

# FIT SPEED



## BROAD JUMP & VERTICAL

The NFL Combine vertical and broad jump tests...quite simple, yet how to maximize performance in both events, and the draft stock effects of great or below average jumps are much less straightforward.

1. **The broad jump:** measures the ability to generate power from the lower half/through the hips, and landing mechanics
2. **The vertical jump:** illustrates lower-body strength and explosiveness; shows knee bend (how low they can get), along with stand-still power generation

In the NFL, strength and speed off the line are key factors to success. Also, scouts won't be too impressed by a bad landing, since the inability to land properly suggests increased non-contact injury risk.

**Fun fact:** data analysis found that RBs with longer broad jumps, averaged more yards and years in the league!

### HOW TO JUMP WELL?

1. **First, get into the right positions:** strength means nothing in the wrong positions. A bad ankle rocker (foot and ankle complex) will severely impair performance. Bad landing mechanics must be eliminated; the athlete must know how to slow down and land effectively (which will prevent non-contact injuries). Proper landing technique also directly feeds into the first half of a jump.

2. **Force application:** the athlete must work on developing absolute strength and the stretch shortening cycle. In working on these two areas, one must make use of post-activation potentiation, which can increase jumping effectiveness, even within a single training session.
3. **Application work:** the athlete must also specifically work on each jump, using certain techniques to improve each. (e.g. broad jump: achieve full triple extension, then "throw feet forward", and maintain an external focus during the jump; vertical jump: static stretch the hip flexors beforehand, and use proper footwear – light sneakers with a rigid sole and maximal arch support, a 1/2 size too small).

**Understanding and implementing these concepts into your training will allow you to jump further than ever!**

At FitSpeed, we are your one-stop-shop to get you results that show on your Combine or pro day! DM us for more info...step into your future!

**UNLOCK YOUR POTENTIAL**

Stay tuned for more on the #FitSpeed way!