



---

# Jump power & explosiveness for footballers

Plyometric program for U11 to U18

*This document was provided by areacopa.com.*

TEAM

AGE GROUP

COACH

---

## Ground rules

Quality over quantity.

- Always start with the landing: soft, quiet, stable
- Knees over the toes, push off the balls of the feet
- About 80 jumps per session, no more
- Twice a week, at least 48 hours of rest
- Pick three to four drills per session
- Train both turning directions equally
- Fold into the warm-up, not a separate session

## Drill catalogue

Pick three to four per session.

- Pogo jumps: 2 to 3 x 8, from U11
- Squat jumps: 2 to 3 x 6, from U11
- Side jumps over a line: 2 to 3 x 10 per side, from U11
- Standing long jump: 2 to 3 x 5, from U11
- Low hurdle hops: 3 x 5 rounds, from U13
- Box jumps onto a low box: 2 to 3 x 6, from U13
- Single-leg hops, land on both: 2 x 5 per leg, from U15
- Drop jumps from a low box: 2 to 3 x 5, from U15

## Weeks 1 to 2: Technique

---

First the clean landing.

- Practise landing: soft, quiet, stable
- Two-footed pogo and squat jumps
- About 60 clean jumps per session
- Every rep clean, volume is secondary

## Weeks 3 to 4: Volume

---

More jumps, more directions.

- Low hurdle hops and side jumps
- Train both turning directions equally
- Build up to about 80 jumps per session

## Weeks 5 to 6: Speed

---

Short contacts, more load.

- Stress short ground contacts and speed
- Standing long jumps, single-leg variants from U15
- Add a strength exercise as a base

## Contrast method from U15

---

Only for players with strength-training experience.

- Heavy exercise at 75 to 90 percent of maximal strength
- Only 1 to 5 reps, 2 to 4 sets
- Straight after, an explosive jump in the same pattern
- 3 to 12 minutes of rest between pairs
- Run the block over 4 to 6 weeks



