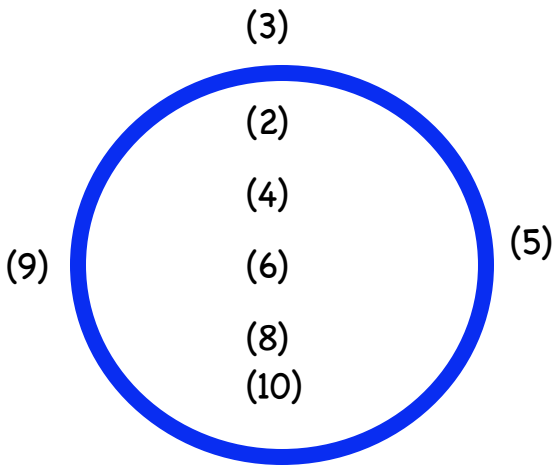


# PLYOMETRICS: "Hoop Jumps"



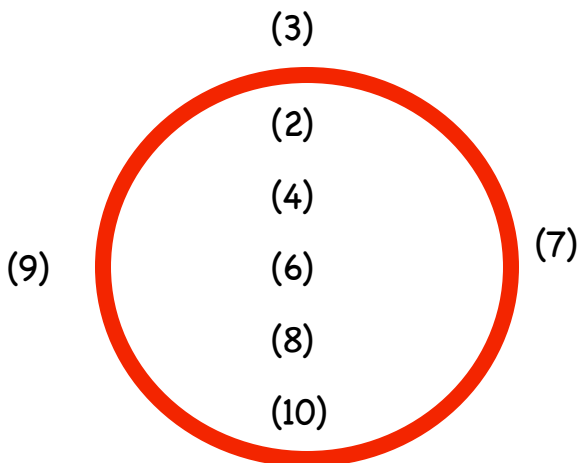
## CLOCKWISE ROUTINE

- (1) Start in soccer stance
- (2) Jump into center of hoop
- (3) Jump forward
- (4) Jump backward into hoop
- (5) Jump to right
- (6) Jump left back into hoop
- (7) Jump backward
- (8) Jump forward
- (9) Jump left
- (10) Jump right back into hoop
- (11) Jump backward

Start (1)  
 (7)  
 Finish (11)

VARIATION: Counter-clockwise routine--  
 jump number 5 would be to left, while  
 jump number 9 would be to right

**COACHING POINTS/NOTES:** Plyometrics are designed for explosive movements which aids in increasing a player's speed. Plyometric jumps using hoops are not only a great exercise but are fun and can be performed by all age groups. All jumps should be done two-footed so make sure players jump off of and land on both feet. For more advanced players there should be very little time between landing and making the next jump. The quicker the landing and the following jump the more beneficial it is for the player. Plyometrics are not to be done more than 3 times a week for advanced/older players and just once or twice a week for young players and should be done at the end of a practice session.



## "T" ROUTINE

- (1) Start in soccer stance
- (2) Jump into center of hoop
- (3) Jump forward
- (4) Jump backward into hoop
- (5) Jump backward
- (6) Jump forward into hoop
- (7) Jump to right
- (8) Jump right back into hoop
- (9) Jump to left
- (10) Jump right back into hoop
- (11) Jump backward

Start (1)  
 (5)  
 Finish (11)

VARIATION: Counter-clockwise routine--  
 jump number 7 would be to left, while  
 jump number 9 would be to right