

12 Week SAQ Plyo Breakdown - Coach Rozy TRAINING - WINTER 2018

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Pogo	3 x 10	3 x 10	3 x 10	3 x 10								
Squat Jump	2 x 4-6	3 x 4-6	3 x 6-8									
Medicine Ball over and under med ball half and full twist	3 x 3	3 x 4	3 x 5	3 x 5	3 x 6							
Rocket jump and star jump	2 x 4-6	2 x 4-6	3 x 4-6		3 x 4-6							
Split Jumps and scissor jumps	2 x 4-6		3 x 4-6	3 x 6-8	3 x 6-8	3 x 4-6						
Prancing	2 x 4-6	2 x 4-6	2 x 4-6	2 x 4-6	2 x 4-6							
Galloping	3 x 10	3 x 10	3 x 10	3 x 10	2 x 10	2 x 10	2 x 10	2 x 10	2 x 10	2 x 10	2 x 10	2 x 10
Fast skipping	3 x 10	3 x 10	3 x 10	3 x 10	2 x 10	2 x 10	2 x 10	2 x 10	2 x 10	2 x 10	2 x 10	2 x 10
Ankle flip	2 x 4-6	3 x 4-6	3 x 4-6	3 x 6-8	3 x 6-8	3 x 6-8	3 x 6-8	3 x 6-8	3 x 6-8	2 x 8-10	2 x 8-10	2 x 8-10
Single leg stair bound		2 x 4-6	2 x 4-6	3 x 6-8		2 x 8-10	2 x 8-10		2 x 8-10			
Lateral bound (Single response)			2 x 6-8	3 x 6-8	3 x 8-10	3 x 10-12		3 x 10-12				
Alternate leg stair bound		2 x 6-8	3 x 6-8	3 x 8-10	3 x 8-12	3 x 8-12	3 x 8-12					
Scoop toss progression			3 x 3-6	3 x 3-6	3 x 3-6		3 x 3-6	3 x 3-6	3 x 3-6			
Knee tuck jump			3 x 3-6	3 x 3-6	3 x 3-6		3 x 3-6	3 x 3-6	3 x 3-6			
Incremental vertical hop				3 x 3-6	3 x 3-6	3 x 3-6		3 x 3-6	3 x 3-6	3 x 3-6		
Quick leap				4-8 x 1-2	4-8 x 1-2	4-8 x 1-2	4-8 x 1-2		4-8 x 1-2	4-8 x 1-2	4-8 x 1-2	4-8 x 1-2
Floor kip					3 x 1	3 x 1	3 x 1	3 x 1		3 x 1	3 x 1	3 x 1
Depth jump									4-8 x 3-6	4-8 x 3-6	4-8 x 3-6	4-8 x 3-6
Depth jump leap										3-6 x 3-5	3-6 x 3-5	3-6 x 3-5

Yellow is Monday - Blue is Wednesday - Red is Extra Day if needed for group