

**BIGGER  
FASTER  
STRONGER**

# PLYOMETRICS

**CATCH  
THE  
VISION**

By Dr. Greg Shepard

Should we teach elementary and junior high kids how to jump correctly? Absolutely! But do we? I don't think we do. I work with the Utah Jazz and have been a consultant with the Sacramento Kings. It's amazing that I have never had any player in rookie tryouts tell me that he'd been taught how to jump. When college football coaches test a vertical or standing long jump they just say, "Jump as high or as far as you can." The athlete is not told about head, eye, arm or hip placement – all critical for optimum jumping performance.

Plyometrics for the lower body are really nothing more than jumping drills designed to develop explosive power and greater speed. If an athlete practices plyometrics correctly, he will jump higher and farther while generating greater speed. Vertical jumps, standing long jumps and forty yard dashes are how most people measure the effectiveness of plyometric training.

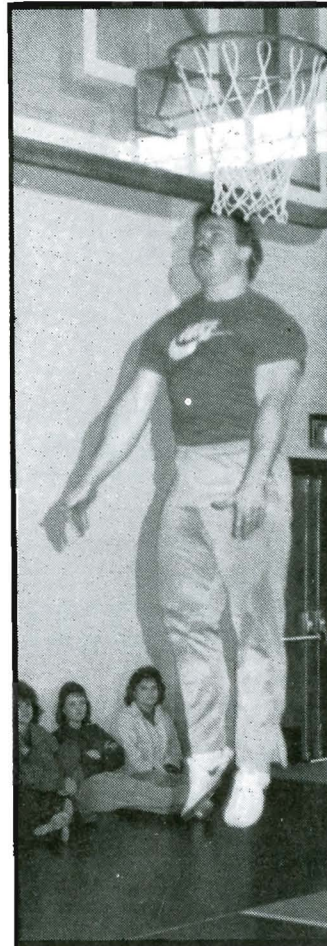
Plyometrics involve maximum explosive contractions. You do every jump as quickly as possible. Your feet spend as little contact time as possible on the ground or the floor. When you jump up, do so with maximum effort. When you bound for height or distance, it's all out. You teach your body how to use its strength. You must become more explosive!

At the junior high or high school level, we recommend doing plyometrics twice per week. A workout need only take about 10-15 minutes. We advise beginning with 25 contacts per workout. A contact is like a rep in weights. A beginner might do 6 all-out vertical jumps like Stefan pictured on the right. Next, he might do 6 all-out standing long jumps, 6 side hops and 7 medicine ball throws for a total of 25 contacts.

If you are looking for an advanced upper limit tip; here it is. **USE VIDEO ANALYZATION IN BOTH SPEED AND PLYOMETRIC DEVELOPMENT.** It really helps an athlete see where improvements in technique can be made. Using a video will give you an edge. In this journal, we have featured some spectacular athletes. However, not one of them except Stefan has had the advantage of video analyzation on their running and jumping form.

Our speed and plyometric video is a tremendous coaching aid in teaching both coach and athlete how to run and how to jump while being tested. Plus, it teaches how to analyze and gives many useful plyometric drills demonstrated by Stefan.

**CATCH THE  
VISION**



Stefan Fernholm 6-1½ 270 putting his ear on the backboard at Morrilton, Arkansas BFS Clinic

**VALUABLE SPEED  
AND PLYO  
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**BFS SPEED AND  
PLYOMETRIC VIDEO**  
See Pages 14 & 15

**UPPER LIMIT SPEED POSTER**  
See Page 97

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