

SIX-WEEK PROGRAM

Below is a list of aquatic plyometrics activities you can use with your athletes two to three times a week. These exercises follow a standard progression in terms of volume and intensity and are best conducted in waist-deep water. When compared to a typical dry land plyos program, foot contacts are doubled in water, so more work can be performed in a shorter amount of time while achieving similar results.

Week One

Side-to-side ankle hop	2x15
Standing jump and reach	2x15
Front cone hop	6x5

Lateral cone hop	3x10
Tuck jump	4x6
Wall pushup	3x12
Wall sit-up	3x15

Week Two

Side-to-side ankle hop	2x15
Standing long jump	2x15
Lateral jump over barrier	6x5
Double-leg hop	10x3

Week Five

Single-leg bound with aqua gloves	2x10
Box jump (18 inches)	2x10
Double-leg hop with aqua gloves	6x3
Lateral cone hop	2x12
Tuck jump	6x5
Lateral jump over barrier	3x10
Wall push-up	3x15
Wall sit-up	4x20

Week Three

Side-to-side ankle hop	2x12
Standing long jump	2x12
Lateral jump over barrier	6x4
Wall push-up	2x10
Double-leg hop	8x3
Lateral cone hop	2x12

Week Six

Box jump (18 inches)	2x10
Depth jump	4x5
Double-leg hop with aqua gloves	6x3
Single-leg lateral cone hop	2x10
Tuck jump	4x5
Single-leg lateral jump	2x10

Week Four

Single-leg bound with aqua gloves	2x12
Standing long jump with fins	3x10
Lateral jump over barrier	8x4