

Gymnastics at Home Worksheets – Plyometrics

Before you start you'll need:

- **A skipping rope**
- **5 small obstacles**
- **A sofa/ seat**
- **A cushion**

Plyometric work is important for quick muscle reactions, this creates power and helps with linking gymnastics skills together like jumps on beam, tumbling on floor, vaulting from springboard. All the exercises below need to be done FAST and WITHOUT STOPPING in order to be effective in helping in improving your speed and power.

Skipping Rope

	Level 1	Level 2	Level 3/4
1. Straight legs skips pushing from toes.	X15	x20	x30
2. Straight leg hops pushing from toe.	x10	x15	x20

Now lie the skipping rope down in a straight line

3. Straight leg rebound jumps side to side	x20	x25	x30
4. Straight leg rebound jumps f'ward & b'ward	x20	x25	x30

Obstacles x 5

	Level 1	Level 2	Level 3/4
1. Quick feet over obstacles, knees up high	x5	x10	x15
2. Long jumps no stopping (space out obstacles)	x5	x10	x15
3. Tuck jumps no stopping	x5	x10	x15
4. Squat jumps no stopping	x5	x10	x15

The reps listed are the amount of lengths: 5 obstacles = 1 length

A Sofa or Seat

	Level 1	Level 2	Level 3/4
1. Kneeling shoulder push (hands on sofa)	x10	x20	x30
2. Front support claps (hands on sofa)	x10	x15	x20
3. Single leg squat then hop (sit onto sofa)	x10	x15	x20
4. Quick leg changes (foot on sofa)	x10	x15	x20

A Cushion

	Level 1	Level 2	Level 3/4
1. Front support box jump on hands	x5	x8	x10
2. Front support hand changes up and down	x5	x8	x10
3. Front support box jump with feet	x10	x15	x20
4. Front support mountain climbers	x10	x20	x30

For demonstrations of all of the above exercises subscribe to the Active Leeds YouTube channel and select the 'Plyometric Work' video from the gymnastics playlist.