

## **Illustrative 12 Week Plyometric Program for Basketball**

### **Week 1/2**

#### **Sets Foot contacts**

Ankle jumps (Stiff leg, fast ankle action, on balls of feet)	3	12
Vertical jumps (Go for repeated, fast rebounds under rim)	3	10
Front obstacle jumps (jump multiple cones or hurdles)	3	10
Lateral obstacle jumps (jumps sideways over multiple cones or hurdles)	<u>3</u>	<u>10</u>
	12	126

### **Week 3/4**

Ankle jumps (Increase air time)	4	10
Vertical jumps (Increase airtime and speed between jumps)	3	8
Front obstacle jumps (Increase distance between obstacles)	4	8
Lateral obstacle jumps (Increase distance between obstacles)	<u>3</u>	<u>8</u>
	14	120

### **Week 5/6**

Power skipping (Exaggerated skipping with powerful leg thrusts - distance)	3	12
Repeated tuck jumps (Jump and tuck knees high and feet under butt- height)	3	8
Multiple long jumps (For distance and height)	3	8
Lateral obstacle jumps (Increase distance between obstacles)	<u>4</u>	<u>8</u>
	13	116

### **Week 7/8**

Power skipping (Increase distance covered per skip)	4	10
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Repeated tuck jumps (Increase height – lots of air time)	4	6
Multiple long jumps (Increase distance and height)	4	6
Diagonal obstacle jumps (Zigzag jumps over low bench/row of cones)	<u>4</u>	<u>6</u>
	16	112

### **Week 9/10**

Alternate Leg bounding (Exaggerated running –go for distance between steps)	4	8
Single leg hops (Repeated hops on one leg for distance)	4	6
Squat jumps (Increase height of jump)	3	6
Front obstacle jumps and sprints (add a 15-20 yrd. sprint after jumps)	3	6
Diagonal obstacle jumps and sprints (add a 15-20 yrd. sprint after jumps)	<u>3</u>	<u>6</u>
	17	110

### **Week 10/12**

Alternate Leg bounding (Increase distance between steps)	3	8
Single leg hops (Increase total distance)	3	6
Squat jumps (Increase height of jump)	3	6
Lateral obstacle jumps and sprints (add a 15-20 yrd. sprint after jumps)	2	8
Front obstacle jumps and sprints (Increase intensity of jumps and sprints)	2	8
Diagonal obstacle jumps and sprints (Increase intensity of jumps and sprints)	<u>2</u>	<u>8</u>
	15	108

