

# Plyometrics

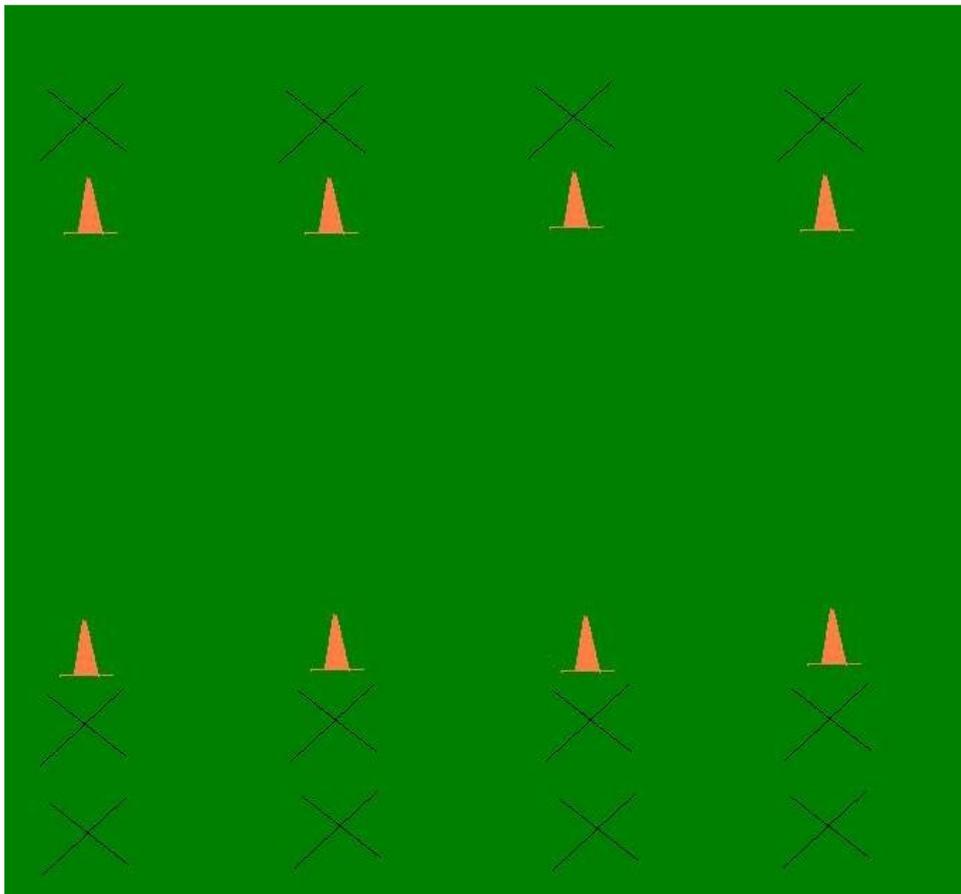
**Definition:** a type of exercise using explosive movements to develop muscular power, esp. bounding, hopping, and jumping

Improving athlete's power and decreasing the chances of getting injured are at the very core of proper plyometric training. Speed and overall athleticism are corners of a successful training program. But they mean nothing if you are oft injured. The great significance of plyometrics is that you get double the bang for your buck. Decreased likelihood of injury and increased power and performance. This section describes ways soccer players can use plyometrics to improve the above mentioned qualities.

## Plyometrics with ball

The purpose of this Soccer drill is to start spending time in plyometrics, this will improve your power profile for soccer. How much better would it be if you can develop your power while also using the ball? Start out with 2 lines of 4-6 cones about 20 feet apart, players line up behind cones at one end with one player at opposite end of each line. Players in line will jump forwards and backwards over cones and then opposite player will toss a ball to be volleyed back to them by foot. First player then goes to tossing station and tosser goes to back of line.

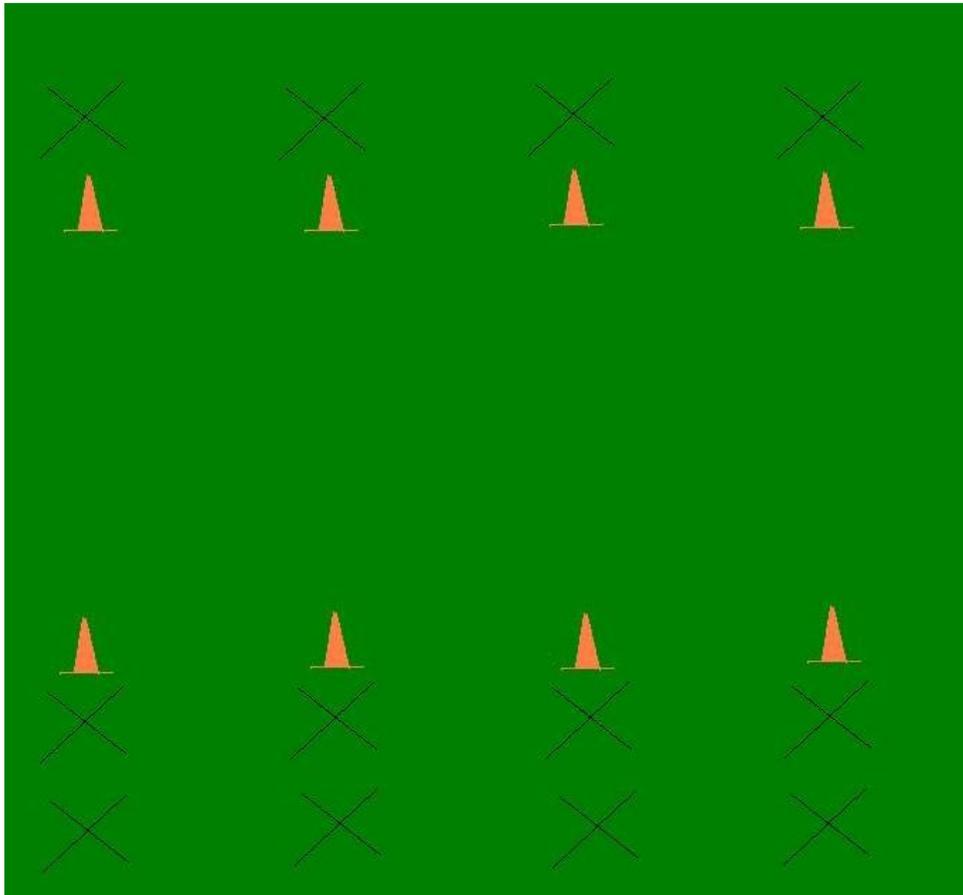
<http://www.youtube.com/watch?v=J3xtb8-5pYY>



## Plyometrics with ball

The purpose of this Soccer drill is to start spending time in plyometrics, this will improve your power profile for soccer. How much better would it be if you can develop your power while also using the ball? Start out with 2 lines of 4-6 cones about 15 yards apart, players line up behind cones at one end with one player at opposite end of each line. Players in line will jump side to side over cones and then opposite player will kick a ball to be played back to them by foot. First player then goes to kicking station and kicker goes to back of line.

<http://www.youtube.com/watch?v=ZYr3dNK5nRw>



## Plyometrics with ball and heading

The purpose of this Soccer drill is to start spending time in plyometrics, this will improve your power profile for soccer. How much better would it be if you can develop your power while also using the ball? Start out with 2 lines of 4-6 cones about 15 yards apart, players line up behind cones at one end with one player at opposite end of each line. Players in line will jump forwards and backwards over cones and then opposite player will toss a ball to be volleyed back to them by head. First player then goes to tossing station and tosser goes to back of line.

<http://www.youtube.com/watch?v=hCH9JaaUrl4>

