

VERTICAL JUMP



OBJECTIVE:

Measure total body power, specifically in relation to vertical displacement

EQUIPMENT:

Vertec(s) or jump mat(s)



1 PRIOR TO TESTING:

- ☒ Set Vertec at appropriate level for each student to find reach and record for each student
- ☒ Place jump mat on flat stable surface

2 TEST INSTRUCTION & EXECUTION:

Coach tests student using all equipment available

Vertec (after finding reach):

1. Student stands slightly in front of fins on Vertec (avoid hitting fins on vertical ascent)
2. Student performs countermovement jump (with arm swing)
3. On vertical ascent, student gently taps the fins that he/she can reach
4. Coach moves all fins below and including the fin touched by student
5. Repeat test twice
6. Record result

Jump mat:

1. Student stands in the middle of the jump mat
2. Student performs countermovement jump (with arm swing)
3. On vertical ascent, student must NOT tuck their knees
4. Remind student to land softly
5. Student should not move until score is recorded

3 SCORING

- ☒ Vertical Jump is recorded in inches (XX.X)
- ☒ Disqualification:
 - Jump mat - tucking knees while at peak of jump