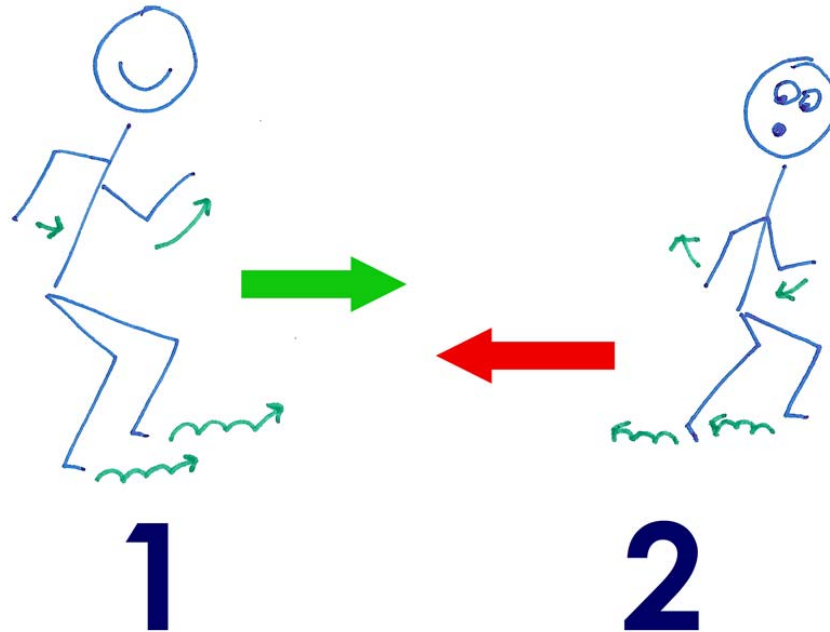


Explosiveness Stations

INTENSITY AND QUALITY

1 TWO-INCH RUNS



Instructions:

- Place two cones twenty yards apart
- Start at one end in an athletic stance
 - Keep knees bent and hips back
 - Hold back straight and look up
- Taking two-inch steps, run to the other cone
 - Swing arms normally
- Touch the cone and run backwards to the starting line

Volume:

- Repeat 3x → *Build up to 5x*

Points of Emphasis:

- Establish a consistent rhythm
- Run at seventy-five percent intensity

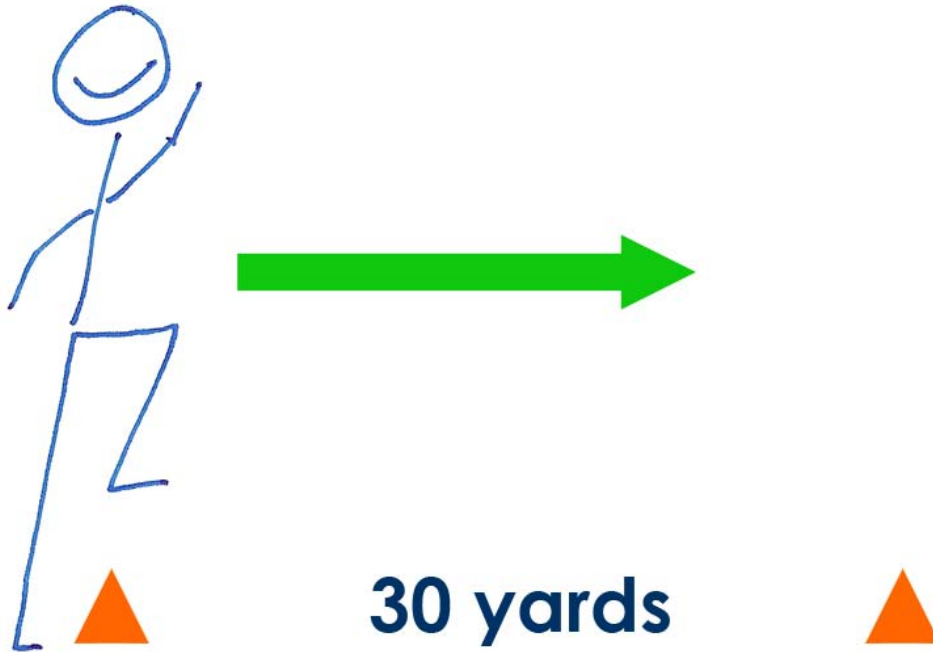
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Explosiveness Stations

INTENSITY AND QUALITY

2 BOUNDING



Instructions:

- Assume a relaxed stance
- “Bound” forwards for thirty yards
 - High knees
 - Exaggerated arm swings
 - Push off one foot
- After reaching the other end, turn around and bound back to the start
 - Look backwards for safety purposes

Volume:

- Repeat 3x → *Build up to 5x*

Points of Emphasis:

- Remain calm and loose
- Bound at fifty percent intensity

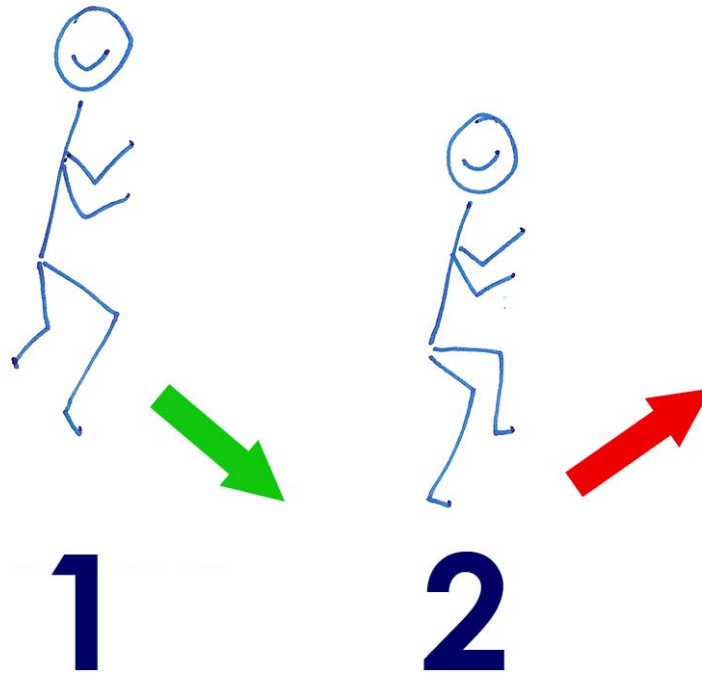
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Explosiveness Stations

INTENSITY AND QUALITY

3 SINGLE-LEG HOPS



Instructions:

- Stand on the right foot with knees bent
- Push off the right foot and jump forwards and laterally
- Land on the left foot with knees bent
- Pause for a moment before jumping back to the right foot

Volume:

- 3 sets x 8 jumps → *Build up 3 sets x 12 jumps*
- *Advanced:* Complete a single-leg knee bend after every hop

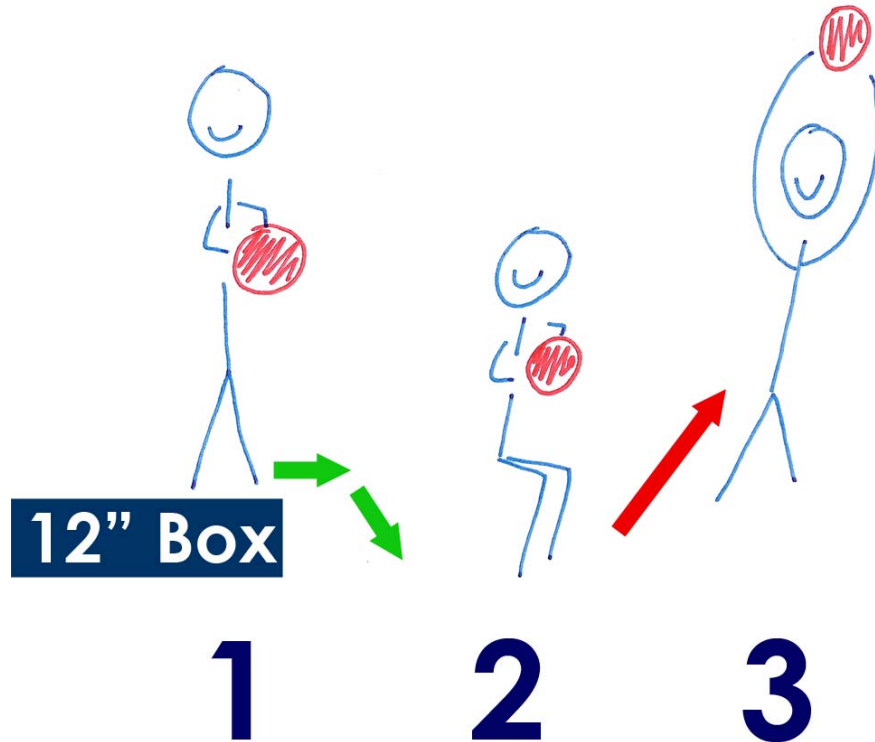
Points of Emphasis:

- Remain balanced; take an extra moment to regain balance if required

Explosiveness Stations

INTENSITY AND QUALITY

4 DEPTH JUMPS



Instructions:

- Stand on a twelve-inch box or a bench
 - Hold a basketball or a power ball with both hands
 - Align toes with the edge of the box
- Step off the box and jump to the ground
 - Land on the balls of the feet with knees bent
- Jump vertically with the ball overhead

Volume:

- 2 sets x 6-8 jumps → *Build up 3 sets x 6-8 jumps*

Points of Emphasis:

- Spend as little time as possible on the ground before exploding upwards