

## Plyometric Circuit

### **Aim**

To develop explosive multi-directional speed, agility and quickness.

### **Area/Equipment**

Indoor or outdoor area – place ladders, hurdles (which can be substituted with tackle shields or bags on the ground) and cones in a circuit formation (see fig. 5.10).

### **Description**

The players jump, hop and zigzag their way through the circuit as stipulated by the coach.

### **Key Teaching Points**

- Maintain the correct mechanisms for each part of the circuit
- Ensure that there is a smooth transfer from running to jumping movements and vice-versa.

### **Sets and Reps**

5 circuits with a 1-minute recovery between each circuit,

### **Variations/progressions**

- Work in pairs. 1 player completes the circuit while their partner feeds the ball at various points around the circuit to pass back, dive on, etc.
- Introduce tackle bag/shield hits into the circuit.

Key:  
Direction of Run →  
Player ◻●

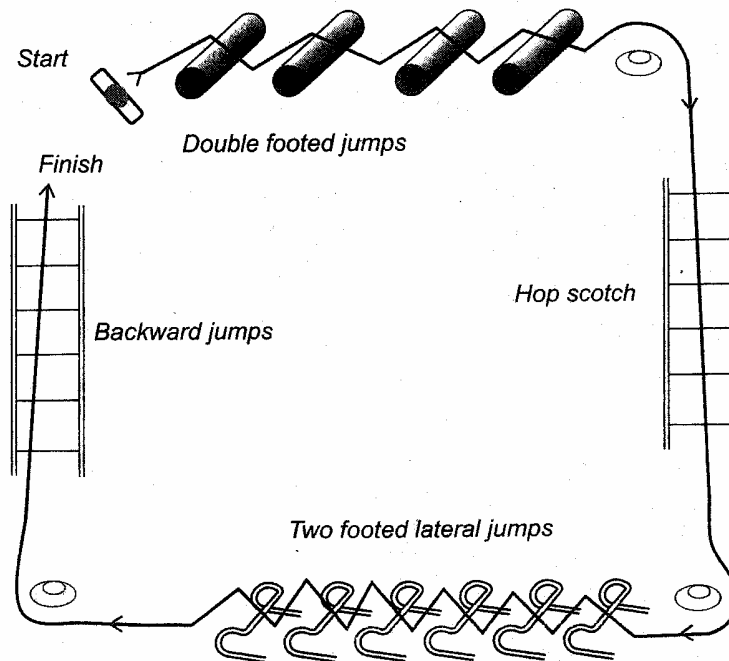


Figure 5.10 Plyometric circuit

