

PLYOMETRIC TRAINING FOR DANCERS

Screening Tests*

1. Static Standing Balance
2. "Airplane Test"
3. Single Leg Squat
4. Supine Leg Lifts

Stage 1 (one week):

- Parallel Prances: 20 seconds
- Parallel High Knee *Changement*: 20 seconds
- Scissor Jumps: 20 seconds
- Double Leg Hop, Hop, Hold: 5 second hold x 5

Stage 2 (one week):

- Bounding in Place: 25 seconds
- Parallel High Knee *Changement* Front/Back: 25 seconds
- Parallel High Knee *Changement* Side/Side: 25 seconds
- Scissor Jumps: 25 seconds
- Double Leg Hop, Hop, Hold: 5 second hold x 10

Stage 3 (two weeks):

- Bounding for Distance:
 - Week one: 6 repetitions
 - Week two: 12 repetitions
- Parallel *Pas de chat* Side/Side: 30 seconds
- Turned out *Changement*: 30 seconds
- Parallel *Sissonne arabesque* Front:
 - Week one: 5 repetitions
 - Week two: 8 repetitions
- Parallel *Sissonne arabesque* Side/Side:
 - Week one: 5 repetitions
 - Week two: 8 repetitions
- Single Leg Hop, Hop, Hold:
 - Week one: 5 second hold x 5
 - Week two: 5 second hold x 8

Stage 4 (two weeks):

- *Jeté développé*:
 - Week one: 6 repetitions
 - Week two: 12 repetitions
- Turned out *Pas de chat* Side/Side: 30 seconds

- *Changement* Turns:
 - Week one: 180 degrees for 20 seconds
 - Week two: 360 degrees for 20 seconds
- Turned out *Sissonne arabesque* Front:
 - Week one: 5 repetitions
 - Week two: 8 repetitions
- Turned out *Sissonne arabesque* Side:
 - Week one: 5 repetitions
 - Week two: 8 repetitions
- Turned out *Jeté coupé sauté*:
 - Week one: 5 second hold x 5
 - Week two: 5 second hold x 8

Frequency

-3x/week on alternating days



Plyometric Training for Dancers. New York: Chris Giodano, Harkness Center for Dance Injuries: 2006.

Program by Marijeanne Liederbach, MSPT, MSATC, CSCS citing the work of Dr. Timothy E Hewett of the Sports Medicine Biodynamics Center and Human Performance Laboratory, Cincinnati Children's Hospital Center, Cincinnati, Ohio

*Desiree Unsworth, SPT
Northwestern University
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*If the dancer is unable to perform any of these tests, the dancer should undertake a preparatory strengthening and balance program