



# 12 WEEK PLYOMETRIC TRAINING FOR FOOTBALLERS

**UNLOCK YOUR FOOTBALL POTENTIAL WITH A 12-WEEK PLYOMETRIC SYSTEM DESIGNED TO BUILD ELASTIC STRENGTH, EXPLOSIVE POWER, AND GAME-READY MOVEMENT.**

Start with the foundations – finish with intent.

**RMP**  
ROB MORLEDGE  
PERFORMANCE



# Plyos Done Right - Faster Sprinting, Higher Jumping, Dominant Football Performance.

When plyometrics are programmed with purpose, they do more than just look explosive – they translate directly to the pitch.



## **Faster Sprinting**

Plyos train your muscles and tendons to store and release force rapidly — just like when you accelerate past a defender or react to a loose ball.

## **Higher Jumping**

By improving the stretch-shortening cycle and rate of force development, plyometrics increase your ability to jump higher, land stronger, and win more aerial duels.

## **Dominant Football Performance**

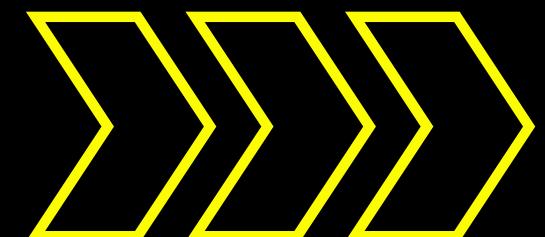
Whether it's quicker first steps, sharper changes of direction, or greater control under pressure, plyos build the athletic foundation that gives you an edge every match.

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# **BUT HERE'S THE CATCH:**

→ It only works if you respect the process – starting with extensive work, progressing toward intensive, and integrating them at the right times in your training.

Be the player who's first to everything.  
Train with intent. Move with power.



# PHASE 1 (WEEK 1-4) : EXTENSIVE PLYOMETRICS

▶ Click on each exercise for a video demonstration.

	<i>Exercise</i>	<i>Sets x Reps</i>	<i>Notes</i>
1	<u>Pogos</u>	2x15	
2	<u>Split Stance Pogos</u>	2x20	10 e/s
3	<u>Extensive CMJs</u>	2x15	

***Extensive plyos are your foundation – they teach your body to move well, absorb force efficiently, and stay elastic across a match.***

💡 ***Think: building control, fluidity, and bounce in your movement.***

# PHASE 2 (WEEK 5-6): INTENSIVE PLYOMETRICS

🎥 Click on each exercise for a video demonstration.

	<i>Exercise</i>	<i>Sets x Reps</i>	<i>Notes</i>
1	<i>Intensive CMJ</i>	2x6	
2	<i>Broad Jump</i>	3x2	
3	<i>Power Skip</i>	2x8	4 e/s

⚡ *Think: short bursts of power, full intent, high quality.*

*Once the foundation is built, intensive plyos help you express your athleticism at full speed.*



# PHASE 3 (WEEK 7-10): WEIGHTED EXTENSIVE PLYOMETRICS

🎥 Click on each exercise for a video demonstration.

🏋️ Load ~5-10% bodyweight

	<i>Exercise</i>	<i>Sets x Reps</i>	<i>Notes</i>
1	<u><i>DB Extensive Pogos</i></u>	2x15	
2	<u><i>DB Extensive Split Squat Jump</i></u>	2x20	10 e/s
3	<u><i>Extensive Weighted Broad Jumps</i></u>	2x10m	

***Build rhythm, reactivity, and movement capacity under light load***



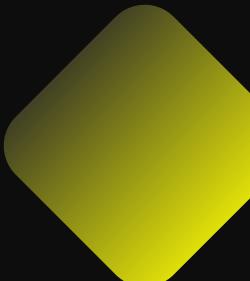


# PHASE 4 (WEEK 11-12): WEIGHTED INTENSIVE PLYOMETRICS

🎥 Click on each exercise for a video demonstration.

	<b>Exercise</b>	<b>Sets x Reps</b>	<b>Notes</b>
1	<u>Drop Jumps</u>	2x3	Step off → land → explode vertically with minimal contact time
2	<u>Intensive Trap Bar Jumps</u>	2x3	20-30% 1RM
3	<u>Barbell Squat Jumps</u>	2x3	Bar only or up to 20% 1RM

🎯 **Goal: Maximise explosive power with load + intent**





## 🙌 **Thank you for Reading!**

Thanks for checking out the Plyometric Guide for Footballers — I hope it's helped you understand how to structure your training with purpose and build true on-pitch explosiveness.

Whether you're working on your bounce, sharpening your reaction speed, or rebuilding your athletic base — you're already one step ahead by learning how to use extensive and intensive plyos the right way with intent.

## 💡 **Want to Work With Me 1-to-1?**

I work with athletes across all levels — from academy to international — and I'd love to support your journey too.

If you're ready to train like a pro and take your performance to the next level:

👉 [\*\*\[Submit a 1:1 Coaching Enquiry\]\*\*](#) — for tailored programming and support through Rob Morledge Performance

## 📄 **Check Out My Other PDF Programmes:**

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[\*\*Built For Speed 2025 - Off Season SPEED Gains PDF\*\*](#)

[\*\*Speed Training For Footballers: A Profile-Based Approach \(Off-Season Edition\)\*\*](#)

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