

# Plyos

## Mercury

- 1 Ankle Bounce
  - > Dorsi flex toe knee locked up and down stading in place
- 2 Diagonal Hop
  - > Ankle bounce diagonal front
- 3 Bunny Hops
  - > Ankle bounce across court kee locked
- 4 Zig Zag Bunny Hops
  - > Ankle Bounce 45 degree Angle Cross Court
- 5 Scissor Bouce
  - > Spread front and back (scissor)

## Venus

- 1 Line Hops
  - > Ankle Bounce side to side over a line
- 2 Butt Kick Jumps
  - > Hop to a butt kick and quicly as possible - 2 feet no squat
- 3 Rocket Jumps
  - > squat- touch hand to ground - jump as high as possible reaching the sky
- 4 Speed Skaters
  - > side to side over a lane one leg behind the other
- 5 Squat Freeze
  - > Squat Jump for hegit back to sqaut and hold for 1 second

## Mars

- 1 Tuck Jumps
  - > Tuck jumps as quickly as possible
- 2 Lane Hops
  - > side to side hops over a lane as quickly as possible. Feet together
- 3 Single Leg Squat Jumprs Right and Left
  - > squat to parallel on single leg
- 4 Lunge Jumps
  - > alternating leg jumps for height
- 5 180s
  - > jump for height rotating 180

## Sprint Drill P

- 1 Box Jumps
  - 2 Assisted Lateral Plyo
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- 1 Broad Jump
  - 2 Russian Lunge
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- 1 Lane Hops
  - 2 Bounds- stick the landing
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- 1 Toe Pops for height
  - 2 Toe Pops for distance

## Bounding Ser

- 1 RRRR
  - > Along a runway about 30 tr
- 2 LLLL
  - > Along a runway about 30 tr
- 3 Double Single
  - > RRLRRL about 30 to 40 m
  - > LLRLLR about 30 to 40 m

## Bounding Ser

- 1 Skip for Height
  - > about 40 meters
- 2 Skip for Distance
  - > about 40 meters
- 3 Run Jump Run
  - > run jump run about 40 met

**lyos**

**ies A**

o 40 meters

o 40 meters

eters on a runway  
eters

**ies B**

ers