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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

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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

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