



IMG PHYSICAL THERAPY

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Volleyball-Basketball Plyometric Training

Volleyball and Basketball requires players to have speed, endurance, and explosive power to be able to dive, serve, and spike or dribble, jump, and shoot. Being able to generate a quick, high vertical jump is essential for volleyball and basketball players to take their skills to the next level. A low impact plyometric exercise regimen can positively influence player's court quickness, strength, and explosive power. The following plyometric exercises are to be completed 2 sets of 12 reps 5 days a week.

WARNING: If at any point you experience pain during drills, hold off on completing exercises.

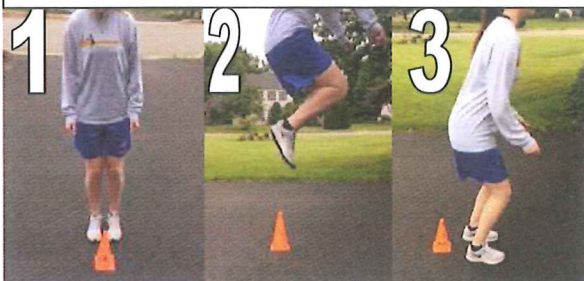
1. Ankle Hops

Begin with feet shoulder width apart. Keeping knees and hips straight, jump off the ground without having heels touch, landing on toes.



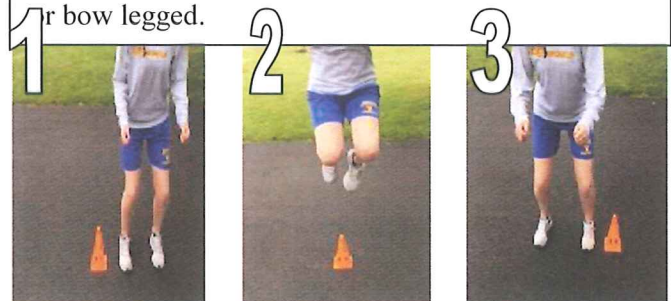
2. Front to back hops over cone

Position yourself behind the cone. Jump forwards over cone. Then quickly jump backwards over cone. Land softly with knees bent. Prevent knock kneed or bow legged.



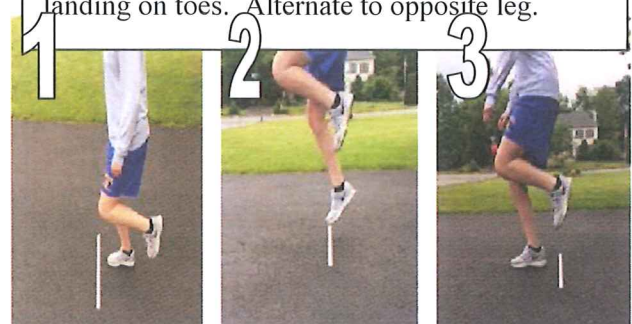
3. Side to side hops over cone

Position yourself next to cone. Jump sideways over cone. Then quickly jump back to starting position. Land softly with knees bent. Prevent knock kneed or bow legged.



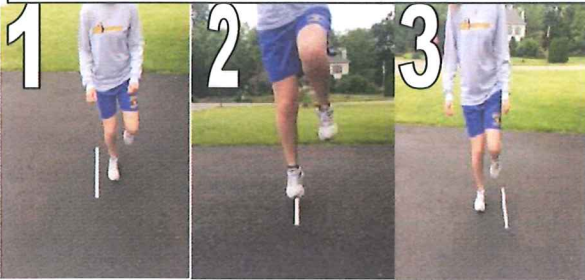
4. One leg front to back over line

Begin on one leg behind the line. Jump over line and then quickly back to starting position, landing on toes. Alternate to opposite leg.



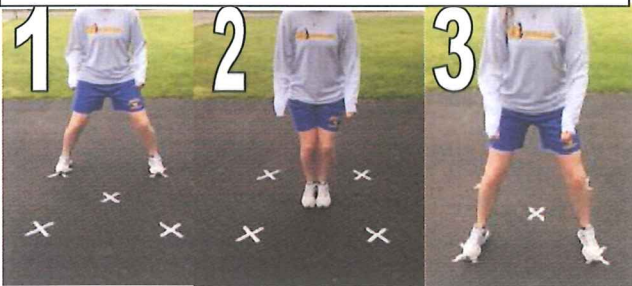
5. One leg side to side over line

Begin on one leg next to line. Jump over line and then quickly back to starting position, landing on toes. Alternate to opposite leg.



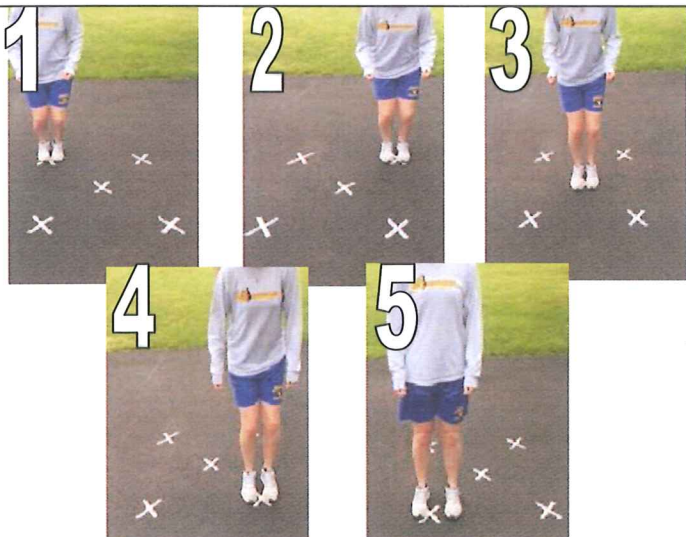
6. Two foot scissors on dot mat

Begin with feet on bottom two dots. Jump to the center dot with both feet and then separate feet to jump to the top two dots. Land softly with knees bent. Repeat pattern backwards.



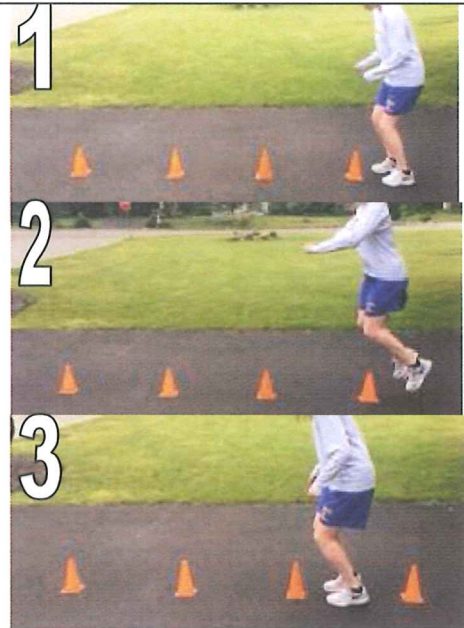
7. Two foot around the world dot mat

Begin with both feet on one bottom dot. Jump to next bottom dot, then to middle, followed by the top two dots with feet together. Land softly with knees bent. Repeat backwards.



8. Continuous cone hops

Begin with both feet behind cone. Jump forward with both feet over cone and quickly jump to the next. Land softly with knees bent and about shoulder width apart. Prevent knock kneed or bow legged.



9. Continuous sideways hops

Begin with both feet next to cone. Jump sideways with both feet over cone and quickly jump to the next. Land softly with knees bent and about shoulder width apart. Prevent knock kneed or bow legged.

