

PLYOS × PLYOMAT

Plyometrics respond to quality, not volume, and the mat measures quality on every contact. These guidelines tie the progression ladder to the numbers, so athletes advance because their data says so, not because the calendar does.

THE LADDER · ADVANCE ON THE GATE, NOT THE DATE

RUNG	WORK	GATE TO THE NEXT RUNG
1 · LAND	Snap-downs, drop-to-stick from low box, single-leg holds. Quiet, tall, instant stillness.	Stick every landing silently, both legs, coach's eye, no metric needed yet.
2 · BOUNCE	Pogos and low hop series in place. This is where mat data starts: contact time and rhythm.	4/2 contacts consistently under ~240 ms; reps landing Reactive on the Beginner preset.
3 · REBOUND	10/5 sets, hurdle hops, skater bounds. Reactive volume in earnest.	10/5 RSI at 3.0+ with contacts under 200 ms; RSQ cluster holding Reactive on the Default preset.
4 · DROP	Drop jumps starting at 6–12", scored by DRI. The eccentric dial turns up.	DRI holds within ~5% moving up a box; contacts stay reactive. See the drop-height guide.
5 · SPECIALIZE	Single-leg reactive work, 18–24" drops, sport-pattern plyos, Bounce Factor sets for stamina.	Maintenance: asymmetry under 8%, DRI tier held across the set, readiness green.

DOSING RULES

COUNT CONTACTS, NOT MINUTES

Rungs 1–2: 40–60 quality ground contacts per session. Rungs 3–4: 60–100. Rung 5: 80–120 for developed athletes. Two or three sessions a week with a day between.

THE 10% QUALITY GATE

Inside any set, when RSI falls ~10% off the set's best or the RSQ cluster drifts out of Reactive, the set is over. Fatigued plyos train slow habits at high impact.

INTENSITY IS A LADDER TOO

Pogos are cheap; 24" drops are expensive. When session RSI trends down week over week, cut the expensive contacts first and keep the rhythm work.

