

Part I Plyometric Training

Chapter 1 Power Prerequisite for High-Level Performance

Get results using plyometrics
Apply athletic principles to plyometric training
Evaluate based on the various types of strength
Use the stretch–shortening concept

Chapter 2 Athletic Power Activation Process

Activate power to create a successful training session
Warm up to properly prepare for work
Cool down to relax and recover

Chapter 3 Power Training Methods and Equipment

Maintain form and execution by following basic guidelines
Breathe to assist exercise execution
Train progressively to maximize skill
Use rest periods advantageously
Optimize training through the environment

Chapter 4 Power Assessments

Understand capabilities and limitations
Develop an effective program
Review power evaluation protocols

Part II Plyometric Drills

Chapter 5 Upper-Body Power Development

Chapter 6 Core Power Development

Chapter 7 Lower-Body Power Development

Part III Plyometric Programming

Chapter 8 Complex Training

Learn how complex training works

Integrate complex training into the yearly plan

Chapter 9 Sport-Specific Training

Soccer

Baseball, Softball, and Cricket

Volleyball

Cycling

Field Hockey

Basketball and Netball

Rowing

Football

Skiing

Lacrosse

Tennis, Racquetball, Squash, and Handball

Track and Field

Olympic Weightlifting

Wrestling

Aussie Football

Chapter 10 Season-Long Power Maintenance

Develop a year-round training program

Individualize the training program

Review the functions of training and rehabilitation