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# Depth Jumping: A Comparison of the Most Effective Depth Jumping Techniques in the Improvement of Power/Vertical Jumping

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# DEPTH JUMPING: A COMPARISON OF THE MOST EFFECTIVE

# DEPTH JUMPING TECHNIQUES IN THE IMPROVEMENT OF

# POWER/VERTICAL JUMPING

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DEPTH JUMPING: A COMPARISON OF THE MOST EFFECTIVE DEPTH

JUMPING TECHNIQUES IN THE IMPROVEMENT OF POWER/VERTICAL

JUMPING

By

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MASTER'S PROJECT

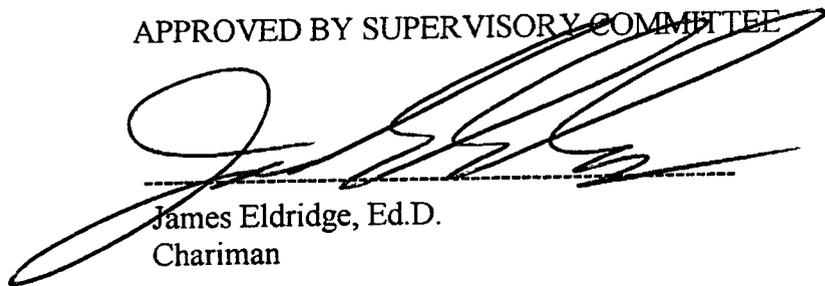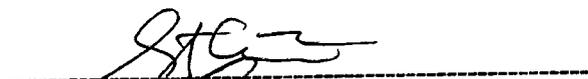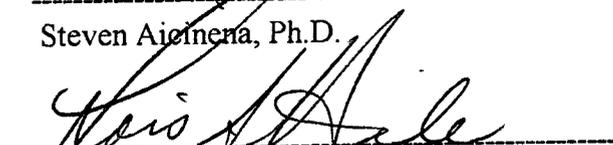Presented to the Graduate Faculty of the Department of Kinesiology

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ABSTRACT

A four week depth jump training program was conducted to determine if there is a significant difference between bounce drop jump technique and counter drop jump technique in improving leg power as measured by vertical jumping height. Eleven college females, age 18 to 21, involved in the sport of volleyball and basketball served as subjects in this investigation. Following pre-testing, the subjects were assigned to one of two treatment groups based on the sports they played. Both groups participated in the training two sessions per week. There were no control groups used in this investigation. The subjects in group one (volleyball players) performed drop jumps from depths of 20 to 40 cm using bounce drop jump techniques. The subjects in group two (basketball players) performed drop jumps from heights of 20 and 40 cm boxes using counter drop jump techniques. Both groups performed the same number of jumps each session. Following post testing, data were analyzed by using 2x2 repeated measures analysis of variance. The factors for the 2x2 design were group training (bounce drop jump and counter drop jump) by time (pre-post trials). The dependent variables were jump height's bound flex 10 degrees, bound flex 90 degrees, flex 10 degrees jump, and flex 90 degrees jump. The independent variables were the two jumping techniques; the bounce drop jump technique and the counter drop jump technique. The results of this analysis showed that there were no significant differences found between the training techniques and any of the dependent variables, however, a significant difference was found within the individuals in the dependent variable of bound flex 10 degrees jump height over time.