

**What are Plyometric exercises?** Plyometric exercises are the process in which muscles exert maximum force in short intervals of time, with the goal of increasing power and ability to change direction quickly. These are very important for keepers!

Watch the demonstration videos of each exercise on [keeperwarsink.com](http://keeperwarsink.com)

## TRAINING WEEK 1

PLYOMETRIC EXERCISE	SETS X REPS (BEG)	SETS X REPS (ADV)
<b>DAY 1</b>		
Side to Side Hops	2 x 15	3 x 16
Standing Jumps	4 x 5	4 x 8
Front-Back Hops	2 x 15	4 x 15
Pogo Hops	2 x 30 secs	4 x 30 secs
*Push-Ups	4 x 6	6 x 8
Plank Shoulder Taps	3 x 10	3 x 14
*Side Planks	2 x 30 secs	4 x 30 secs
<b>DAY 2</b>		
*Cardio (Choose between bike, running, jumping rope. Stretch/Range of Motion)	30 mins 30 sec hold	30 mins 30 sec hold
<b>DAY 3</b>		
Side to Side Hops	2 x 15	3 x 20
Tuck Jumps	5 x 6	5 x 10
Toe Taps	2 x 15	4 x 20
Lateral Side Jump	5 x 6	6 x 10
Calf Raises	2 x 15	4 x 15
Squats	3 x 10	4 x 10
Glute Bridge w Ball	5 x 6	5 x 10
<b>DAY 4</b>		
*Cardio (Choose between bike, running, jumping rope. Stretch/Range of Motion)	30 mins 30 sec hold	30 mins 30 sec hold
<b>DAY 5</b>		
Side to Side Hops	2 x 15	3 x 16
Front-Back Hops	2 x 15	3 x 16
High Skips	2 x 10	4 x 10
Single Leg Balance	2 x 30 secs hold	4 x 30 secs hold
Jump Squats	4 x 6	5 x 10
Clam Shells	4 x 8	5 x 8
Plank Shoulder Taps	2 x 30 secs	4 x 30 secs

Make sure to watch the demonstration videos of each exercise on [keeperwarsink.com](http://keeperwarsink.com)

## TRAINING WEEK 2

PLYOMETRIC EXERCISE	SETS X REPS (BEG)	SETS X REPS (ADV)
<b>DAY 1</b>		
Side to Side Hops	2 x 15	3 x 20
Front-Back Hops	2 x 15	3x 20
Plank Shoulder Taps	3 X 10	4 X 10
Squats	3 x 10	4 x 10
Tuck Jumps	5 x 6	5 x 10
Stair Drives	3 x 10	4 x 10
Figure 8 Drill	4 x 3	5 x 30 secs
<b>DAY 2</b>		
*Cardio (Choose between bike, running, jumping rope. Stretch/Range of Motion	30 mins 30 sec hold	30 mins 30 sec hold
<b>DAY 3</b>		
Side to Side Hops	2 x 15	3 x 16
Front-Back Hops	2 x 15	3 x 16
*Push-Ups	4 x 6	4 x 10
Clam Shells	4 x 8	5 x 10
Single Leg Balance	3 x 30 secs	5 x 30 secs
Alt Lunge Jumps	2 x 5	4 x 6
Broad Jumps	2 x 5	3 x 6
<b>DAY 4</b>		
*Cardio (Choose between bike, running, jumping rope. Stretch/Range of Motion	30 mins 30 sec hold	30 mins 30 sec hold
<b>DAY 5</b>		
Side to Side Hops	2 x 15	4 x 12
Front-Back Hops	2 x 15	4 x 12
Jump Squats	5 x 6	5 x 10
Jumps w Object	3 x 6	4 x 6
High Skips	2 x 10	4 x 10
Skiers	3 x 8	4 x 10
Cone Drill	4 x 3	4 x 30 secs