



COUNTERMOVEMENT JUMP (CMJ)

A great test to measure how force is being generated in a vertical direction. There is a high correlation for those who perform well in the CMJ to athletic performance. The athlete will begin standing with left foot on left force plate and right foot on the right force plate in an upright position with their hands on their hips. On the testing administers command the athlete will then jump as high as they can and land on the force plates in the original starting position. The athlete will be allowed 2 attempts at the CMJ where the highest and average of the two attempts are recorded.

SN: The coach or team you work with may allow for arm swings with their jumps and that is okay. Make sure to have that conversation before testing so the test is standardized to everyone.



Vertec (Vertical Jump Trainer) – if force plates are not available or applicable the Vertec is the other option and more traditional in combine training. Start with having the athlete standing directly under the Vertec with their arm that is beside the apparatus fully extended overhead (i.e. if Vertec is to the left of the athlete, they will extend their left-hand overhead and vice versa). The tester will adjust the Vertec to where the first vane is just out of standing reach of the athlete. When instructed, the athlete will use arm swing and jump as high as they can and reach overhead to touch the highest vane that they can possibly reach on the Vertec. After the first attempt, the tester will clear the vanes that athlete reached on their first attempt and the athlete will be given an opportunity to best their previous attempt. Each vane represents 0.5 inch or 1 inch. If the athlete clears all the vanes on the first attempt, they will be remeasured with an additional 5 inches between the first vane and the athletes extended arm overhead (if the athlete still clears all vanes, remeasure and add an additional 10 inches and so on). The athlete will be allowed 2 attempts at the CMJ where the highest and average of the two attempts are recorded.



