If videos of box drills are desired, refer to the website. The portrayal is deliberately slower to demonstrate technique. For drill performance, explosive movement is required.

Single-leg push-off – 2-6 sets of 10-12 reps or 8-20 seconds

Beginning position: stand facing the plyometric box with one foot on the ground and one foot on the box. The heel of the foot on the box should be near the box’s closest edge.

Arm position: double arm

Upward movement: jump up using the foot on the box to push off.

Downward movement: Land with the same foot on the box; this foot should land just before the ground foot. Immediately repeat the movement

Intensity may be increased by increasing the height of the box. START with a 6” box.

Alternate-leg push off - 2-6 sets of 10-12 reps or 8-20 seconds

Beginning position: stand facing the plyometric box with one foot on the ground and one foot on the box. The heel of the foot on the box should be near the box’s closest edge.

Arm position: double arm

Upward movement: jump up using the foot on the box to push off.

Downward movement: Land with the opposite foot on the box; this foot should land just before the ground foot. Immediately repeat the movement, reversing the feet each repetition.

Intensity may be increased by increasing the height of the box. START with a 6” box.

Lateral push-off (single leg at a time) - 2-6 sets of 10-12 reps or 8-20 seconds

Stand to one side of the plyometric box with one foot on the ground and one foot on the box. The inside of the foot on the box should be near the box’s closest edge.

Arm action: double arm

Upward movement: Jump up using the foot on the box to push off.

Downward movement: Land with the same foot on the box; this foot should land just before the ground foot. Immediately repeat this movement.

Intensity may be increased by increasing the height of the box. START with a 6” box.
Side-to-side push-off - 2-6 sets of 10-12 reps or 8-20 seconds
Stand to one side of the plyometric box with one foot on the ground and one foot on the box. The inside of the foot on the box should be near the box’s closest edge.
Arm action: double arm
Upward movement: Jump up and over the box using the foot on the box to push off.
Downward movement: Land with the opposite foot on the opposite side of the box; this foot should land just before the ground foot. Immediately repeat movement to opposite side.
Intensity may be increased by increasing the height of the box. START with a 6” box.

Jump to box-w/2ft 18” box or less - 2-6 sets of 10-12 reps or 8-20 seconds
Beginning position: Facing the plyometric box assume a comfortable, upright stance with feet shoulder-width apart.
Arm action: double arm
Preparatory movement: begin with a countermovement
Upward movement: jump onto the top of the box using both legs
Downward movement: land on both feet in a half squat position, repeat. Movements should be quick but yet under control
Intensity may be increased by increasing the height of the box. START with a 6” box.

Jump to box w/1ft on 12” box or less - 2-6 sets of 10-12 reps or 8-20 seconds
Beginning position: Facing the plyometric box assume a comfortable, upright stance with feet shoulder-width apart.
Arm action: double arm
Preparatory movement: begin with a countermovement
Upward movement: jump onto the top of the box using one leg
Downward movement: land on one foot in a half squat position, repeat. Movements should be quick but yet under control
Repeat with other leg
Intensity may be increased by increasing the height of the box. START with a 6” box.
Lateral box jumps (step down) - 2-6 sets of 10-12 reps or 8-20 seconds

Beginning position: Stand to one side of the box; assume a comfortable, upright stance with feet shoulder-width apart.

Arm action: double arm

Preparatory movement: begin with a countermovement

Upward movement: Jump onto the top of the box using both legs.

Downward movement: land on both feet in a half squat position, step down from the box, and repeat in opposite direction.

Box touches 12” box (like ball touches) - 2-6 sets of 10-12 reps or 8-20 seconds

Quickly alternate feet touching the box

Step-up step-down 12” forward and lateral - 2-6 sets of 10-12 reps or 8-20 seconds

Step up onto the box and step back down landing on the opposite foot - 2-6 sets of 10-12 reps or 8-20 seconds

Step-on-over 12” - 2-6 sets of 10-12 reps or 8-20 seconds

Bounce laterally