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Wilma Smith Speed & Plyometrics #5 Session Date: 2/04/2004

1. ANKLE BOUNCES

- Stand, feet hip width apart
- Knees slightly flexed
- Jump repeatedly
- Emphasise jump action from ankle & calf rather than knee & hips
- Aim to bounce, short, soft ground contacts

Complete 3 sets of 20 repetitions.
Rest 60 seconds between sets.

2. CARIOCA

- Sideways running action
- Shoulders face side on to the direction of movement
- Trailing leg alternates between crossing in front & behind leading leg
- Rotate lower body to emphasise action
- Arms move to keep body balanced
- Maintain a tall, upright posture
- Complete over 15-20m

Repeat 5 times.
Rest 60 seconds between repetitions.

3. FORWARD SKIPS

- Skipping action, move forward slowly
- Emphasise knee lift, arm action & extension of stance leg
- Maintain a tall, upright posture, slight forward lean
- Ground contact on balls of feet
- Vary stride rate & ground contact time
- Complete over 15-20 metres

Repeat 5 times.
Rest 60 seconds between repetitions.

4. HIGH KNEE LIFTS

- Running action, move forward slowly
- Emphasise knee lift & arm action
- Maintain a tall upright posture, slight forward lean
- Ground contact on balls of feet
- Vary stride rate & ground contact time
- Complete over 15-20 metres

Repeat 5 times.
Rest 90 seconds between repetitions.

5. SPRINT - 30 METRES - GRADUAL ACCELERATION

- Place 2 field markers 30 metres apart
- Begin walking, then accelerate to the far marker
- As speed increases so does stride length
- Ground contact on balls of feet
- Slight forward lean of torso
- Change start procedure for variety

Repeat 5 times.
Rest 90 seconds between repetitions.

6. HURDLE JUMPS

- Stand, facing a row of hurdles
- Jump over each hurdle in the sequence
- Maintain an upright posture, use arms to assist with elevation
- Land on balls of feet, minimise ground contact times
- Tuck knees to chest during flight to clear hurdles

Complete 3 sets of 6 repetitions.
Rest 90 seconds between sets.

7. POWER HOPS - HEIGHT

- Stand on one leg
- Hop for maximal height
- During flight bring foot of hop leg to buttock
- Land with leg slightly flexed

Complete 3 sets of 5 repetitions.
Rest 120 seconds between sets.

8. MINI HURDLE HOPS - SIDE TO SIDE

- Stand next to a single mini hurdle
- Hop back and forth over the hurdle
- Maintain an upright posture, use arms to assist with elevation
- Ground contact on ball of foot, leg slightly flexed
- Maintain alignment of knee over foot

Complete 3 sets of 6 repetitions.
Rest 120 seconds between sets.