

# PLYOMETRIC TRAINING STATIONS

Printable Lesson Kit



PE  POWERPACK

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The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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# PLYOMETRIC TRAINING STATIONS

Plyometrics are a form of exercise that trains muscles to produce power, a combination of strength and speed.

This resource includes 15 printable station cards - each one with a different plyometric exercise.

The great thing about station work is the freedom of students to explore various levels of skill with little anxiety.

Kids who are new to a sport or skill do not feel the pressure of having the entire class watch them perform. At the same time, more experienced athletes can challenge themselves and polish their skills.



## Equipment

Refer to the 'station setup guide' to see what equipment is needed for each activity. Most require no equipment.



## Setup

1. Print and laminate each of the station posters.
2. Decide which posters you will be using and how long you will have the kids stay at a station before rotating. (We recommend about 3-5 minutes.)
3. Set up your stations by attaching each poster to the wall or to a tall cone. Add any necessary equipment. Spread your stations out so students will have enough space to perform the activity safely.
4. Introduce your students to each station. Teach the relevant skills, explain how long they will spend at each station and where they will rotate next.
5. Place the students in even groups and divide them up between the stations.
6. Blow your whistle to have the students begin. Put on some fun, upbeat music. Walk around to answer questions and help students complete the activities.
7. After the set time has elapsed, blow the whistle again and have the students rotate to the next station. Continue for the duration of your session.



# SETUP GUIDE

	STATION NAME	EQUIPMENT	HOW IT WORKS
1	<b>Burpees</b>	None	From a standing position, drop down into a pushup, then hop back up and jump in the air.
2	<b>Bear Crawl</b>	4 cones	Bear crawl as fast as you can, but under control around 4 cones.
3	<b>Crab Walk</b>	4 cones	Crab walk as fast as you can around 4 cones, keeping your body under control.
4	<b>Power Gallop</b>	4 cones	Gallop with powerful leg thrusts around 4 cones.
5	<b>Sprinting</b>	None	Sprint as fast as you can from one end line to another end line.
6	<b>Hula Jumping</b>	Hula hoop	Jump rope using a hula hoop.
7	<b>Jumping Jacks</b>	None	Perform jumping jacks with powerful arm motion and leg jumps.
8	<b>Squat Jumps</b>	None	Perform a squat and then forcefully jump into the air using your legs to get as high as you can.
9	<b>Clapping Wall Push-ups</b>	None	Do a push-up against the wall while clapping at the top of each rep.
10	<b>Hula In &amp; Out Jumps</b>	Hula hoop	Jump in and out of hula hoop using both feet.
11	<b>Hopscotch</b>	Hopscotch course	Jump quickly through a hopscotch course without touching any of the lines.
12	<b>Jumping Rope</b>	Jump ropes	Jump rope forward as quickly as you can.
13	<b>Thrust Jumps</b>	None	Jump as high as you can from a standing position into the air
14	<b>High Knee Skip</b>	4 cones	Skip with powerful high leg lifts around 4 cones
15	<b>Hurdle Hops</b>	Small hurdle or cone	Hop back and forth over the hurdle/cone

# BURPEES

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## INSTRUCTIONS:

From a standing position, drop down into a pushup, then hop back up and jump in the air. Do 5 reps, rest for 30 seconds, then try again.



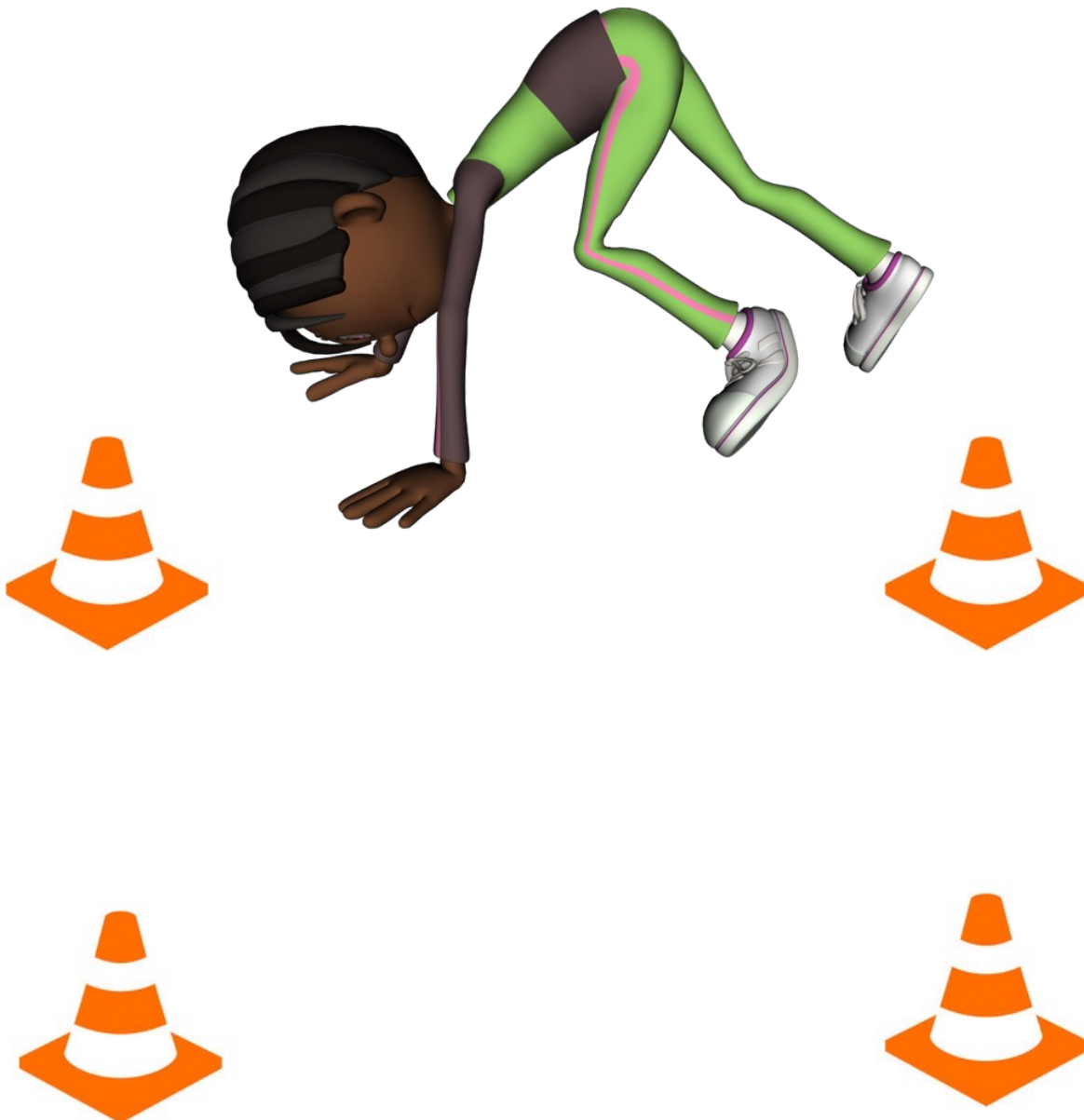
# BEAR CRAWL

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## INSTRUCTIONS:

Bear crawl as fast as you can around 4 cones. Do 3 quick laps, rest for 30 seconds, then try again.



# CRAB WALK

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## INSTRUCTIONS:

Crab walk as fast as you can around 4 cones. Do 3 quick laps, rest for 30 seconds, then try again.





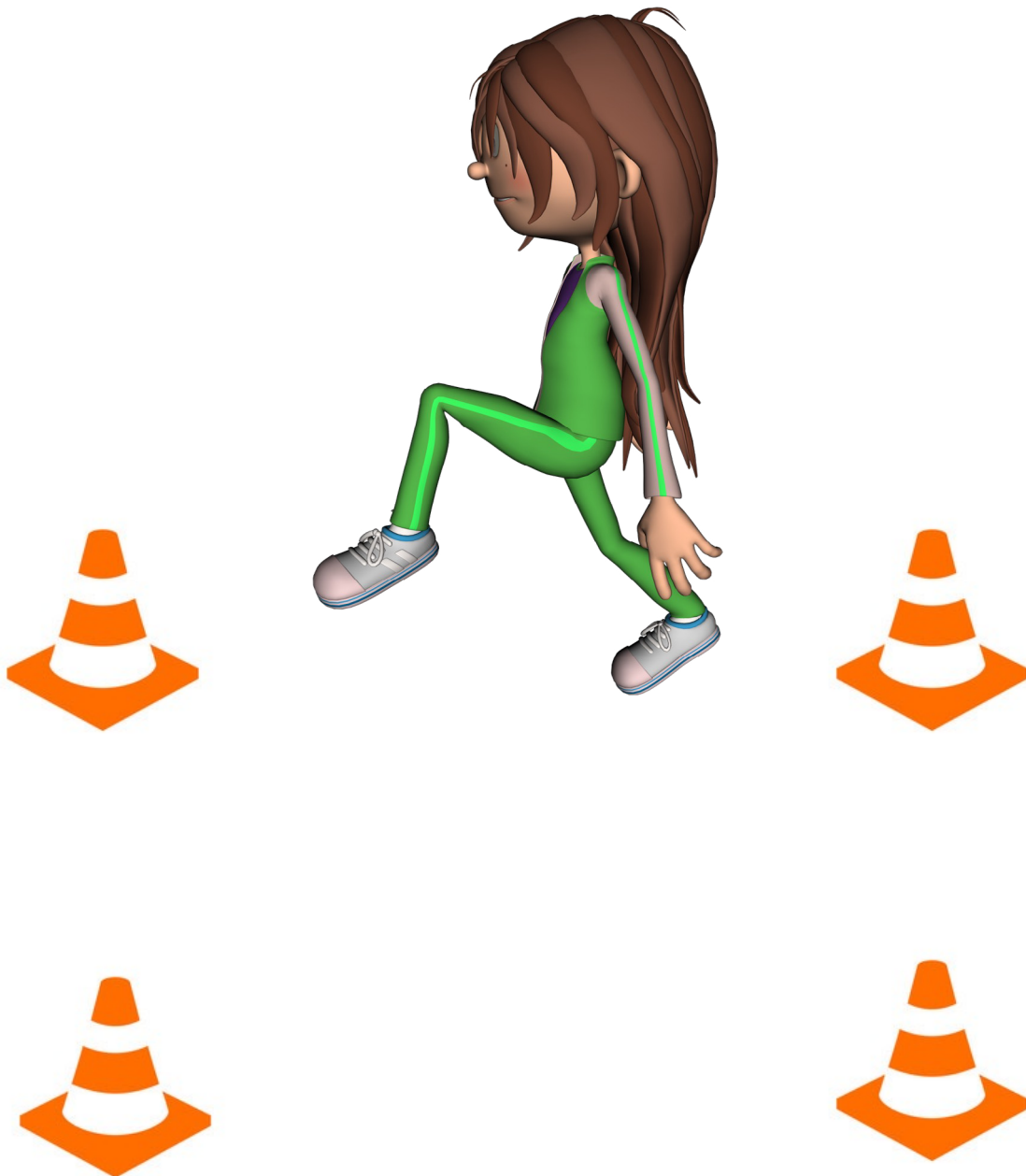
# POWER GALLOP

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## INSTRUCTIONS:

Gallop around 4 cones with powerful leg thrusts. Do 5 quick laps, rest for 30 seconds, then try again.



# JUMPING JACKS

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## INSTRUCTIONS:

Sprint as fast as you can from one end line to another end line. Lean forward slightly and pump your elbows back and forth. Do 4 sprints, rest for 30 seconds, then try again.



# HULA JUMPING

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## INSTRUCTIONS:

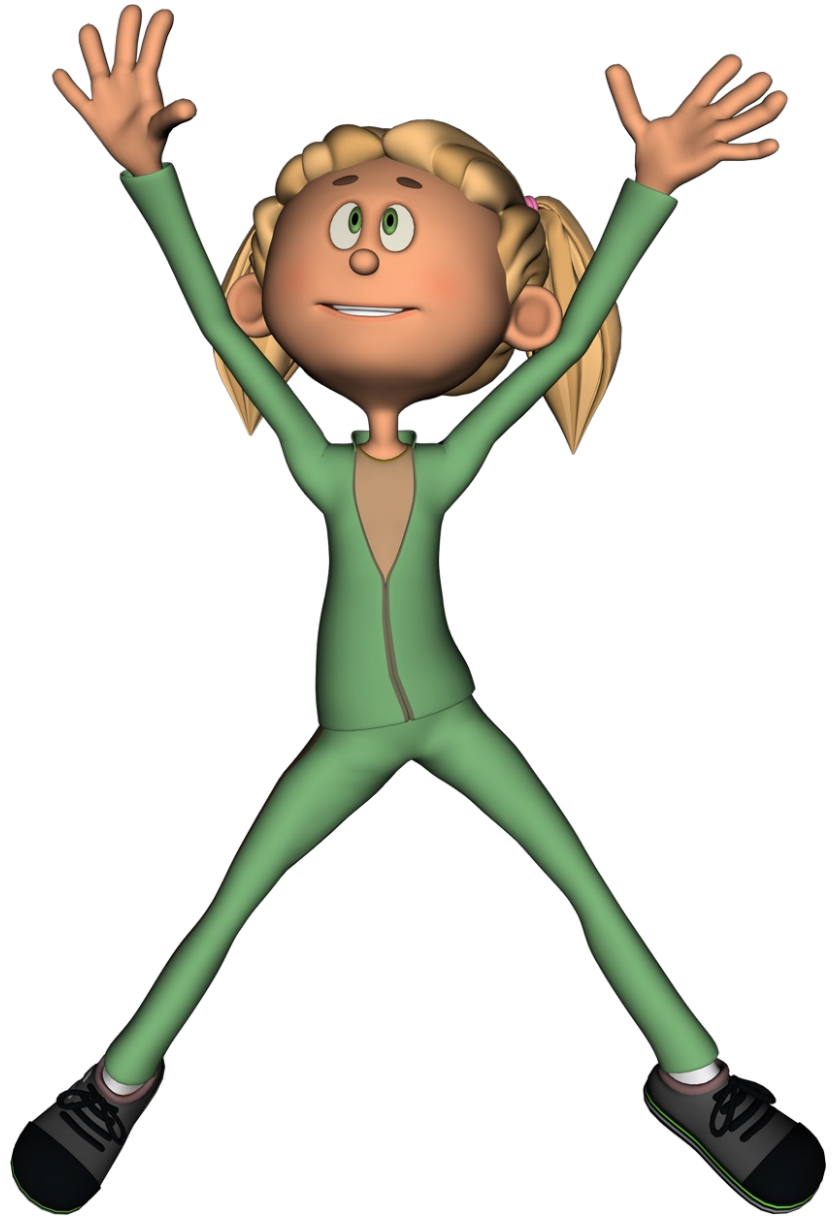
Jump rope using a hula hoop instead of a rope. Do 10 jumps, rest for 30 seconds, then try again.





## INSTRUCTIONS:

Do 25 jumping jacks,  
rest for 30 seconds,  
then try again.



# HURDLE HOPS

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## INSTRUCTIONS:

Jump back and forth over the hurdle 10 times. Rest for 30 seconds and repeat. Try not to knock the hurdle over!



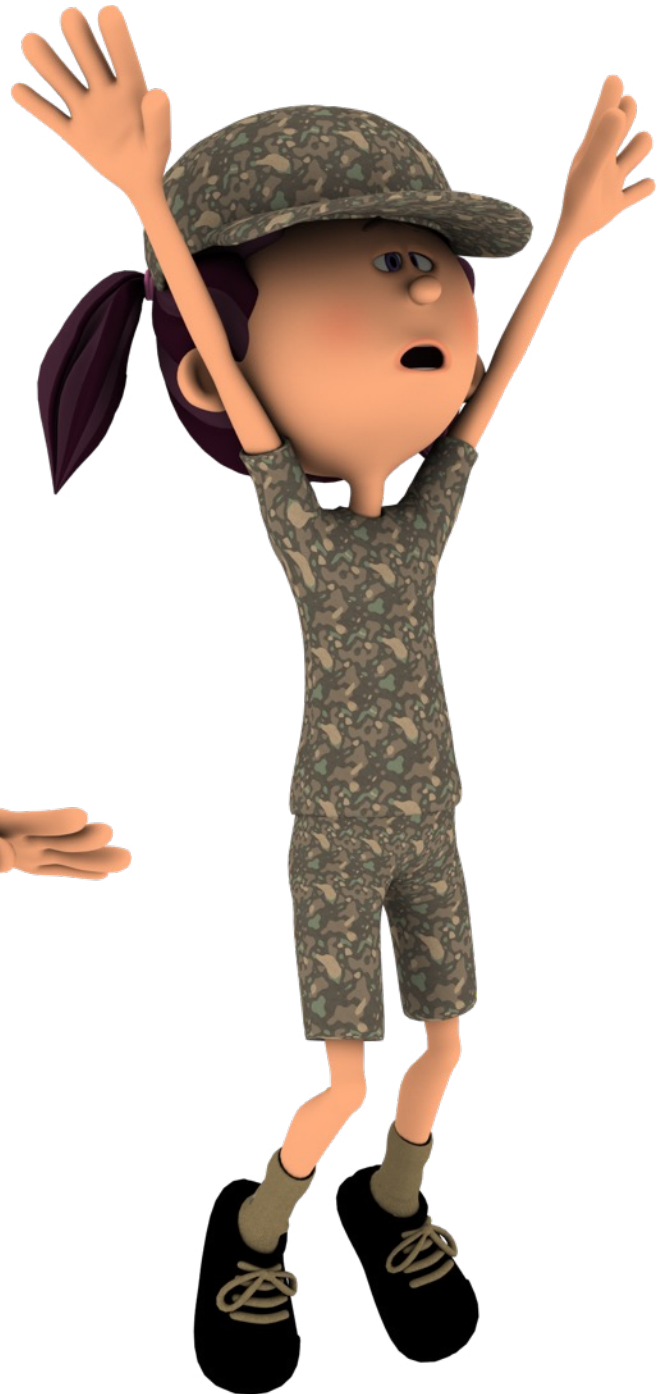
# SQUAT JUMPS

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## INSTRUCTIONS:

Squat down slowly, hold for a second, then swing your arms up into the air and jump as high as you can. Rest for 5 seconds, then try again.



# CLAPPING WALL PUSH-UPS

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## INSTRUCTIONS:

Stand in front of the wall with your arms extended. Bend your elbows and slowly lower yourself against the wall. Push off with a powerful boost. Clap your hands, then fall back against the wall into push-up position. Do 10 reps, rest for 30 seconds then try again.



# HULA IN & OUT JUMPS

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## INSTRUCTIONS:

Jump in and out of a hula hoop using both feet. Do 15 reps, rest for 30 seconds and repeat.





# HOPSCOTCH

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## INSTRUCTIONS:

Jump quickly through a hopscotch course without touching any of the lines. Alternate between one foot and two feet on each jump. Rest for 10 seconds, then repeat.



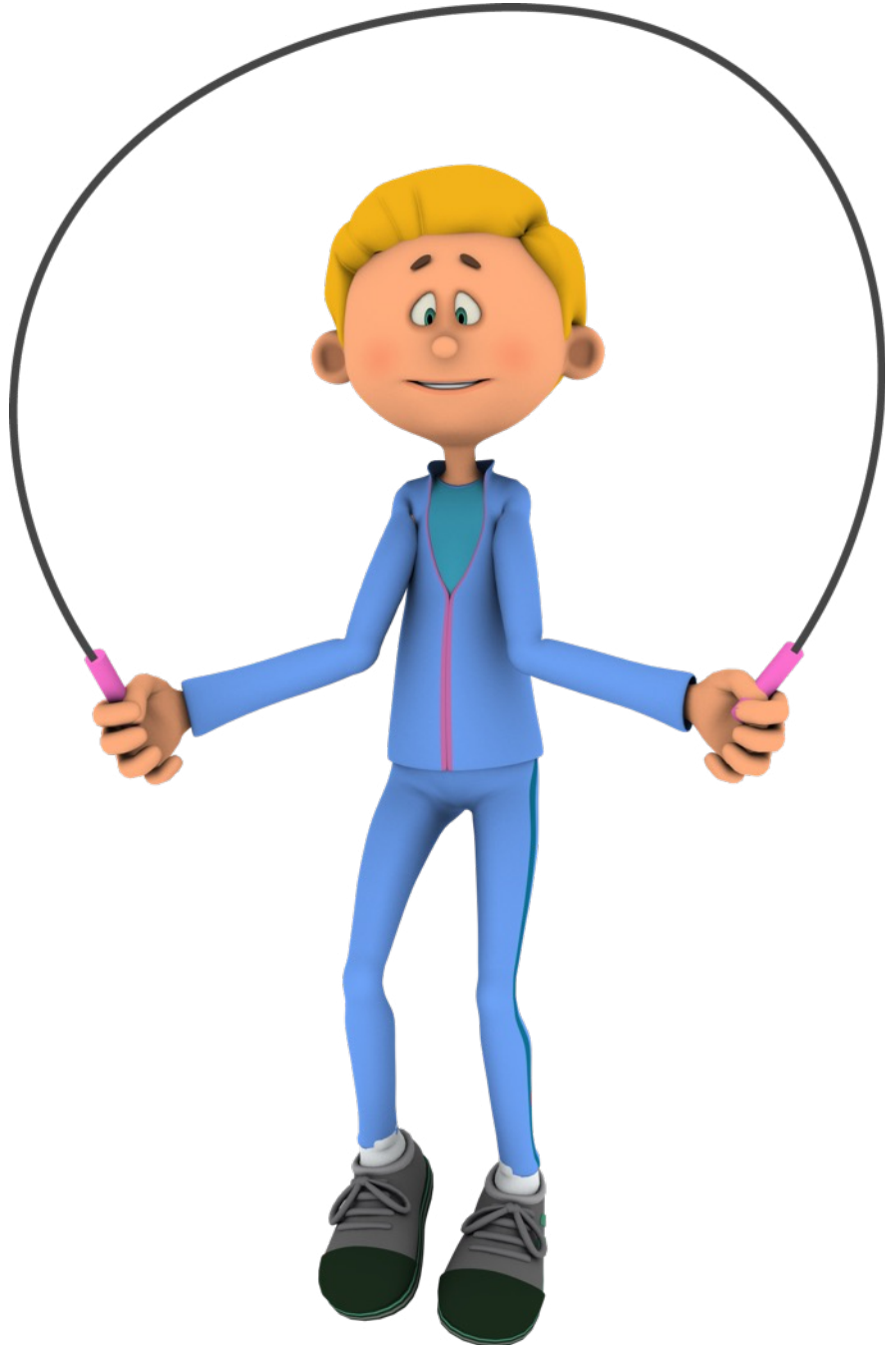
# JUMPING ROPE

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## INSTRUCTIONS:

Jump rope as fast as you can while maintaining your balance. Try to jump rope 50 times, resting whenever needed.



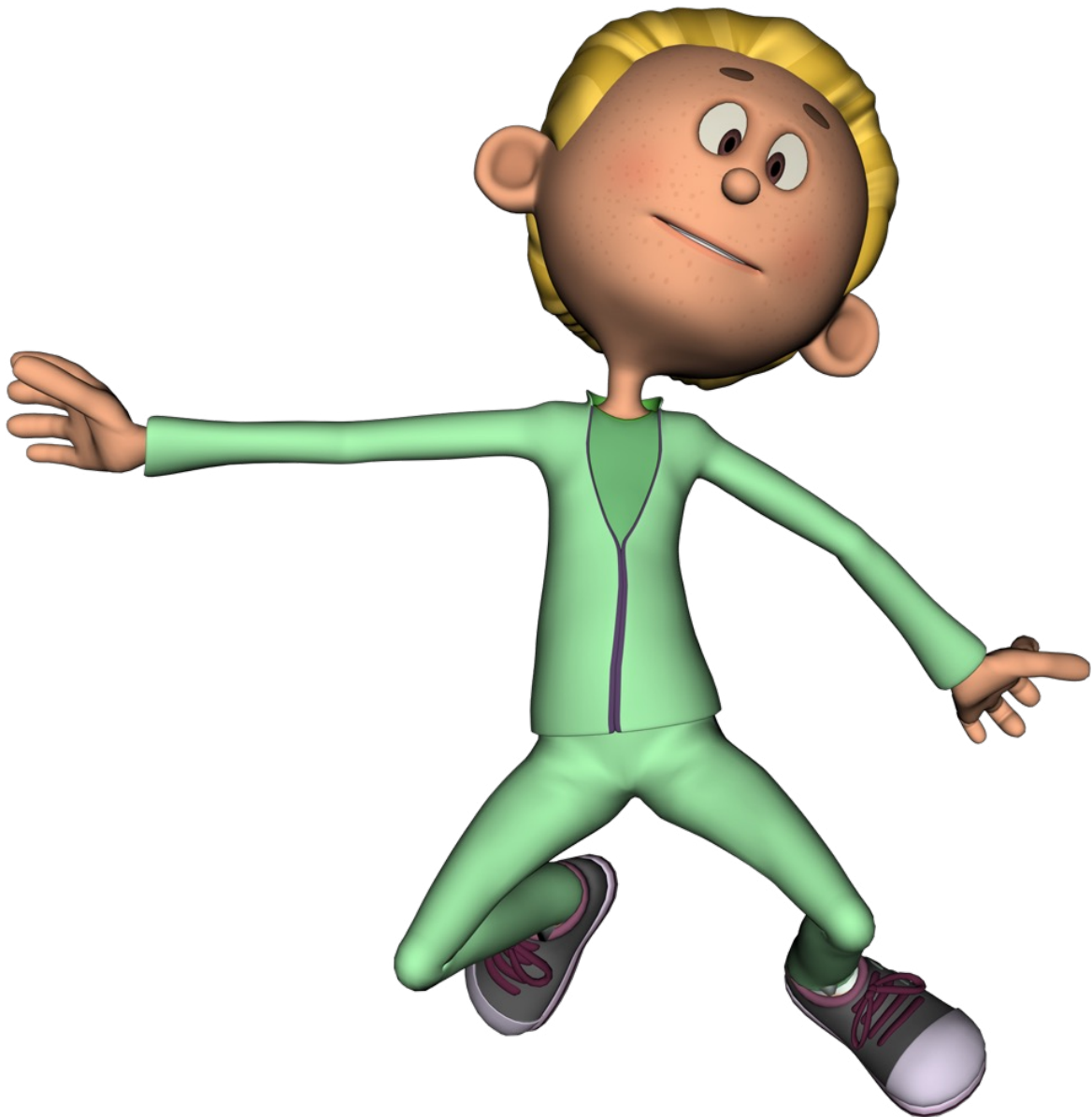
# THRUST JUMPS

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## INSTRUCTIONS:

Jump as high as you can from a standing position into the air. Bend your knees towards the ground, and then powerfully thrust yourself upwards using your legs as well as your arms. Rest for 5 seconds between each jump, then repeat.



# HIGH KNEE POWER SKIPS

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## INSTRUCTIONS:

Skip with powerful high knee lifts around 4 cones. Bring your knees up towards your chest with each step you take. Do 3 laps around the cones, rest for 30 seconds, then repeat.

