



The BFS Plyometric Program takes 10 minutes. It includes four phases: 1-Vertical Jumps, 2-Standing Long Jumps, 3-Box Jumping and 4-Standing Box Jump.

PHASE 1: VERTICAL JUMPS

Do ten quality vertical jumps. Do them by a wall or basketball standard. Mentally measure the first jump and then try to improve with each successive jump. A minimum of 15 seconds should be taken between vertical jumps. Vertical jumps should be tested once a month.

PHASE 2: STANDING LONG JUMPS

Do three sets of three successive standing long jumps. High School standards are as follows:

Fair = 22 feet, Good = 25 feet and Great = 28+ feet (the measurement recorded is the total distance of the three jumps). This should be tested once a month as well.

PHASE 3: BOX JUMPING

Begin by doing five jumps from a box about 20-inches high and landing in a hit position. Next, do five more jumps in the same manner, but this time recoil straight up as quickly as possible. On the next series, jump from one box, to the floor to the next box for five reps. Now you are ready to get after it.

You should set up three to five 20-inch boxes about three feet apart. Follow the same procedure but jump continuously through all three to five boxes for two sets. Do it as fast as possible. The last drill is to jump over the boxes as fast as possible for two sets. As you become more advanced, you can raise the height of the last box up to 36 to 40 inches for the last two drills. You may wish to time these last two drills once a month.

PHASE 4: STANDING BOX JUMP

Jump on a box from a standing position. It will create interest and enthusiasm for plyometrics. Successively increase the height of the box up to 36 to 40 inches. You may wish to test a Standing Box Jump once a month.



PLYOMETRIC PROGRAM AT A GLANCE

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| 1. QUALITY VERTICAL JUMPS | 10 REPS |
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| 2. STANDING LONG JUMPS | 3 SETS X 3 REPS |
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| 3. BOX JUMPING | |
| A. DEPTH JUMP | 5 REPS |
| B. DOWN & STRAIGHT UP | 5 REPS |
| C. DEPTH JUMP TO BOX | 5 REPS |
| D. RAPID FIRE THROUGH BOXES* | 2 SETS |
| E. JUMP OVER BOXES* | 2 SETS |
| * OPTION: JUMP TO BIG BOX AT END OR JUMP OVER BIG BOX. | |
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| 4. STANDING BOX JUMP | 2 REPS |



INDIVIDUAL PLYO BOXES

42" - 32" - 20" - 10"



VARSITY PLYO BOX SET

Three 20" Boxes One 32" Box with Booster
Includes Plyometric Box Jumping Video



READINESS PLYO BOX SET

Three 10" Boxes One 20" Box with Booster
Includes Plyometric Box Jumping Video

BUILD EXPLOSIVE STRENGTH