



INJURY PREVENTION PROGRAM

WEEK 1: 3 DAYS A WEEK, TECHNIQUE TRAINING

PLYOMETRIC EXERCISES	DURATION
Pop Jumps	1 min.
Tuck Jumps	20 seconds
Squat Jumps	20 seconds
Cone Jumps, Side to Side, Double leg	20 seconds
Cone Jumps, Front to Back, Double leg	20 seconds
180 Jumps	20 seconds
Broad Jumps, 5 sec hold	5 total
Bounding for Distance	20 yards

WEEKS 2 & 3: 2 DAYS A WEEK, FUNDAMENTALS

PLYOMETRIC EXERCISES	DURATION
Pop Jumps	1 min.
Tuck Jumps	20 seconds
Squat Jumps	20 seconds
Cone Jumps, Side to Side, Single leg	15 seconds
Cone Jumps, Front to Back, Single leg	15 seconds
Jump, Jump, Jump Vertical	5 each
Scissor Jumps	30 seconds
Single Leg Hop	5 each leg, 10 total
Bounding for Distance	20 yards

WEEK 4: 3 DAYS A WEEK, PERFORMANCE TRAINING

PLYOMETRIC EXERCISES	DURATION
Pop Jumps	1 min.
Cone Jumps, Side to Side, Double Leg Fast	30 seconds
Cone Jumps, Front to Back, Double Leg Fast	30 seconds
Jump, Jump, Jump Vertical with 10 Squat Jumps	5 total
Single Leg Hop, Hop, Stick with 5 Squat Jumps	3 each, 6 total
Bounding for Distance	20 yards

MAINTENANCE: 2 DAYS A WEEK

PLYOMETRIC EXERCISES	DURATION
Pop Jumps	1 min.
Squat Jumps	30 seconds
180 Jumps	30 seconds
Jump, Jump, Jump Vertical with 5 Squat Jumps	5 total
Scissor Jumps	30 seconds
Single Leg Hop, Hop, Hop with 1 Squat Jump	5 each
Bounding for Distance	20 yards

Rest Time is 1 min. between jumps

Please contact Rebound with questions:
360-823-5792 or injuryprevention@reboundmd.com





JUMP DESCRIPTIONS

POP JUMPS (ankle bounces)

Knees slightly bent, arms overhead. Eyes up. Soft knees

TUCK JUMPS

Upright neutral stance, arms in front, tuck the knees simultaneously to the chest and repeat.

SQUAT JUMP

Squat position with chest and head up and back straight. Slowly touch on the soles. Jump as high as possible. Return to squat position and repeat.

CONE JUMPS SIDE TO SIDE

Using small cone, jump from one side to the other keeping good neutral spacing. Landing with ankles, knees hip bent.

CONE JUMPS FORWARD AND BACKWARD

Facing the cone, jump over and back keeping good neutral spacing. Landing heels forward, toes backward.

180 JUMPS

Neutral stance, jump straight into the air, turn 180, land with ankles, knee, hips bent. Repeat other direction

BROAD JUMPS

Neutral stance, jump forward as far as possible taking off with both feet. Land heels to flat feet, remain in the crouch position 5 seconds.

BOUNDING FOR DISTANCE

Start on one leg, opposite leg bent behind. Jump forward and bring opposite knee up high and land on opposite leg in a good neutral position.

CONE JUMPS F/B AND S/S SINGLE LEG

Same as double, landing with good neutral bent position.

JUMP JUMP JUMP VERTICAL

Perform three broad jumps, each take off and landing in a deep crouch. Finish with a squat jump then hold 5 seconds in a deep crouch.

SCISSOR JUMPS

Start in a lunge position with the front knee bent over the ankle. Push off the front leg and get as much height as possible. Land with opposite leg in front.

SINGLE LEG HOP

Performed like the broad jumps, except start and land on same leg. Land in deep crouch and hold for 5 seconds.

CONE JUMPS, DOUBLE LEG, FAST

Side to side and forward/ backward. Performing as many as you can. Keep neutral.

JUMP JUMP JUMP VERTICAL WITH 10 SQUAT JUMPS

Instead of one squat jump, finish with 10 then hold for 5 seconds in a deep crouch.

SINGLE LEG HOP HOP STICK WITH 5 SQUAT JUMPS

Perform 3 single leg hops for distance holding and sticking the last one. Then perform 5 single leg squat jumps. Hold last one for control.

REMINDERS AND CUES

Legs should always be slightly bent with soft knees for start and finishing jumps. (ready position)

Maintain a neutral alignment with hips, knees and ankles in line with take-off or landing. (ride a horse)

Control the landing, coil, be quiet. (soft as a feather, don't smash the glass)

Heel landing when jumping forward, even weight over the feet. (no cliff hangers)

Use the soccer ball when appropriate.

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