

# JUMP TESTING

Name: \_\_\_\_\_

Time of Testing: \_\_\_\_\_

Outcome Measure	Test Description	Goal	Left	Right	Ratio %
Single Hop	Max forward hop off one leg, landing on same leg; landing has to be held for 3 sec without loss of balance; measure to heel; also a guage of subjective quality/confidence	>90%			
Triple Hop	Max forward 3 consecutive hops off one leg, landing on same leg; landing has to be held for 3 sec without loss of balance; measure to heel; also a good guage of subjective quality/confidence	>90%			
Triple Crossover Hop	Max forward 3 consecutive hops off one leg, landing on same leg, crossing tape measure with ea hop; landing has to be held for 3 sec without loss of balance; measure to heel; also a good guage of subjective quality/confidence	>90%			
T-Test	Sprint forward 10yd, shuffle left 5yd, shuffle right 10yd, shuffle back left 5yd, backpedal 10yd	M<9.5s F<10.5s			
Force Plate Countermovement Jump	<10% asymmetry impulse during propulsion >90% BW unweighting during unweighting phase > 1.2 m/s peak negative velocity during braking Reactive Sport Index >.4 m/s				
Force Plate Single Leg Countermovement Jump	<10% asymmetry impulse during propulsion >0.6 m/s peak negative velocity during breaking <10% asymmetry in jump height <10% asymmetry in RSI				
Vail Lateral Agility	<ol style="list-style-type: none"> <li>Place light band around athlete torso</li> <li>Athlete steps out until band is taught</li> <li>Put a cone/piece of tape at the outside of their involved foot (should be the one closest to band)</li> <li>Measure length from the greater trochanter to the floor</li> <li>Place a second cone/piece of tape that distance laterally from the first cone.</li> </ol>	>12/15 for the 90 second test		First 30: __/5 Second 30: __/5 Third 30: __/5	