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Good Day Coaches!

Today we dive into the controversial topic of **PLYOMTERIC TRAINING** and How some coaches feel it is a high contributing factor to the occurrence of injuries.

The question I pose to you is as follows:

Do you know what to look for when addressing jump mechanics?

What coaching cues are you using?

How are you progressing?

Please follow the link below for a very informative video on jumping mechanics (part 1):

<https://www.youtube.com/watch?time_continue=413&v=yI2PPMsvPNg>

In addition, I have also provided you with the link for the article see below:

<https://www.scienceforsport.com/plyometric-training/>

A successful coach never loses, they either **WIN** or **LEARN**. So keep learning 

   

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