



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.



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><i>Pogos</i></u>	2x15	
2	<u><i>Split Stance Pogos</i></u>	2x20	10 e/s
3	<u><i>Extensive CMJs</i></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><u>Intensive CMJ</u></i>	2x6	
2	<i><u>Broad Jump</u></i>	3x2	
3	<i><u>Power Skip</u></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.

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

Free Speed Programme

Built For Speed 2025 - Off Season SPEED Gains PDF

Speed Training For Footballers: A Profile-Based Approach (Off-Season Edition)

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