

Physical Education - Health related exercise: components of fitness

## **How can we train power?**

Guy Wnuk



# Create and complete a plyometric session plan.

Plan and complete a session plan to improve power for a sport of your choice.

- Think about the requirements of the sport.
- Try to repeat the drills 2 times.
- Take 1-minute rest between the drills.

Drill	Exercise
1	
2	
3	
4	
5	
6	

