Ankle Jumps “Double Leg” – 2 sets 5 reps

Start  Finish

Ankle Jumps “Single Leg” – 2 sets 5 reps

Start  Finish

Ankle Jumps “Double Leg” – 2 sets 5 reps Eyes Closed

Start  Finish

Ankle Jumps “Single Leg” – 2 sets 5 reps Eyes Closed

Start  Finish

Single Leg Plyo Jump 2 sets of 5 reps each leg

Start  Mid-Air
Jumps Squat 2 sets of 5 reps

Start

Mid-Air

Jumps Squat 2 sets of 5 reps – Eyes Closed

Start

Mid-Air

Jumps Squat Iso hold (3 Seconds) 2 sets of 5 reps – Eyes Closed

Start

Mid-Air

Jumps Squat Iso hold (3 Seconds) 2 sets of 5 reps

Start

Mid-Air

Alternating Split Lunge Jump – 4 Reps Each Leg 2 Sets

Start

Mid-Air
Pike Jump – 2 Sets of 5 Reps

Tuck Jump – 2 sets 5 Reps

Tuck Jump – 2 sets 5 Reps – Eyes Closed

3 Second Iso Hold Squat Jump - 2 sets of 4 reps

3 Second Iso Hold Tuck Jump - 2 sets of 4 reps

Bounding Double Leg – 5 Reps 2 Sets
Bounding Lateral Double Leg – 5 Reps 2 Sets to Right and Left.

Bounding Forward Single Leg – 5 Reps 2 Sets to Right and Left.

Cycle Kicks – 4 reps each leg - 2 sets

Partner Lateral Jumps -6 Jumps - 2 Sets

Partner forward and backward – 6 jumps – 2 sets

Partner Lateral (180 Degree) Jumps -6 Jumps - 2 Sets
3 Second Single leg Iso Hold Squat Jump - 2 sets of 3 reps

3 Second Single leg Iso Hold Bounding - 2 sets of 3 reps