



# SHOCK METHOD

APPENDIX:

A blue-toned illustration of three athletes in motion, rendered in a sketchy, hand-drawn style. The athletes are positioned horizontally across the middle of the page, with the central one appearing to be in a jumping or landing phase, while the others are in running or jumping poses.

## JUMP TRAINING GUIDE FOR BEGINNERS

**NATALIA VERKHOSHANSKY**

JUMP TRAINING GUIDE FOR BEGINNERS  
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Edited by Bryan Mann and 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 “Appendix” of the book of my father “Shock Method” for giving the possibility, to young and beginners athletes, a safe method for approaching the Shock Method.

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

For an optimal use of this guide in the coaches’ work, the reader should have a good knowledge of the main typologies of jump exercises, the methods of their applying and the main characteristics of the correct execution technique of these jump exercises in relation to the methods.

The content of the Appendix 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 correlate training stimuli.
- 2) The progression of Means and Methods of Jump Training for improving the Jump Ability.
- 3) Examples of how to organize the 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 the coaches, the EBook contains the links to the 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 (sprint runner) and Valentina Tanzini (middle distance runner). These young athletes, coached by Vanna Radi (with the help of the

The coaches Carlo Buzzichelli and Vanna Radi



The athletes  
Alissa Rugi, Irene Siragusa and Valentina Tanzini

coaches Carlo Buzzichelli) are specialized in the Track & Field. In their usual training, they never used before the jump exercises in the way proposed in this book.

- 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 Yury Verkhoshansky. Julia and Hugo regularly used the jump exercise in their training. For this reason we can consider them the “expert group”.

We intentionally used these two groups, because we would give to the reader an idea of what he can expect from their young athletes in the process of improving their jump ability, depending on their level of past experience in jump training.

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



In this contest we would like to stress the fundamental aspect of the knowledge and intuition of the coach in evaluating the level of the jump ability of his athletes. The video examples are only a little help in the coach’s evaluation process.



#### NOTE FOR THE READER

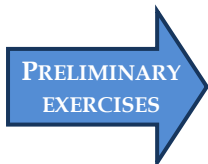
The figures which contain the link to the videos of the exercises are individualized by icons:



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 exercise for preparing the athlete to a 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 bottoms that bring to:

- the Content Index; where is possible to click on the description of the paragraph that the reader wish to go;

[CONTENT INDEX](#)

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

[VIDEOS INDEX](#)



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