
NSCA
COACHES
CONFERENCE 2023
JANUARY 4 – 6, 2023
Charlotte, NC & Online | 2.0 CEUs
#NSCACoaches23

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest in relation to this presentation.

What are Plyometrics?

Where they originated.

True Plyometrics?

The Continuum Concept.

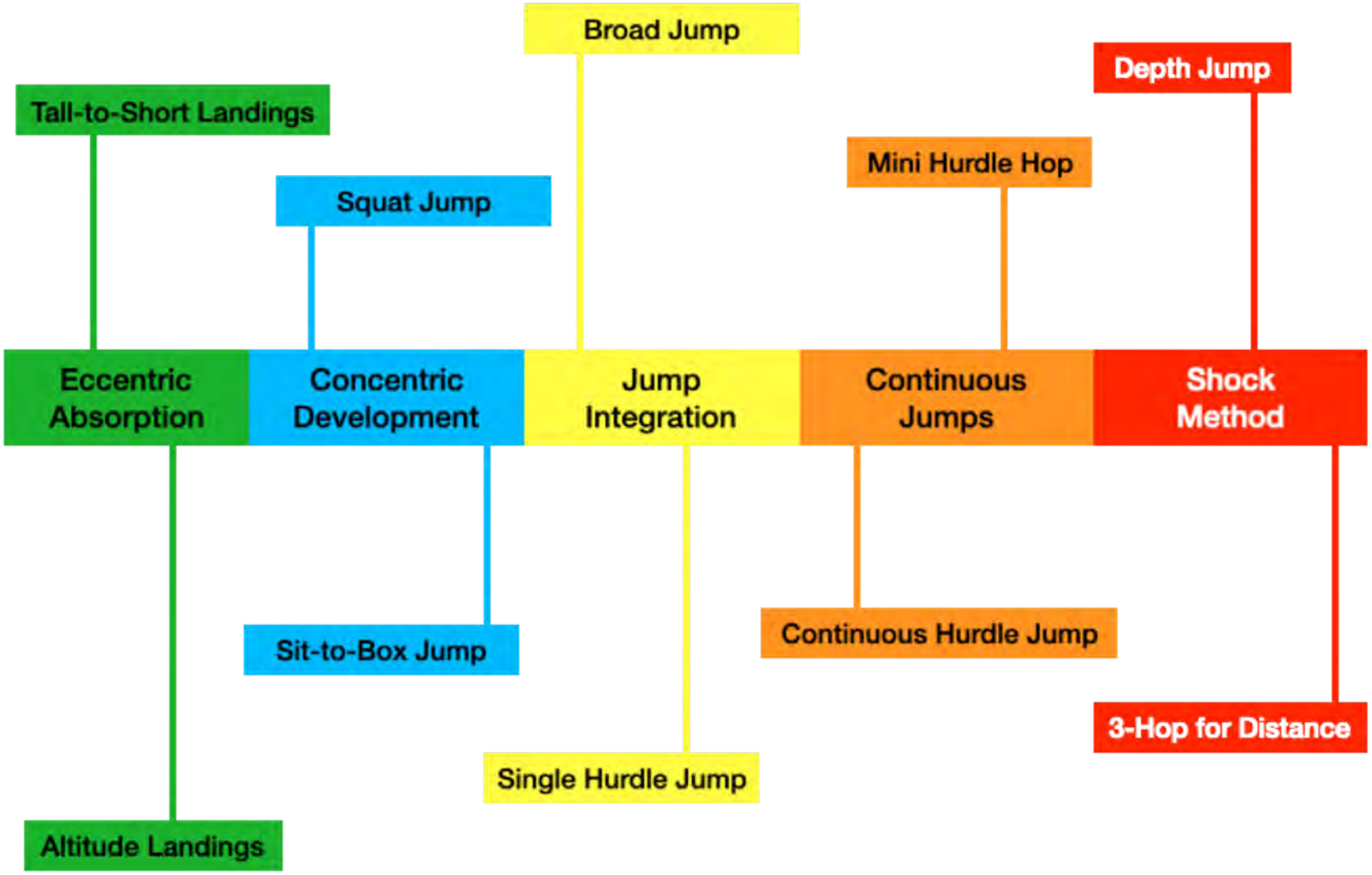
The Continuum Concept

Overarching principle of capacity versus load.

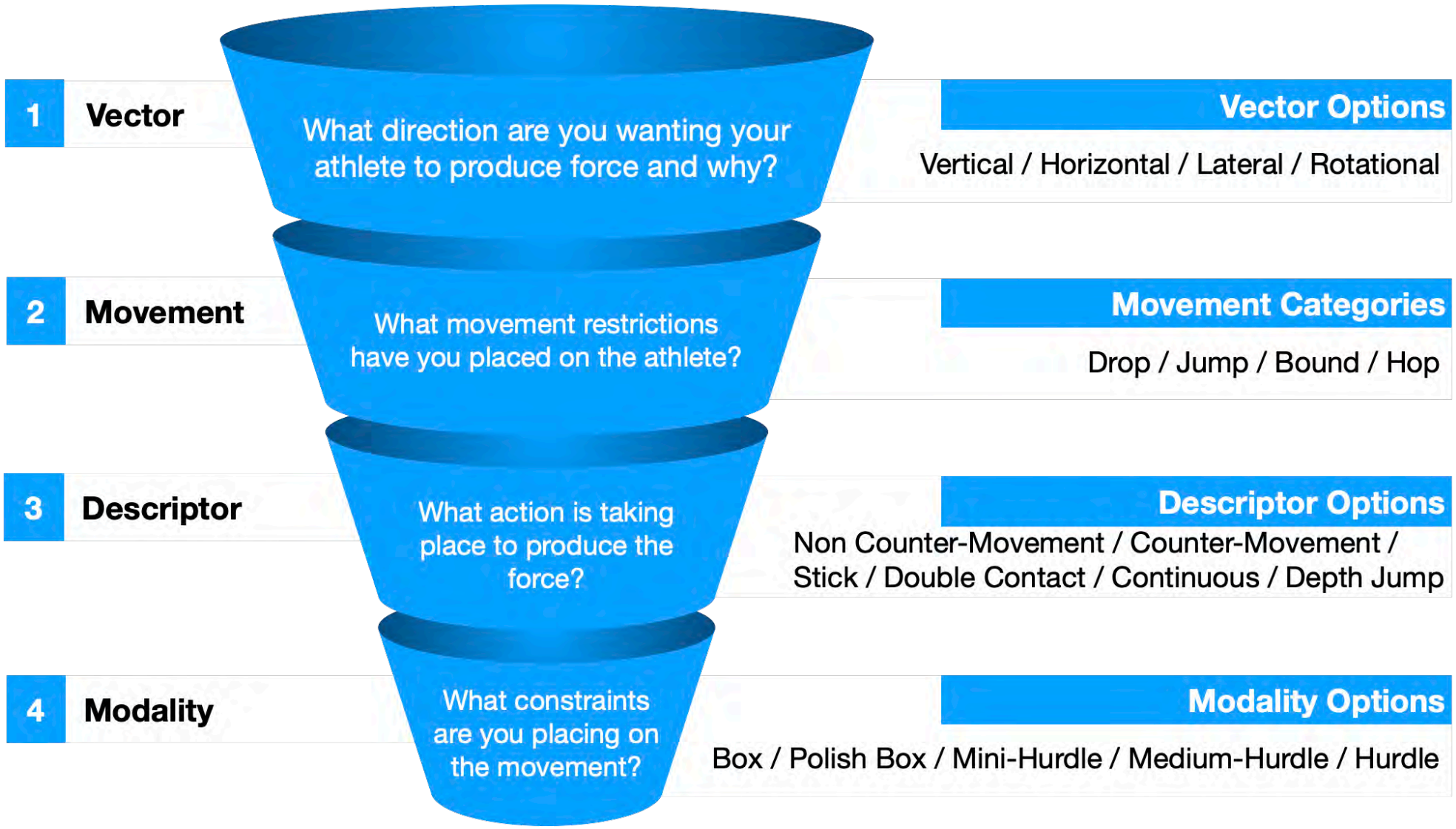
Strength levels aren't a pre-requisite, but they can enhance outcomes.

Continuum allows a framework from which to work from and scale.

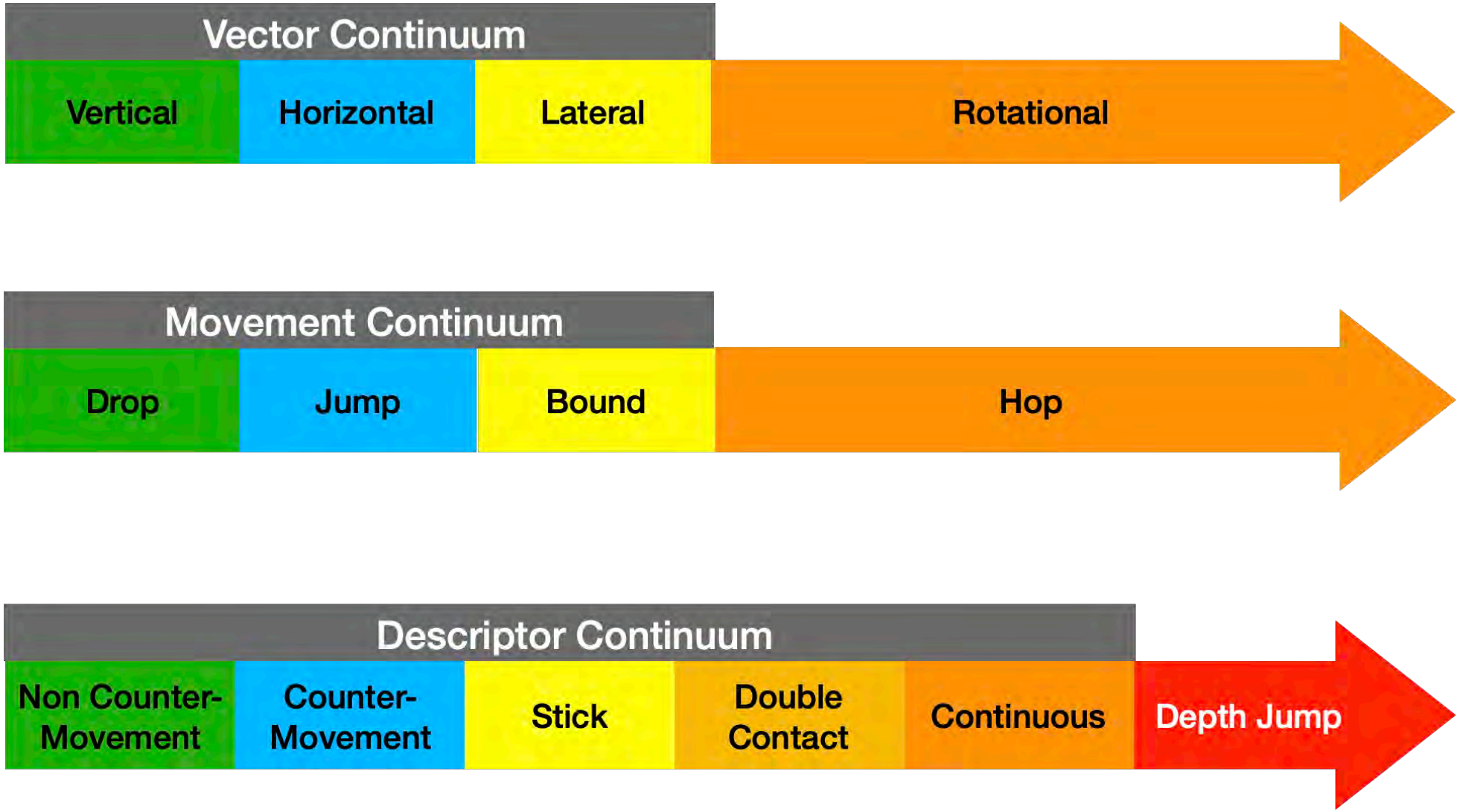
The Lower Body Plyometric Continuum



The Plyometric Funnel



The Complexity Continuum



ECCENTRIC ABSORPTION

CONCENTRIC DEVELOPMENT

JUMP INTEGRATION

CONTINUOUS JUMPS

SHOCK METHOD

Vertical Vector Progressions

	Vertical Stream		
	Primary	**Accessory**	
Phase 1	Drop - Tall-to-Short Drop - 1 Leg Tall-to-Short Jump - Pogo (low amp)	Drop - Tall-to-Short (hands on hips)	**Eccentric Absorption**
Phase 2	Drop - Altitude (30-45cm) Drop - 1 Leg Altitude (30-45cm) Drop - TB Tall-to-Short	Drop - 1 Leg TB Tall-to-Short Drop - Tall-to-Short EQB	
Phase 3	Jump - Box	Jump - Seated to Box	**Concentric Production**
Phase 4	Hop - Box	Jump - NCM Jump - Pogo	
Phase 5	Jump - CM Jump - MHDL	Jump - Banded CM Hop - Pogo (foot on box)	**Jump Integration**
Phase 6	Jump - HDL Hop - CM	Jump - DC Jump - BB Jump - TB	
Phase 7	Jump - CON. Jump - MHDL CON.	Jump - Banded CON. Jump - CON. Low Box Jump CON. (tuck)	**Continuous Jumps**
Phase 8	Jump - HDL CON. Hop - CON.	Hop - CON. Low Box Hop - CON. (tuck)	
Phase 9	Jump - Depth	Jump - Depth to Box Jump - Depth to HDL	**Shock Method**
Phase 10	Hop - Depth	Hop - Depth to Box Hop - Depth to MHDL	

Horizontal Vector Progressions

	Horizontal Stream		
	Primary	Accessory	
Phase 1			Eccentric Absorption
Phase 2			
Phase 3	Wall Drill - Load and Lift		Concentric Production
Phase 4	Bound - Horizontal & Stick		
Phase 5	Jump - Horizontal		Jump Integration
Phase 6	Hop - Horizontal		
Phase 7	Jump - Horizontal Cont.		Continuous Jumps
Phase 8	Hop - Horizontal Cont. (mHDL)		
Phase 9	Hop - Horizontal for Dist.		Shock Method
Phase 10	Hop - Horizontal for Dist. (MHDL)		

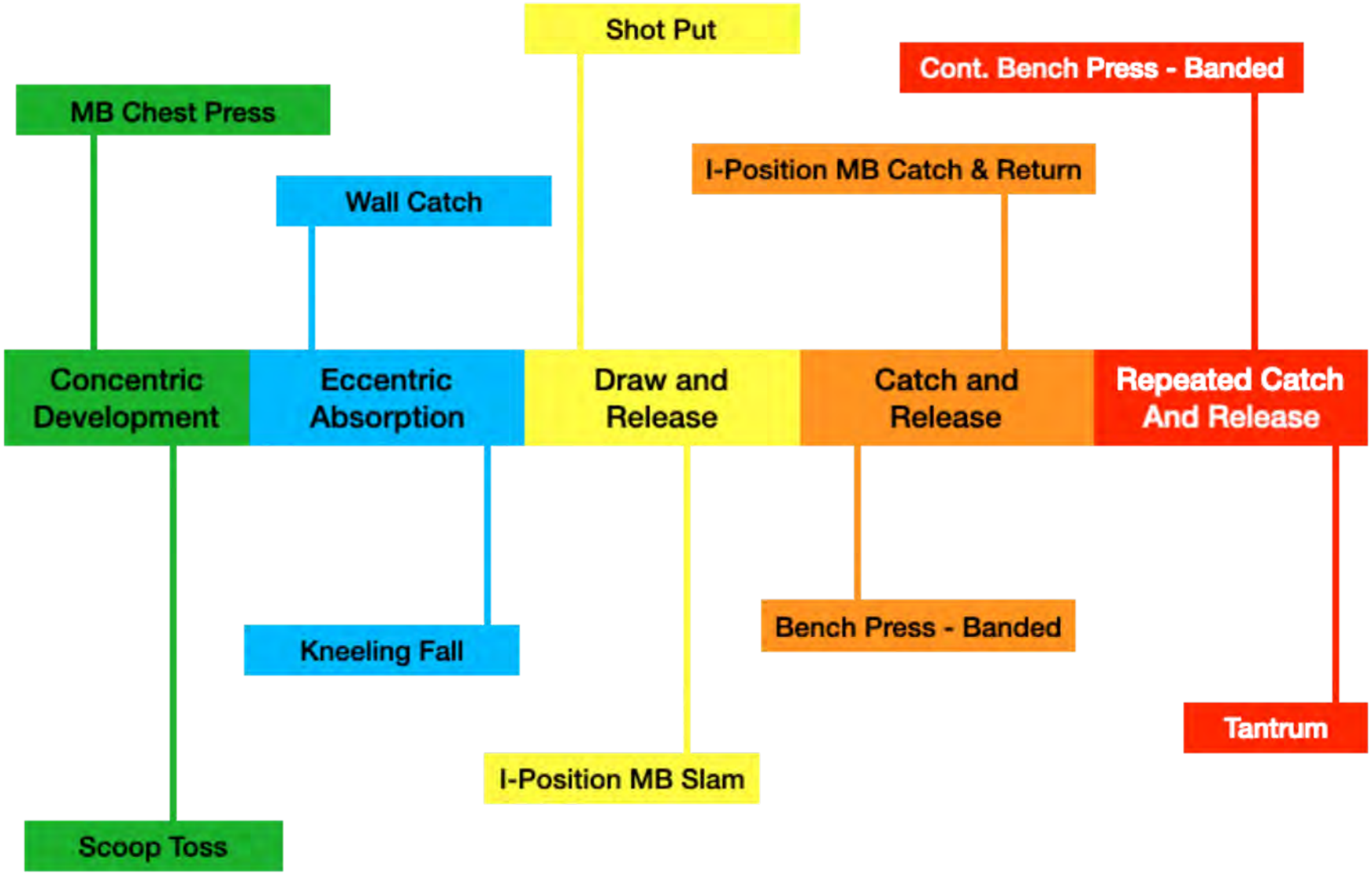
Lateral Vector Progressions

	Lateral Stream		
	Primary	Accessory	
Phase 1			Eccentric Absorption
Phase 2			
Phase 3	Wall Drill - Load and Reach		Concentric Production
Phase 4	Bound - Lateral & Stick		
Phase 5	Bound - Lateral Cont.		Jump Integration
Phase 6	Hop - Lateral & Stick (inside edge)		
Phase 7	Hop - Lateral Cont. (inside edge)		Continuous Jumps
Phase 8	Hop - Lateral Cont. (outside edge)		
Phase 9	Hop - Lateral Depth (inside edge)		Shock Method
Phase 10	Hop - Lateral Depth Cont. (alternating edge)		

Lower Body Stimulus Volume Guide

	Exposures per Week	Contacts per Exposure	
Phase 1 Phase 2	3 - 4	50 - 70	Eccentric Absorption
Phase 3 Phase 4	3 - 4	50 - 70	Concentric Production
Phase 5 Phase 6	2 - 3	40 - 60	Jump Integration
Phase 7 Phase 8	2 - 3	30 - 50	Continuous Jumps
Phase 9 Phase 10	1 - 2	20 - 40	Shock Method

The Upper Body Plyometric Continuum



CONCENTRIC DEVELOPMENT

ECCENTRIC ABSORPTION

DRAW AND RELEASE

CATCH AND RELEASE

REPEATED CATCH AND RELEASE

Upper Body Progressions

	Bent-Arm	Stiff-Arm	
Phase 1	MB Chest Pass (concentric only)	Scoop Toss	**Concentric Production**
Phase 2	MB Shot Put (concentric only)	I-Position MB Slam (concentric only)	
Phase 3	Wall Catch	I - Y - T Slider Progression	**Eccentric Absorption**
Phase 4	Kneeling Fall	I - Y - T TRX Progression	
Phase 5	MB Shot Put	I-Position MB Slam	**Draw and Release**
Phase 6	Explosive Push Up	Supine MB Draw and Throw	
Phase 7	Bench Press - Banded (eccentric drop)	Prone Hold w. MB Catch & Return	**Catch and Release**
Phase 8	Partner Delivered MB Shot Put	Partnered Delivered I-Position MB Slam	
Phase 9	Cont. MB Chest Press	SB I - Y - T Position Dribbles	**Repeated Catch And Release**
Phase 10	Cont. Bench Press - Banded	I-Position Tantrum	

Upper Body Stimulus Volume Guide

	Exposures per Week	Contacts per Exposure	
Phase 1	3 - 4	30 - 50	Concentric Production
Phase 2			
Phase 3	3 - 4	30 - 50	Eccentric Absorption
Phase 4			
Phase 5	3 - 4	30 - 50	Draw and Release
Phase 6			
Phase 7	2 - 3	30 - 50	Catch and Release
Phase 8			
Phase 9	2 - 3	20 - 70	Repeated Catch And Release
Phase 10			

Low Level Maintenance v. High Level Adaptive

Replace don’t’ Remove

In Summary …

Using the Continuum allows the use of jumps, landings and plyometric options with all ages and development levels.

Having a system for progression, regression and lateralization allows for a more responsive and scalable coach.

True plyometrics are the goal, but that doesn't mean higher contact times don't have value.