

## Plyometric Conditioning Plan #2

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

Drills: Warm ups followed by plyometrics, followed by practice jump kicking.

Equipment: Striking mats, dummies or partners to jump over.

Component/Time	Activity	Organization	Coaching Points
Intro & warm-up 10 minutes	Line up, bow in, warm ups 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	Karate sports specific plyometric exercises - "Bounce" patterns, angle hops and ricochets adjusted for karate.		General: Keep the count, do not let your weight settle on your heels when bounding.. Quickly change directions.
	1. Double Leg Side Hop.	Athletes pair off with one another. One partner cruches down on his hands and knees and the other hops over him. Thows who are worried about the partner landing on top of them or who have a partner who doesn't hop well can either lay flat on the floor or lay a karate obi (belt) on the floor to hop over. In lieu of a partner, competitors can hop over a dummy bag.	1. Stand with side of leg next to your partner and hop sideways over him. Make sure you lift both legs high to clear your partner. When landing, try to avoid a double hop on landing and hop back immediately.
	2. Double Leg Side Hop turning 180° forward on each hop.		2. Same as number 1 except twist body 180° in air landing facing the opposite direction. Make sure you hop from a position sideways to the obstacle. Turn forward, do not turn backwards.
	3. Single Leg Side Hop landing on opposite foot.		3. Stand sideways to obstacle and hop with leg closest to the partner, the other knee is held high, foot above the knee. Hop over partner and land on other leg. Make sure you lift both legs high. Do not hop with outside leg.
	4. Single Leg Side Hop turning 180° forward on each hop and landing on same leg.		4. Start similar to number 3, but turn 180° as you hop over obstacle landing on the same foot. Pick up legs high and hop on foot closest to partner. Avoid a double hop on landing and do not turn toward the obstacke before you hop.
	5. Bounce in place in a stride position and Scissor every 3 or 4 bounces.		5. Switch legs quickly in the air. You can complicate this by front kicking when you scissors.
	6. Scissor Jump one after the other.		6. Make sure you drop low after each scissors. You can add reverse or straight punches as you scissors. Later, turn the scissors into a front kick.
	7. Bounce in place and switch sides every 4th bounce. Roundhouse kick as you switch sides.		7. Get in a rythm - "bounce bounce bounce kick". Make sure you change the forward side everytime you kick
	8. Start in chambered roundhouse position and hop from foot to foot with a roundhouse kick on each hop.		8. Start slowly, then pick up speed. our body must turn from side to side and you should try to kick while you are still in the air.
Practice jump kicking skills - 15 minutes	Practice each of the 3 basic kicks - front, roundhouse, and side kick jumping over an obstacle and kick the striking mats.	1. Divide class into minimum groups of 3. One holds the striking mat, the other is the obstacle to jump over and the third practices the jump kicks. Leave room for a short run and space out landing areas so that no one can fall on another.	First jump off one foot and kick with the other foot. Then jump off of one foot and kick with the same foot. Try to strike in the air before the other foot hits the ground.
Warm Down 10 minutes	Light stretching and cool down.	Class lines up in traditional fashion. Senior student leads exercises.	Stretch slowly, do not bounce.
Review/Evaluation 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.

