

WHICH TEST WHEN

Eight modes, seven built-in assessments, one mat. Start from the question you are actually asking about the athlete, and the right test picks itself.

THE ROUTER

YOU WANT TO KNOW...	RUN THIS	WHY THIS ONE
HOW HIGH DO THEY JUMP?	Standing Vertical	The baseline. Three clean reps, best counts. Every other number hangs off this one.
ARE THEY SPRINGY?	10/5 RSI · 4/2 for younger	Flat-ground rebound quality. RSI plus contact time, zoned live on the RSQ.
HOW DO THEY HANDLE A DROP?	Drop Jump · DRI	Box-height response, scored by DRI so 6" and 24" compare honestly. The return-to-play test.
IS ONE LEG CARRYING THEM?	SL Vertical + SL 4/2	Output and reactive asymmetry per leg, with automatic left/right tracking and flag thresholds.
STRONG OR FAST UNDER LOAD?	Power Profile · PPS	Multi-stage loaded jumps map the force-velocity curve and say what to train next block.
CAN THEY REPEAT IT TIRED?	Bounce Factor	Repeat-hop stamina scored per cycle on the five DRI tiers, quality under fatigue, not just one good rep.

PUTTING IT ON THE CALENDAR

BASELINE DAY

New athlete or new season: Standing Vertical, 10/5, SL Vertical both legs. Twenty minutes, full profile, and every later session has context.

BLOCK CHECKPOINTS

Every 4–6 weeks, retest the two tests the block was training, not all six. Same protocol, same warm-up, same time of day.

DAILY TOUCH

A five-hop set on arrival doubles as neural readiness: compare to the athlete's rolling baseline and adjust the day when it sags. See the Readiness chart.

