

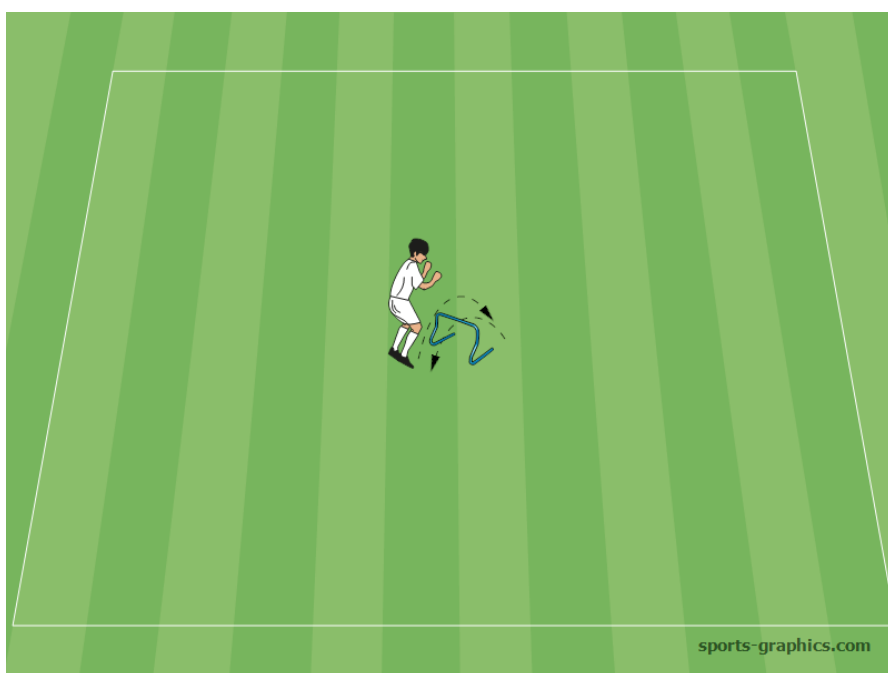
SINGLE HURDLE FORWARD-BACKWARD JUMPS

To improve muscular power and increase performance for explosive activity

PHYSICAL

Conditioning

Strength and Power



Set up a hurdle for each player. Players begin standing with feet shoulder width apart facing the hurdle. Player bounds with both feet over the hurdle and immediately jumps back. Player repeats continuously for 30 seconds. Ensure workload is monitored. Quality is more important than quantity. Players should explode upwards as quickly as possible after the feet touch the ground (minimise ground contact time). Correct landing technique is essential to prevent injury and improve performance in lower body. The shoulders must remain in line with the knees (centre of gravity over the body's base of support). Rest and repeat.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Ability to maintain short bursts of power or repeat high intensity movements in quick succession followed by periods of rest or low activity.
- Improve basic agility enabling players to accelerate, decelerate and change direction quickly while maintaining speed, body control and poise.
- Improve coordination, balance and foot speed.
- Improve technical execution on hurdles.
- Players will gain power and strength for movements such as jumping, tackling, striking the ball and heading.
- To increase the capacity of muscle efficiency specifically used in football for prolonged periods.
- To maintain overall quality of performance.

KEY FACTORS

- Correct foot placement
- Explosive movements
- Good form (correct technique)
- Keep head and eyes up
- Maintain a strong core
- Rhythm and coordination
- Use arms and legs to generate power

FOCUS AREAS

- Actions should be performed at high speed with maximum intensity while maintaining good technique and high quality.
- Ensure players generate power through the arms along with the leg action and that they don't hang arms down by the side of the body.
- Grass is a perfect surface for plyometric training as it provides good cushioning (shock absorption).
- Increase workload (intensity) gradually and progressively - the level of intensity of each exercise should be sufficient to gradually produce overload.
- Players are not to become fatigued - plyometric training will not leave a player out of breath or feeling tired, so careful monitoring of workload is essential. Too much plyometric work at once can lead to severe muscle soreness.
- Players should rest 48hrs between plyometric sessions.
- Rhythm is essential - players should not be hesitant or be stop-start.
- Strong arm drive with correct arm technique is a critical part of movement mechanics.
- Use plyometric exercise for developing explosive power and responsiveness of muscles.

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