



# Hops and bounds

PHYSICAL · LOW-VOLUME PLYOMETRICS ·

1 PLAYER (UNDER 18: WITH A COACH OR PARENT WATCHING) · AGE 16+



## Set up

Warm up first

20 m of space

Flat grass

A coach watching

## Dose

About 40 landings

2x a week, not in a row

About 40 landings a session (5 jumps, 5 hops each leg, 3 bounds of 15 m), twice a week, not on consecutive days.

## What it trains

Low-volume jump training (plyometrics) for power, built on landing control: two-foot jumps, then one-leg hops, then bounds, sticking every landing. Plyometrics can be safe for young players when the programme is well designed and supervised (NSCA, ACSM).

## How it works

- 1 Warm up first, every time: FIFA 11+ (episode 2 shows it) or your club warm-up. Learn jump and stick (episode 22) before this. Wear trainers or boots that support your feet.
- 2 Two-foot jumps: from a quick dip, jump forward about a stride and stick the landing. 5 jumps in a row along the grass, then walk back.
- 3 One-leg hops: hop forward on one leg and stick it on the same leg. 5 on each leg.
- 4 Bounds: springy running strides with a high knee, landing on the ball of each foot, big arm swing (opposite arm and leg), for 15 m. 3 runs. The video shows them on the spot so the whole body stays in view.
- 5 Rest 2-4 minutes between sets. About 40 landings in all, twice a week, never on two days in a row. Stop the set as soon as a landing gets loud or wobbly.

## Coaching points

- 1 **Land quiet, knees over toes**  
Land quietly on the balls of your feet and let your heels settle: hips back, chest up, knees over your toes. Seen from the front, your knees follow your laces and never cave inwards.
- 2 **Stick it before the next**  
Freeze in the landing, balanced, before the next jump. If you cannot hold it still, that jump was too far: go shorter.

× **Not this:** Jumping further than you can control. Your feet land out in front, your hips sit back and you fall backwards. Jump only as far as you can stick it.

## MY NOTES

### ➤ HARDER

Once every landing is quiet and still: continuous hops, with no stick between them, keeping to about 40 landings a session.

### ➤ EASIER

Two-foot jumps only (2 sets of 5), or go back to jump and stick (episode 22) until every landing is quiet.

## 🛡️ Safety

- Under 18: do this with a coach or parent watching. Bodyweight only.
- Flat grass or another surface with a little give, and supportive footwear: never a road, concrete or a slippery floor.
- Keep the number of landings low and rest fully: injury risk rises when jump volume or intensity is more than you are ready for (NSCA).
- If your knees or heels hurt when you run or jump, stop for the day and tell a coach or parent. Knee and heel pain is common while you are still growing, and a GP or physio can help. Growing fast? Stay with jump and stick for now.
- Warm up first. Stop if anything hurts and tell an adult.

## 📅 Track 12 weeks (tick each session)

| W1                       | W2                       | W3                       | W4                       | W5                       | W6                       | W7                       | W8                       | W9                       | W10                      | W11                      | W12                      |
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