

Plyometric Conditioning Plan #1

CONDITIONING GOALS: Improve strength and quickness of lower body with karate specific movements.

Drills: Warm ups followed by plyometrics, followed by kick/punch drills.

Equipment: Striking mats and sparring gear (optional).

Component/Time	Activity	Organization	Coaching Points
Introduction & Warm-up 10 minutes	Line up, bow in, warm up and calisthenics exercises.	Line class up in traditional manner. Use senior student to lead exercise.	Enthusiastic leader, get everyone to count and shout loudly.
Plyometric Drills 20 minutes	<p>Karate sports specific plyometric exercises - "Bounce" patterns, angle hops and ricochets adjusted for karate.</p> <ol style="list-style-type: none"> 1. Standard bounce 2. Bounce forward and back. 3. Bounce from side to side. 4. Same as number 3 but change sides each time. 5. Same as number three but use a triangular bounce pattern. 6. Same as number four but use a triangular bounce pattern. 7. Bounce Randomly over triangular patterns 	<p>Keep competitors in traditional line with enough space around each one to safely perform movement drills. Drills will move forward, back and sideways while maintaining relative positions.</p> <p>Add strikes and kicks to the foot patterns. As competitors tire, pair them up and have one partner hold a striking mat. This allows one to rest while the partner works.</p>	<p>Keep the count, do not let your weight settle on your heels when bounding.</p> <ol style="list-style-type: none"> 1. Switch from side to side every fourth one remaining in place 2. Three ways - one forward foot moves first, one backwards foot moves first, then both feet together. 3. Practice both sides - count is "back forward forward back". 4. Same count as number 3, but you switch the forward foot each time you bounce. 5. Each time you cross the beginning line, you bounce forward as if in attack. When you go to the sides you bounce back as in escape. 6. Same as number 6 except change sides each time you bounce. 7. Forward actions are attacks, side and backward actions are defends. Make sure withdrawals are at a different angle then defends or attacks. Allow traingular pattern to "float".
Practice under competitive conditions 15 minutes	Practice the plyometric drills in pre-arranged manner with an attacker using the kick/punch drills	<ol style="list-style-type: none"> 1. Initially use the traditional line up. As the competitors become familiar with the movement, divide them into pairs and have one hold a mat for a target and have the other strike the mats. 2. Using pairs, have one attack with the kick punch drills and have the other one practice the defense. Initially keep the class together, then as the class progresses let each pair practice on their own. 	<ol style="list-style-type: none"> 1. Keep low, bounce to the side, do not bounce too high. Come out a different direction then you go in. As competitor becomes proficient, target a mat. Mat target can change placement making competitor quickly adjust to new target area. 2. Key off the opponents movement. Watch your distance, Recover quickly. As competitors become proficient, use a mat as a target. Mat targets can change position making competitor adjust to changing targets. Stretch slowly, do not bounce.
Warm Down 10 minutes	Light stretching and cool down.	Class lines up in traditional fashion. Senior student leads exercises.	

Review/Evaluation in 5 minutes	Address competitors at close of practice.	Competitors remain in traditional line up for closing comments.	Complement effort, review areas that need work, reinforce how these exercises help competition.
-----------------------------------	--	--	---
