

# SHOCK METHOD

APPENDIX:



## JUMP TRAINING GUIDE FOR BEGINNERS

**NATALIA VERKHOSHANSKY**



JUMP TRAINING GUIDE FOR BEGINNERS  
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Edited by Matt Thome

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The Italian coaches Carlo Buzzichelli and Vanna Radi and their athletes Alissa Rugi, Irene Siragusa and Valentina Tanzini.

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## INTRODUCTION

I was motivated to write this EBook as an “Appendix” of the book of my father’s “Shock Method” to provide young and beginner athletes with a safe method for approaching the Shock Method.

The aim of this EBook is to give coaches a practical guide for applying the Jump Training exercises in their training program with a focus on the approach to follow for beginners and young athletes.

To ensure an optimal use of this guide, the reader should have a good knowledge of the main typologies of jump exercises, the methods of their application and the main characteristics of the correct execution technique of these jump exercises in relation to the methods.

The content of this EBook is structured into three main parts:

- 1) A short illustration of the main typologies of Jump Exercises, the concept of their training potential and the correlated training stimuli.
- 2) The progression of Means and Methods of Jump Training for improving Jump Ability.
- 3) Examples of how to organize Jump Training in the multiyear training process and in the Preparation Period.

Because the aim of this Appendix is to be a practical tool for coaches, this EBook contains links to videos of every exercises mentioned in the text.

These exercises were performed by two groups of athletes:

- An Italian group of three athletes, Alissa Rugi (triple jumper), Irene Siragusa (sprinter) and Valentina Tanzini (middle distance runner). These young athletes, coached by Vanna Radi (with the help of coach Carlo Buzzichelli), are specialized in the Track & Field. In their usual training, they never used before jump exercises in the way proposed in this book.

The coaches Carlo Buzzichelli and Vanna Radi



The athletes

Alissa Rugi, Irene Siragusa and Valentina Tanzini

- A Swedish group of two athletes: Julia Skugge and Hugo Jansson; trained by Nils Holmdahl, whose work has been deeply influenced by the ideas of Yuri Verkhoshansky. Julia and Hugo regularly use these jump exercises in their training. For this reason, we can consider them the “expert group”.

We intentionally used these two groups, so we could provide the reader with an idea of what he can expect from their young athletes in the process of improving their jump ability, depending on their level of experience in jump training.

For some exercises, the videos of the “expert group” were taken from other athletes and not from the Swedish group.

In this context we would like to stress the fundamental aspect of the knowledge and intuition of the coach in evaluating the level of jump ability of his athletes.

The video examples are only a little help in the coach’s evaluation process.





## NOTE FOR THE READER

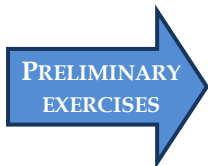
The figures that contain the link to the videos of the exercises are individualized by icons:



- Exercises executed by the Italian group of three young athletes with less experience in jump training



- Exercises executed by the Swedish group of two young athletes with experience in jump training  
- Exercises executed by other athletes with experience in jump training



- Recommended exercises for preparing the athlete for correct execution of the exercise proposed in the training progress.



- Example of excellent execution of the exercise.

To facilitate the reader in consulting the EBook, in every page we added two links:

- The Content Index; where it is possible to click on the description of the paragraph that the reader wishes to go.

[CONTENT INDEX](#)

- The Index of the Videos; where is possible to click on the description of the video that the reader wishes to watch.

[VIDEO INDEX](#)



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