



**SESSION PLAN**

**Session Title**

**PACE**

**Objectives**

**To Increase Explosive Potential**

PHASE & ACTIVITY	DIAGRAM	COACHING POINTS
<p><b>1. Warm up: Dynamic Flex</b></p> <p>Intersperse with ball work (ball each), such as toe taps, boxing, rolling etc.</p> <p><b>2. Line Drills</b></p> <p>a) Two footed jumps forward and backward over a line for 30 seconds</p> <p>b) Two footed jumps sideways over a line</p> <p>c) Do a) and b) with a twist after every four jumps</p> <p><b>3. Ladder Plyometrics</b></p> <p>a) Two feet jumps through the ladder</p> <p>b) As above but three spaces forward and one space back</p> <p>c) Two footed jumps laterally down ladder with a twist after 3 jumps.</p> <p><b>4. Plyometric Circuit: 5 stations Rotate after sixty seconds activity with thirty seconds rest.</b></p> <p>a) Two foot jumps forwards over series of hurdles.</p> <p>b) Diagonal jumps over cones then sprint laterally to whichever side the coach is pointing to.</p> <p>c) Two feet jumps sideways over series of hurdles and sprint to endline</p> <p>d) Two foot jumps backwards down ladder turn and sprint.</p> <p>e) Cone jumps with 180 degree turn between each cone- 5 or 6 cones.</p> <p>Can vary the above circuit depending on the age of the players. You can include one leg hopping and increase the height of the hurdles. Also include heading activities.</p> <p><b>5. Cool down</b></p>		<p>The movements are game related.</p> <p>Ensure fluid movement before the stretch walks</p> <p>Do not flex knees too much as this slows the ability to jump again quickly.</p> <p>Plyometric training implies minimum time between the eccentric and concentric contraction of the muscles</p> <p>Use of arms to drive up and forward</p> <p>Short and very quick knee bend for take off</p> <p>Look up and forwards</p> <p>Aim to achieve height over distance</p>