



SQUAT JUMP (SJ)

This test measures how force is being generated in a vertical direction from a squat position with the countermovement taken away. 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. The athlete will lower themselves to their preferred squat depth and pause in that position. On the testing administrator's command, the athlete will then jump as high as they can from their paused squatting position and land on the force plates in the original starting position. Ensure the athlete has their countermovement in their jump completely taken away when they are in their bottom squat position. The athlete will be allowed 2 attempts at SJ where the highest and average of the two attempts are recorded.

