

PROTOCOL CARDS

A standard is only as good as the test underneath it. Run every assessment the same way, every time, same warm-up, same cues, same rules, and the numbers become worth comparing. Warm up first: five minutes general, then two build-up sets of low hops.

THE SIX CORE TESTS

STANDING VERTICAL

3 REPS · BEST

Setup: both feet on the mat, hands on hips or free, pick one and keep it forever.

Cues: dip and drive, land where you launched, stick tall.

Common errors: tucking knees mid-air (inflates flight time), stepping into the jump, soft crumpled landings.

10/5 RSI

10 HOPS · BEST 5 COUNT

Setup: tall stance, hands on hips or loose at sides.

Cues: straight legs, stiff ankles, hot floor, bounce, don't jump.

Common errors: bending knees into a squat between hops, drifting off the mat, chasing height instead of rhythm.

4/2 RSI

4 HOPS · BEST 2 COUNT

Setup: identical to the 10/5, this is its short-dose sibling.

Cues: same: stiff, rhythmic, elastic.

When: younger athletes, big groups, dense testing days, or as the SL 4/2 warm-up pattern.

SL VERTICAL

3 REPS PER LEG · BEST

Setup: one foot centered on the mat, free leg bent behind, hands on hips.

Cues: jump and land on the same leg, stick the landing before stepping off.

Common errors: swinging the free leg for momentum, hopping the landing, switching stance width between sides.

SL 4/2 RSI

4 HOPS PER LEG · BEST 2

Setup: single-leg stance, opposite leg held quiet.

Cues: small, fast, stiff, height is not the goal, the rebound is.

Common errors: letting contact stretch past ~300 ms (that is strength work, not a reactive test), free-leg swing, testing a cold leg first, alternate which side starts.

DROP JUMP · DRI

3 REPS PER HEIGHT

Setup: box beside the mat at 6, 12, 18, or 24 inches, the app knows the height.

Cues: step off, don't jump off; land both feet, leave immediately, finish tall.

Common errors: jumping up off the box (changes the real drop), deep absorbing landings, progressing box height before the DRI holds.

