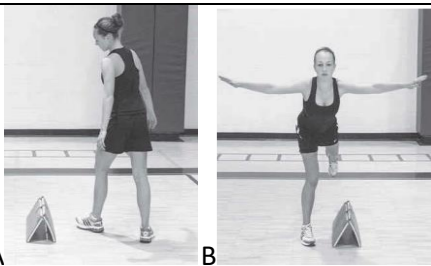
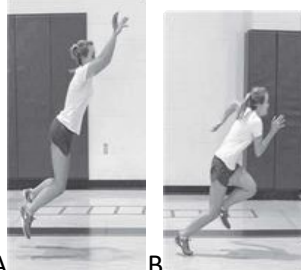
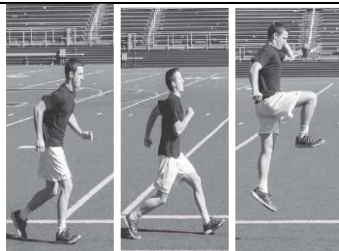
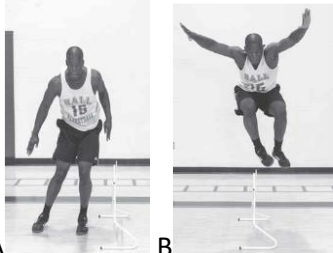
STABILITY MOVEMENT PROGRESSION: SINGLE-LEG

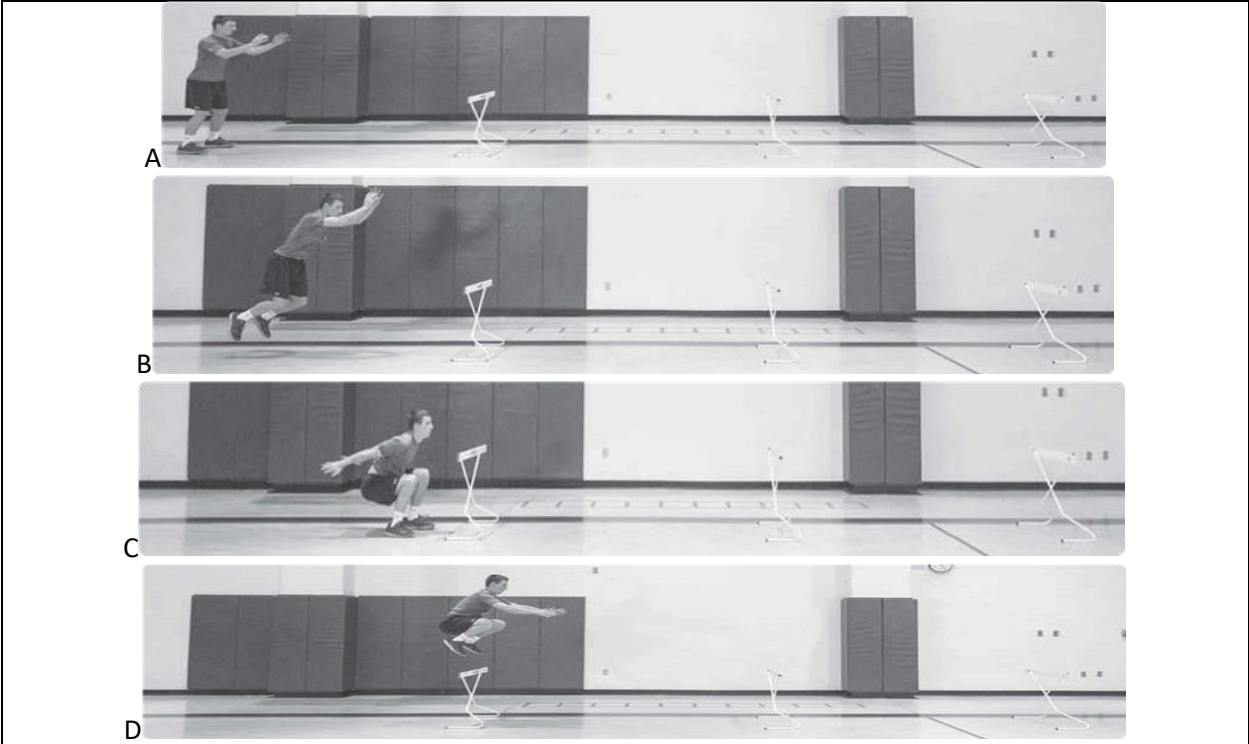


 A B C	 A B C
Crossover Hop, Hop, Hop, and Hold	
 A B C D	
AGILITY MOVEMENT PROGRESSION: LATERAL AGILITY	
Lateral Hop, Hop, and Hold Opposite Leg With Barriers	Lateral Hop, 90-Degree Hop, and Hold With Barriers
 A B C D	 A B C D
TUCK JUMP ASSESSMENT (TJA)	
Front view of the desired execution of a tuck jump	Side view of the desired execution of a tuck jump
 A B C D	 A B C D
DISASSOCIATION DRILLS	
Leg lift and shoulder rotation	Lunge and shoulder rotation

			
Walking lunge with shoulder rotation			
			
JUMPS IN PLACE			
SINGLE-FOOT SIDE-TO-SIDE ANKLE HOP		Side-to-side ankle hop	
			
SPLIT-SQUAT JUMP		SPLIT SQUAT WITH CYCLE	
			
Two-foot ankle hop	SPLIT-PIKE JUMP	Tuck jump with knees	TUCK JUMP WITH HEEL KICK
			
STRAIGHT-PIKE JUMP			

			
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STANDING JUMPS					
STANDING JUMP-AND-REACH		STANDING LONG JUMP		STANDING LONG JUMP WITH LATERAL SPRINT	
 A B		 A B		 A B	
STANDING JUMP OVER BARRIER		STRADDLE JUMP TO CAMEL LANDING		STANDING LONG JUMP WITH SPRINT	
 A B		 A B		 A B	
1-2-3 DRILL		LATERAL JUMP OVER BARRIER		SINGLE-LEG LATERAL JUMP	
		 A B		 A B	

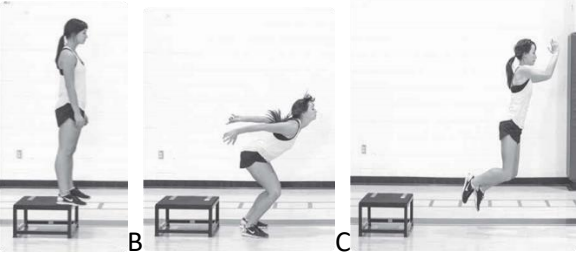
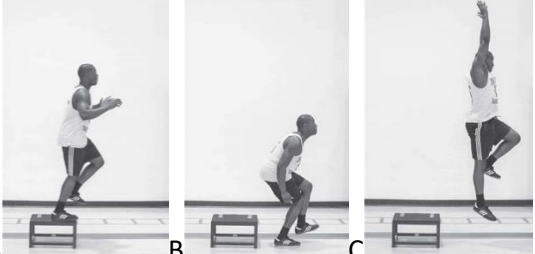
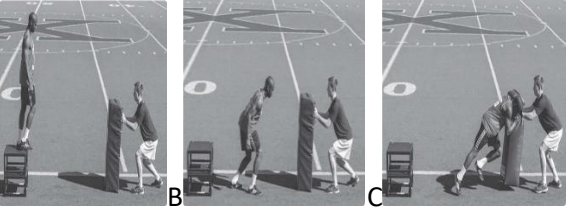
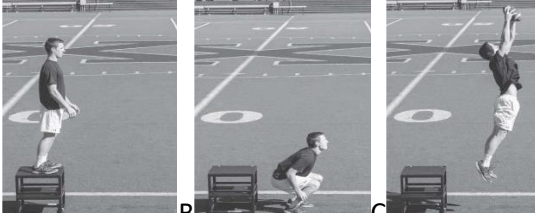
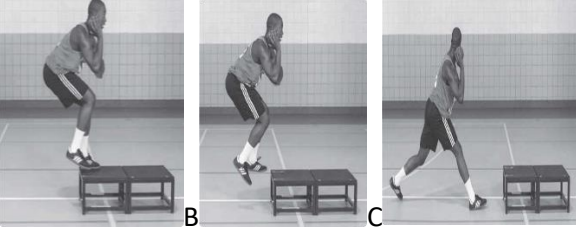
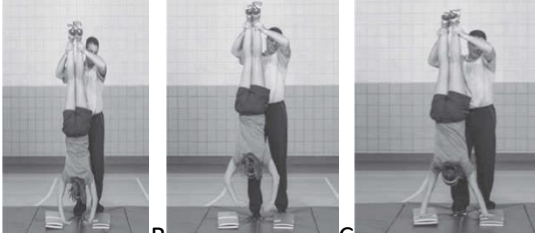
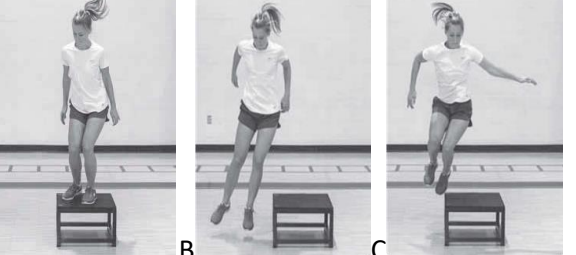
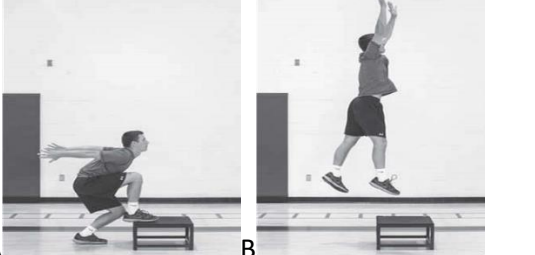
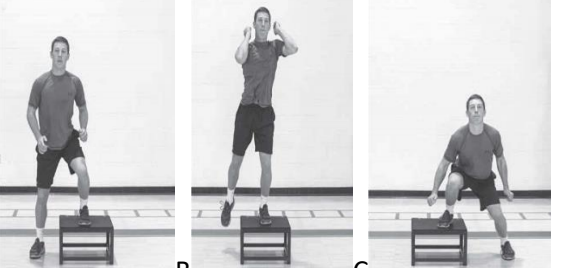
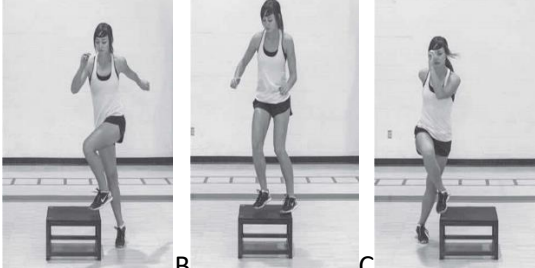


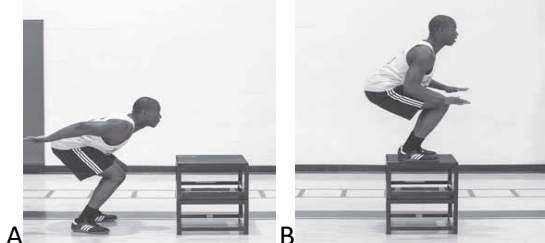
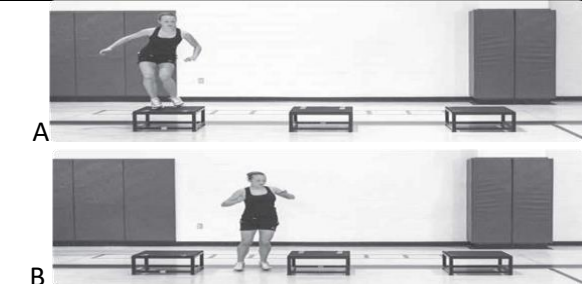
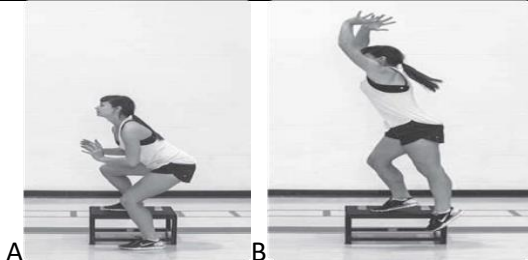
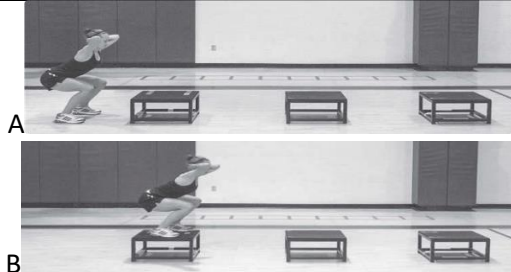
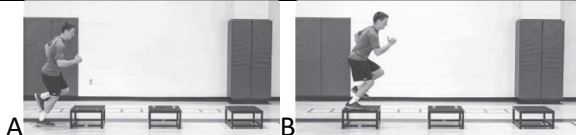
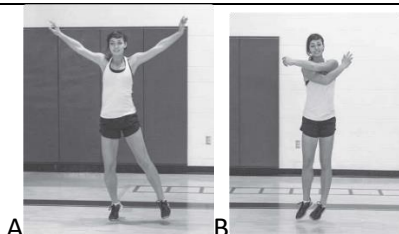
WAVE SQUAT

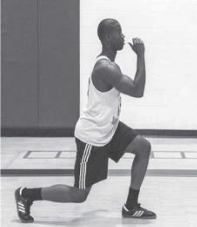
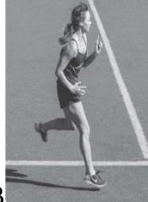
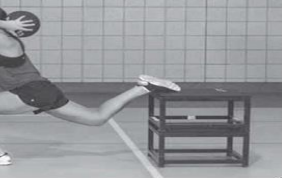


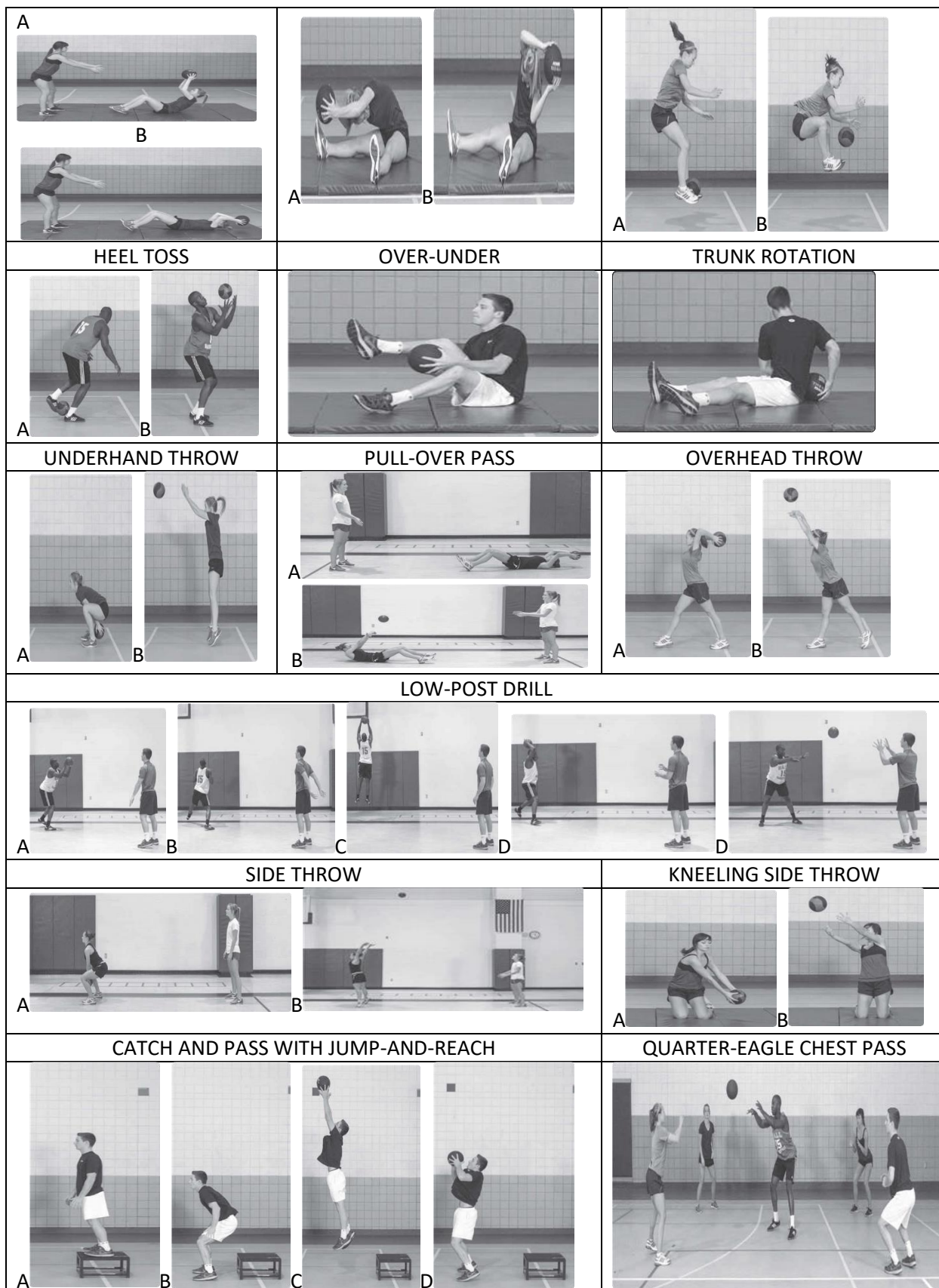
STADIUM HOPS	ZIGZAG DRILL	OLYMPIC HOPS
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  A B	   A B C	  A B
DEPTH JUMPS		
DROP AND FREEZE	JUMP TO BOX	DEPTH (DROP) JUMP
  A B	  A B	   A B C
DEPTH JUMP OVER BARRIER		DEPTH JUMP TO RIM JUMP
   A B C	   A B C	
DEPTH JUMP WITH STUFF		DEPTH JUMP WITH LATERAL MOVEMENT
   A B C	   A B C	
DEPTH JUMP WITH 180-DEGREE TURN		DEPTH JUMP WITH 360-DEGREE TURN
    A B C D	   A B C	
DEPTH JUMP TO STANDING LONG JUMP		SINGLE-LEG DEPTH JUMP

 A B C	 A B C
DEPTH JUMP WITH BLOCKING BAG	DEPTH JUMP WITH PASS CATCHING
 A B C	 A B C
DEPTH JUMP WITH BACKWARD GLIDE	HANDSTAND DEPTH JUMP
 A B C	 A B C
BOX DRILLS	
30-, 60-, OR 90-SECOND BOX DRILL	SINGLE-LEG PUSH-OFF
 A B C	 A B
SIDE-TO-SIDE BOX SHUFFLE	SCORPION STEP-UP
 A B C	 A B C
FRONT BOX JUMP	MULTIPLE BOX JUMP

			
LATERAL BOX JUMP		PYRAMIDING BOX JUMP	
			
LATERAL STEP-UP		MULTIPLE BOX-TO-BOX SQUAT JUMPS	
			
MULTIPLE BOX-TO-BOX JUMP WITH SINGLE-LEG LANDING			
			
BOUNDING			
SKIPPING	SIDE SKIPPING WITH BIG ARM SWING		POWER SKIPPING
			
BACKWARD SKIPPING	MOVING SPLIT SQUAT WITH CYCLE		ALTERNATE BOUNDING WITH SINGLE-ARM ACTION

	 	 
ALTERNATE BOUNDING WITH DOUBLE-ARM ACTION	COMBINATION BOUNDING WITH SINGLE-ARM ACTION	COMBINATION BOUNDING WITH DOUBLE-ARM ACTION
 	  	  
SINGLE-LEG BOUNDING	COMBINATION BOUNDING WITH VERTICAL JUMP	
 	 	
MEDICINE BALL EXERCISES		
DROP PUSH-UP	CHEST PASS	RUSSIAN TWIST
 		
LUNGE SQUAT WITH TOSS	WOODCHOPPER	SINGLE-LEG SQUAT
		
OVERHEAD SIT-UP TOSS	V-SIT GIANT CIRCLES	FRONT TOSS



POWER DROP



MEDICINE BALL SLAM

