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Variant of stimulation method for legs: - vertical squat jump with a weight held between legs (16,24,or 32 kg). used as tonic work. - two sets of 6-8 jumps with rest 3-4 minutes conducted. Then after rest of 3-4 minutes, the second DEVELOPING exercise is executed for 6 or 8 reps multiple jumps from one.

Verkhoshansky's Sport Training Methods | Evolutionary ...

Professor Yuri Verkhoshansky is predominantly known to most westerner readers as the Russian researcher who invented plyometric training (Shock Method). Many coaches and sport scientists

around the world, however, recognize Y.Verkhoshansky as a prominent figure in the field of explosive strength training, one of the greatest experts in the theory of sports training whose ideas was implemented and expanded as: Methodology of Special Strength Training and Special Physical Preparation, Long ...

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PREFACE OF YURI VERKHOSHANSKY Dear reader, the Special Strength Training presented in this manual is mainly addressed to coaches of Olympic sports athletes; it is also useful for coaches of strength & condition in all those sports in which it is necessary to have strength and high efficiency of movement.

Published by Verkhoshansky SSTM 2011 - Rome, Italy

At the end of the 1950s, Yuri Verkhoshansky, a successful coach of the Track & Field jumpers, and students from the Aeronautical Engineering Institute, created a new training mean - vertical drop-rebound jump (Depth Jump). This exercise helped his athletes obtain an unexpectedly high increase in the level of

Shock Method and Plyometrics - verkhoshansky.com

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Yuri Verkhoshansky is to strength and conditioning what Issac Newton was to physics. If you're the typical gym rat, be prepared to have your world blown wide open. You will learn nuances about things you didn't even know existed.

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Special Strength Training. Special Physical Preparation (SPP) Programming of Training · Typologies of strength capacity and means and method of training · The principle of Dynamic Correspondence between the strength exercises and the competition main exercises · The Shock Method for improving the explosive strength and the muscles reactive capacity (the so called Plyometric

Training)

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