



## VERTICAL JUMP TEST INSTRUCTIONS

The Vertical Jump test is one of the easiest ways to measure an athlete's power output. It also gives an indication of speed as well, because power is required to explode from a standstill to top speed in a sprint. Michael Jordan is an extreme example of the advantage that a great vertical jump gives you. His hang time was legendary, and he was reported to run the 40yd dash in less than 4.5 seconds. While both power and speed can be coached/condition trained up, there is most definitely a genetic component. The sooner an athlete knows where they stand the better the chances of choosing a sport that they can best dominate and enjoy.

There are two main methods for testing vertical jump. One is with a Vertec Device pictured below.



Many middle and high schools have these, as do the sports conditioning organizations that perform sports combines. If you can't gain access to this device see directions below.

These are straight out of Wikipedia. Here is the link to do a full review.

[https://en.wikipedia.org/wiki/Vertical\\_jump](https://en.wikipedia.org/wiki/Vertical_jump)

The simplest method to measure an athlete's vertical jump is to get the athlete to reach up against a flat wall, with a flat surface under their feet (such as a gym floor or concrete) and record the highest point they can reach flat-footed (the height of this point from the ground is referred to as "standing reach"); fingertips powdered with chalk can facilitate the determination of points touched on the wall. The athlete then makes an effort to jump up with the goal of touching the highest point on the wall that he or she can reach; the athlete can perform these jumps as many times as needed. The height of the highest point the athlete touches is recorded. The difference between this height and the standing reach is the athlete's vertical jump.

Other sources for your review:

<https://www.ptdirect.com/training-delivery/client-assessment/vertical-jump-test-sargent-jump-2013-a-predictive-test-of-lower-limb-power>

<https://www.topendsports.com/testing/tests/vertjump.htm>