# Power- 2 footed standing long jump

## Focus of Test:

To measure the explosive power outcome generated by the legs.

## Equipment Required:

A tape measure.

Non-slip and even surface.

Clearly marked “jump line”.

Commercial Long jump mat (optional)

## Test protocol:

1) The player stands with heels directly on the “jump line” with feet slightly apart. This means that toes will be in front of the “jump line”.
2) The player is required to use a standing two-footed take-off and landing too.
3) Bending of the knees and swinging of the arms is permitted to encourage power.
4) There should be **no stepping or rocking** into the jump.
5) Measurement is taken from the part of the foot that touches the ground first upon landing and is closest to the “jump line” (back of heels). If the player steps back once landed, this is the point measured.
6) 3 attempts are allowed, with the best one taken.

## Test Reliability:

*Avoid jumping downhill or on uneven surfaces.

*Jumping into or with the wind.

* Keep the conditions the same on each re-test.

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