

**Grade 8 & 9
Plyometrics Block Plan**

Day #	
One	Skills-Cognitive, Psychomotor Concepts-Safety, Fitness Testing Drills-Quiz (Safety), TA Form (exercises), Vertical Jump Test, Standing Long Jump
Two	Skills-Cognitive, Psychomotor, Personal Social Concepts-Safety, Technique Drills-Depth Jumps, Box Jumps, Vertical Jump Components, 1-leg Lateral Cone Hops, (refer to bags)
Three	Skills-Personal Social, Cognitive, Psychomotor Concepts-Sets & Reps, Drills-Repeat Day 1 (w boxes, time, distance, etc.)
Four	Skills- Cognitive, Psychomotor, Personal Social Concepts-Best Effort, Reliability, Stretch Shortening, Technique (repeat day 1) Drills-(See Day 1 & Box Jumps) = (Refer to Bags)
Five	Skills-Personal Social, Cognitive, Psychomotor Concepts- Lateral Movement, Unilateral Movement, Sequential Contractions & Movement Patterning. Drills (A)- Alternating Push-Off, Single Leg Push-Off, Lateral Ste-Up, Speed Skater Jumps Drills (B)- Jump over barrier, Lateral Jump w/2 feet, Standing Jump & Reach, 1-2-3 Drill,
Six	*continue for self chosen number of weeks *at end of given unit – conduct standard vertical jump test and measure against pre-test.