



Virtual Learning

Drop jumping as a training method for jumping ability

Biomechanics of Sports

5/7/2020



Lesson: 5/7/2020

Objective/Learning Target:

1. The student will learn about drop jumping as a method for jumping ability.

Drop Jumping

Known as the landing portion of a depth jump.



Drop Jumping - Application

A stiffer jump-landing technique is a risk factor in the development of overuse injuries and acute injuries.



Drop Jumping - Application

Stiff jump application is caused by less active motion in the lower extremity joints and by the increased valgus position of the knee during the jump-landing maneuver which creates an unfavorable alignment of the lower extremity.



Valgus Position

Drop Jumping - Application

A valgus position of the knee during landing was also a predictor of acute lower extremity injuries.

Programs should focus on the jump-landing technique and the performance of the athlete.

