

# ***PLYOMETRIC BOX JUMPING***



***Drill I: Go From A 20-inch  
Box And Dangle Foot From  
Edge Before Stepping Off.  
Notice Arms, Head And Eyes.***

## ***DRILLS I & II***



***Drill II: Land On The Ball Of  
The Foot Bend Knees Only  
Slightly And Extend To A  
Hard And Straight Position***

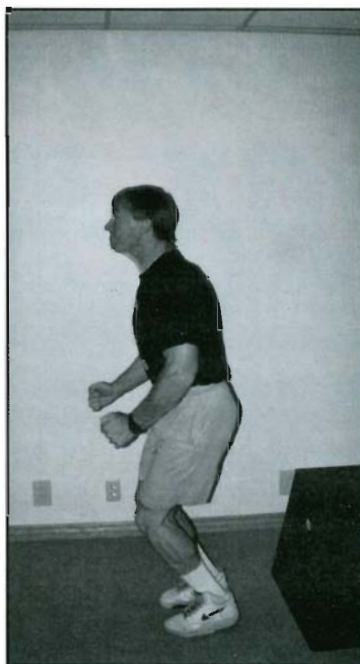
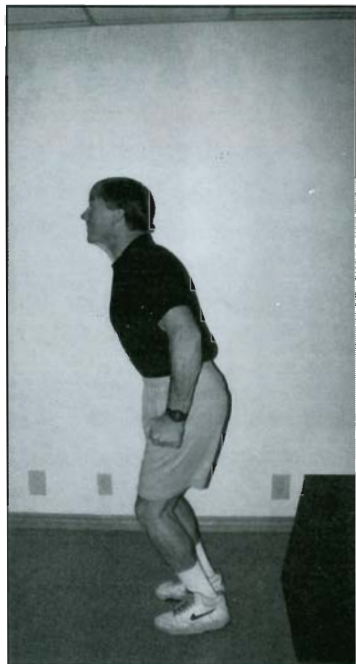
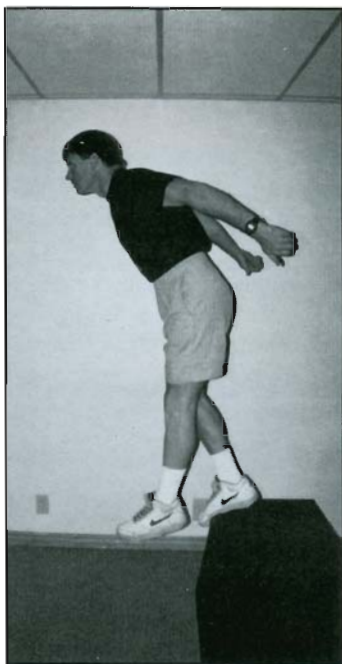
**By Dr. Greg Shepard  
BFS President**

**P**lyometric Box Jumping can increase explosive power in any age athlete. It is not unusual for 9th graders who have been on our program for two years to have a vertical jump of 30-inches. It really bridges the gap between

strength built in the weight room to functional explosive power in athletic competition.

We have five basic drills with our Plyometric Box Jumping Program. I will go into detail on the first two drills. Let me say this first about who can begin these drills. Virtually everyone can, even as young as 7th graders.

It has been our experience with vast numbers of junior high and high school athletes of all shapes, sizes and abilities that everyone can participate in the first two drills. Occasionally, I will hear a college or pro strength coach say only advanced athletes should do box jumping. This is simply not true with the unique BFS



## ***Drill II: Begin The Same Way But Now Jump As High As Possible As Explosively As Possible***

Program. The way we do it is completely safe and promotes coordination of basic body movements which can't help but increase athletic performance.

The first drill consists of stepping off a box and landing. The trick is to dangle the foot off the edge of the box. This prevents a possible bone jarring landing effect. It also cuts down the distance of the jump. Our boxes are 20-inches high so by stepping off in this manner it will cut down this height by about another four inches. Let's face it. If an athlete can't land from a 16-inch height, he should be in a remedial physical education class.

Both arms should be brought straight back, similar to a volleyball player, preparatory to stepping off. The arms are brought vigorously forward as though the athlete were going to vertically jump upward. The eyes should be focused straight ahead. The athlete should also land on the

balls of his feet. The knees should bend only slightly.

Now another crucial trick: The athlete should think in his mind to jump the instant before landing and upon landing the legs should already be straightening. One final point: It is a common mistake to bend the legs more than slightly. The landing should be described as hard versus soft.

There should be three, preferably five, 20-inch boxes. These boxes are placed three feet apart. An athlete will step off the first box, land and straighten. Now, as he goes to the second box, the next athlete will be on the first box. If you have a five box set up, then five athletes can be involved at the same time. Obviously, a lot of athletes can get through this drill in a short amount of time. The coach should observe any potential problem athletes, like very overweight athletes. By asking discreetly or through observation a very small

percentage may be advised not to do drill two, but this would be very rare.

Drill two is exactly like drill one, except now the athlete will jump as high as he can as quickly as he can. At clinics, I stand on a box and ask the athletes to imagine that I'm holding a basketball. I ask, "What would happen if I slammed this basketball down on the floor as hard as possible. Of course, they say, "Coach, it would explode up to the ceiling." I smile. Now they understand that is what they are to do.

Care should be taken to get a good surface. Concrete is too hard. Wrestling mats are too soft. Bigger Faster Stronger has the perfect surface with our sprint/plyo track. We also have great videos: ***Plyometric Box Jumping*** and this subject is fully shown in our ***Total Program For Women***. In a future issue, the next drills will be fully discussed. **Good luck!** .....□



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