

CONTACT TIME

The quietest number on the mat is the most diagnostic one. Ground contact time is how long the athlete spends reversing the landing, it separates a true rebound from a squat with a hop on the end, and it is measured here to a thousandth of a second.

THE REACTIVE SCALE · REBOUND HOPS (10/5 · 4/2)



Bands anchored to observed 10/5 data from 81 trained athletes (best-set averages): 90th percentile $\approx$ 142 ms, median $\approx$ 162 ms, 10th percentile $\approx$ 185 ms. Past 200 ms the rep is no longer reactive. It is a small countermovement jump.

CONTEXT CHANGES THE NUMBER

REBOUND HOPS

The scale above. Straight legs, stiff ankles, floor leaves fast. This is where the thousandth-of-a-second resolution earns its keep.

DROP JUMPS

Slightly longer contacts are acceptable, the box adds eccentric load. Coach toward a quarter second or less; read quality through DRI, which prices the drop in.

SINGLE-LEG WORK

One leg needs longer: the observed working range is roughly 230-280 ms. Grade single-leg contacts on the single-leg chart, never the bilateral scale.

COACHING WITH IT

CUE THE FLOOR, NOT THE HEIGHT

"Hot floor" and "off before you land" shorten contacts; "jump higher" lengthens them. Height that arrives on a longer contact is a different quality, the RSQ shows which trade the athlete is making.

WATCH IT DRIFT INSIDE A SET

Contact time creeping up rep over rep is fatigue arriving in real time. When the average climbs past roughly 10% over the set's opening reps, end the set, the stimulus already changed.

PAIR IT OR IT LIES

A short contact with no height is a tap, not a rebound. Always read contact time against jump height, RSI and the quadrant do exactly that arithmetic on every rep.

