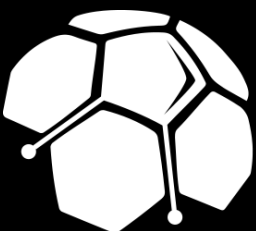




HOME & GYM WORKOUTS FOR, SPEED POWER & EXPLOSIVENESS

Football Plyometric Training



The Non-League
Network

OVERVIEW

Football Plyometric Training: Home & Gym Workouts for Speed, Power, and Explosiveness

Designed for off-season, pre-season, in-season, and deload weeks, this programme develops strength, speed, agility, and reactive power safely while working on fresh legs. Includes no-equipment home circuits and gym-based sessions, with optional finishers to enhance explosiveness and conditioning. Progressions are structured to build a solid physical base in the off-season, introduce high-intensity power work in pre-season, and maintain performance throughout the season.



Mini Plyometric Warm-Up (5–7 mins)

Exercise	Duration / Reps	Notes / Tips
Jog or March on the Spot	1 min	Gradually increase pace to raise heart rate
Arm Circles & Shoulder Rolls	30 sec each	Mobilize shoulders and upper back
Hip Circles & Leg Swings	30 sec each leg	Open hips, prepare for jumping and lunging
Walking Lunges with Twist	8–10 reps per leg	Step forward, rotate torso over front leg

Notes:

- Move smoothly and dynamically, no static holds
- Focus on full range of motion
- Treat this as a primer for explosiveness, not fatigue



Home Plyometric Circuit (No Equipment Needed)

About Plyometrics:

Plyometric exercises train your muscles to produce force quickly – improving **sprint speed, jump height, agility, and reactive power**.

When to Use:

- Out-of-season / Pre-season: 2–4 sessions/week
- In-season: 1–2 sessions/week, 2–3 days before match
- Deload week: lighter, technique-focused circuits to maintain explosiveness

Key Guidelines:

- Warm-up 5–10 mins before plyo
- Soft landings, chest up, core tight
- Rest 20–30 sec between exercises, 90 sec between rounds
- Avoid plyo immediately after heavy gym sessions

Rounds: 5

Exercise	Duration	Rest	Notes / Tips
High Knees – Fast	40 sec	20 sec	Pump knees quickly, stay on toes, drive arms. Focus: foot speed, calf activation, core
Explosive Lateral Bounds	40 sec	20 sec	Jump side-to-side, land softly, stick landing. Focus: lateral power, balance, knee/ankle stability
Jumping Split Lunges	40 sec	20 sec	Switch legs fast, chest up, controlled landing. Focus: quads, glutes, hip flexors, single-leg power
Squat → Jump to Reach	40 sec	20 sec	Squat deep → explode upward, reach hands to ceiling. Focus: hip drive, total leg power, upper-body coordination
Continuous Broad Jumps	40 sec	20 sec	Jump forward, reset quickly, repeat. Focus: horizontal explosiveness, posterior chain
Mountain Climbers – Fast	40 sec	20 sec	Drive knees like sprinting, maintain core tension. Focus: core stability, hip flexors, endurance
Push-Ups – Max Reps	40 sec	90 sec between rounds	Smooth tempo, no sagging hips. Focus: upper body strength, shoulder stability, core

Optional Finisher (60–90 sec)

- Pogo Hops → Acceleration Burst: 10 small pogo hops → 10–15m sprint (or fast in-place run) → walk back → repeat



GYM BASED PLYOMETRIC CIRCUIT

Rounds: 4

Work: 40 sec | **Rest:** 20–30 sec between exercises | 90–120 sec between rounds

Exercise	Duration	Rest	Notes / Tips	Equipment
Box Jumps – Explosive	40 sec	20-30 sec	Jump onto a sturdy box/bench, land softly, step down slowly. Focus: leg drive, knee stability, explosive power	Box / Bench
Dumbbell Jump Squats	40 sec	20-30 sec	Hold light DBs at shoulders → controlled squat → explode up → land softly. Focus: quadriceps & glutes	Dumbbells
Medicine Ball Slam → Vertical Throw	40 sec	20-30 sec	Slam MB to floor → pick up → jump & throw overhead. Focus: full-body explosiveness, core	Medicine Ball
Bulgarian Split Squat Jumps	40 sec	20-30 sec	Back foot elevated, front leg squat → explode up → switch legs quickly. Focus: single-leg power & balance	Bench / Step
Cable Woodchop – Explosive Rotation	40 sec	20-30 sec	Rotate explosively using cable, high → low or low → high. Focus: core rotational strength	Cable Machine
Treadmill Incline Sprints or Sled Pushes	40 sec	90–120 sec	10–15 sec all-out, walk/jog back. Focus: sprint mechanics, acceleration, posterior chain	Treadmill / Sled

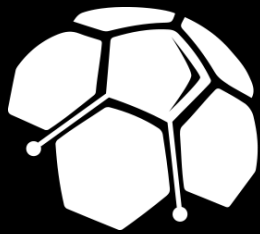
Optional Finisher (60–90 sec)

- Weighted Pogo Hops → Mini Sprint: Hold light DBs → 10 small pogo hops → 10–15m sprint → walk back → repeat

Gym Plyo Notes:

- Always soft landings to protect joints
- Keep chest up & core tight
- Choose moderate weights; focus on explosiveness
- Control tempo: fast up, controlled down
- Combine **Gym + Home circuits** carefully:
 - Out-of-season: 3–4 plyo sessions/week
 - In-season: 1–2 sessions/week on fresh legs
 - Deload week: use lighter plyo instead of heavy gym or conditioning





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