

## Eastview Basketball Plyometric Program

**Goal:** The Eastview Basketball Plyometric Program is designed to help the athlete improve their explosiveness in areas that will help them on the basketball court.

This is an example of a 2 day a week Plyometric Preseason training program. You can add reps and sets to make the program more difficult. Look at the descriptions of the exercises on the next page to see how to properly perform each exercise. Make sure to do the exercises on a forgiving surface, properly warm-up, and allow for adequate recovery time between each set. Workouts should last about 45 minutes.

<b>Week 1:</b> Jog .50 miles *2 of following 3 Jump Rope (500 jumps) Agility Ladder 5 yard shuffle (1x12)	<b>Week 2:</b> Jog .50 miles *2 of following 3 Jump Rope (500 jumps) Agility Ladder 5 yard shuffle (1x12)	<b>Week 3:</b> Jog .50 Line Drills(25 reps each) R/L/Both	<b>Week 4:</b> Jog .50 mile Line Drills (25 reps each) R/L/Both
Straight Leg Jumps(2x12)	Straight Leg Jumps(2x12)	Straight Leg Jumps(2x14)	Straight Leg Jumps(2x14)
Squat Jumps (2X8)	Squat Jumps (2X8)	Squat Jumps (2X10)	Squat Jumps (2X10)
Lunge Jumps (2x8)	Lunge Jumps (2x8)	Lunge Jumps (2x10)	Lunge Jumps (2x10)
Step Up Jumps (1x14)	Step Up Jumps (1x16)	Step Up Jumps (2x10)	Step Up Jumps (2x10)
Quick Step Ups(1x20) each leg	Quick Step Ups(1x20) each leg	Quick Step Ups(1x22) each leg	Quick Step Ups(1x22) each leg
Side Hops over cone (2x10)	Side Hops over cone (2x12)	One leg jumps for distance (1x10 each leg)	One leg jumps for distance (1x10 each leg)
<b>Cool Down:</b> Jog .25 mile- Stretch	<b>Cool Down:</b> Jog .25 mile- Stretch	<b>Cool Down:</b> Jog .25 mile- Stretch	<b>Cool Down:</b> Jog .25 mile- Stretch

<b>Week 5:</b> Jog .50 miles	<b>Week 6:</b> Jog .50 miles	<b>Week 7:</b> Jog .50 miles	<b>Week 8:</b> Jog .50 miles
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Jump Rope (500 jumps) Agility Ladder 5 yard shuffle (1x12)	Jump Rope (500 jumps) Agility Ladder 5 yard shuffle (1x12)	Dot Drills (2 x 30 sec.)	Dot Drills (2 x 30 sec.)
Straight Leg Jumps(2x12)	Straight Leg Jumps(2x12)	Straight Leg Jumps(2x16)	Straight Leg Jumps(2x16)
Squat Jumps (2X12)	Squat Jumps (2X12)	Squat Jumps (2X14)	Squat Jumps (2X14)
Lunge Jumps (2x12)	Lunge Jumps (2x12)	Lunge Jumps (2x14)	Lunge Jumps (2x14)
Step Up Jumps (2x14)	Step Up Jumps (2x16)	Step Up Jumps (2x18)	Step Up Jumps (2x20)
Quick Step Ups(1x22) each leg	Quick Step Ups(1x22) each leg	Quick Step Ups(1x24) each leg	Quick Step Ups(1x24) each leg
Side Hops over cone (2x12)	Side Hops over cone (2x12)	One leg jumps for distance (1x10 each leg)	One leg jumps for distance (1x10 each leg)
<b>Cool Down:</b> Jog .25 mile- Stretch	<b>Cool Down:</b> Jog .25 mile- Stretch	<b>Cool Down:</b> Jog .25 mile- Stretch	<b>Cool Down:</b> Jog .25 mile- Stretch