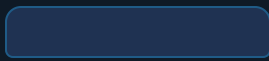


WHICH BOX FIRST

The Drop Jump assessment ships at four drop heights, 6, 12, 18, and 24 inches. DRI makes the scores comparable across all of them, but the box you start an athlete on is still a coaching decision. Start where the athlete can keep the contact short; earn the next box.

THE FOUR BUILT-IN DROP HEIGHTS

**6"**

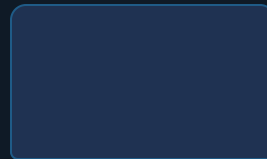
ENTRY · YOUTH · RTP START

First exposure to drops. Young athletes, athletes new to plyometrics, and the first rung of a return-to-play ladder.

**12"**

THE STANDARD TEST

The default assessment height for trained high-school and adult athletes. When in doubt, test here.

**18"**

TRAINED · IN-SEASON CHECKS

For athletes who hold their DRI from 12 inches. More eccentric demand, same honest score.

**24"**

ELITE · SHORT EXPOSURES

High eccentric load, keep volumes low and quality high. For athletes with a proven reactive base.

THE PROGRESSION RULE

HOLD THE SCORE, EARN THE BOX

Move up one height when DRI holds within about 5% of the lower box and contacts stay short. That is DRI's scale-invariance working for you: a stable score across boxes is proof the reactivity is real.

A FALLING SCORE IS THE ANSWER

If DRI drops meaningfully on the taller box, the athlete is absorbing the landing instead of recycling it. Stay at the lower height, the test just wrote the program.

CONTACT TIME IS THE GUARDRAIL

Whatever the box, coach contacts short. When ground time stretches past roughly a quarter second, the stimulus has changed from reactive to eccentric strength work.

