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Shock Method - Testimonials . These testimonials were taken from the first Russian edition of "Shock Method". Here we report only the testimonials referred to Depth Jump which is one of the most famous means of Shock Method conceived by Prof. Verkhoshansky "For jumpers the Depth Jumps are like a sip of fresh water on a hot day.

Verkhoshansky Site

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Supertraining: Verkhoshansky, Yuri V., Siff, Mel C ...

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 ...

CV & Bibliography - Verkhoshansky Site

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

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4.0 out of 5 stars Supertraining. 21 December 2010. Format: Paperback. Great book, the bible of Strength and Conditioning. Very detailed and helped me through my degree,so I had to purchase. ... by Yuri Verkhoshansky. £40.00. 4.4 out of 5 stars 5. Periodization Training for Sports. by Tudor Bompa. £12.99. 4.7 out of 5 stars 14. New Functional ...

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