

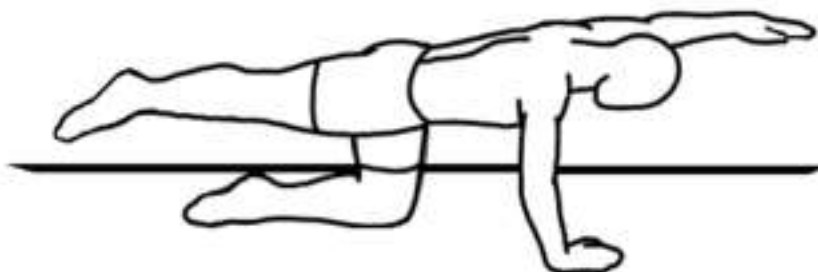


Four pt. opposite arm and leg raise

To practice and test back and core strength

Equipment needed

- Mat



Proper form of 4 point

- Athlete should assume a hands and knees 4 point position
- Athlete should align shoulders directly over hands and hips over knees
- Instruct athlete to lift the one hand and the opposing knee up off the ground a couple of inches
- The torso should shift somewhat but should not rotate- the elbow and knee should remain close to the side of the body and should not be pulled outwards

Tips for Coaches and Volunteers

- Tell the athletes they have a plate of spaghetti on their back.
- If you have their papers, put it on their back and tell them to not let it fall off

Form Rating Scale

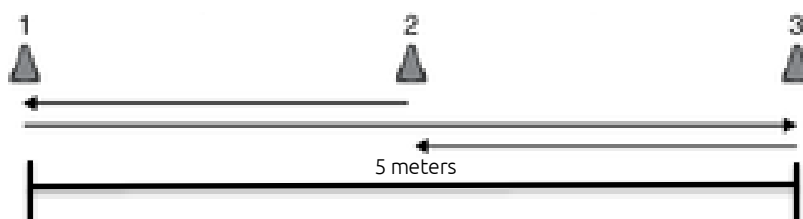
1. Torso is kept parallel to the ground- does not rotate or wobble
2. Elbows and knees are maintained beside the body



Agility Test

To test the ability to move quickly and change directions with balance and control

Equipment: A flat, non-slip floor, tape measurer, stop watch, 3 cones



- The 2 end cones are set 5 meters apart on a straight line. The third cone is placed in the middle (2.5 meters from either end).
- The athlete starts at the middle cone.
- The tester gives the signal to start and points in a specific direction, right or left.
- The athlete runs and touches the first cone (either right or left), returns past the middle cone (start) to the far cone and touches that one and then returns to the middle (start) cone, touching that one- this is done as fast as possible as a sprint.
- The tester starts the stop watch on giving the 'Go' command and stops the watch when the athlete touches the middle cone at the end.
- The point of the test is to see how fast the athlete can react to the directional instruction and to see how agile they are while moving pylon to pylon.
- The better of two tries are recorded for scoring.

NOTE:

- Make sure to encourage the athlete to move as fast as possible.
- If necessary, run with them for encouragement.
- Ensure that they are touching each time they are at a pylon.



Ball toss

To test strength and power

Equipment: two medicine balls, measuring tape.

Test

- Allow athletes to warm up arms, arm circles, arm swings
- Explain test to athletes and demonstrate
- Athletes start holding onto medicine ball with both hands, heels on the start line
- Athletes can start with knees and elbows bent
- Throw the ball away from the direction that they are facing
- Measure the point that the ball lands in metres
- Allow athlete two chances

Note

- Encourage athletes to throw ball behind them as far as possible
- Encourage athletes to breath during throwing
- You can help count athletes down before throw





Broad jump, 3 Broad jumps

To test leg strength and endurance

Equipment needed

- Measuring tape

Proper form of Broad jump

- Allow athletes both a demonstration and practice round
- Have athletes stand at the end of the measuring tape
- Ask them to perform their biggest single jump forward
- Athletes must land on two feet
- Ensure they are swinging their arms, bending their legs and reaching as far as possible
- Measure and record the distance they jump
- If they step backwards, measure from that point
 - Measure from the back of their heel – the point closest to the start mark



Proper form of Three Broad Jumps

- Allow athletes a practice round
- Have athletes stand at end of tape
- Have athletes perform three 2 footed jumps forward with no pause between jumps
- Ensure they are landing on both feet for every jump
- Measure the final distance of the three jumps
 - Measure from the back of their heel – the point closest to the start mark



Sit and Reach Test

To test hamstring and trunk flexibility

Equipment: Yard stick and tape



Preparation:

Place the yardstick on the floor with the zero mark closest to you. Tape the yardstick in place at the 38cm or 15 inch mark.

- Warm up properly. Warm-up activities include fast walking, jogging in place, or cycling on a stationary bicycle. Adding extra arm movements to these activities, like pumping your arms, will warm up your upper body.
- Sit on the floor with the yardstick between your legs, your feet 25-30cm apart, and your heels even with the tape at the 38cm or 15inch mark
- Place one hand over the other. The tips of your two middle fingers should be on top of one another.
- Slowly stretch forward without bouncing or jerking and slide your fingertips along the yardstick as far as possible. The greater your reach, the higher your score will be.
- Do the test three times and record the highest number in cm
- If the athlete is unable to reach the yardstick, write an X for the measurement



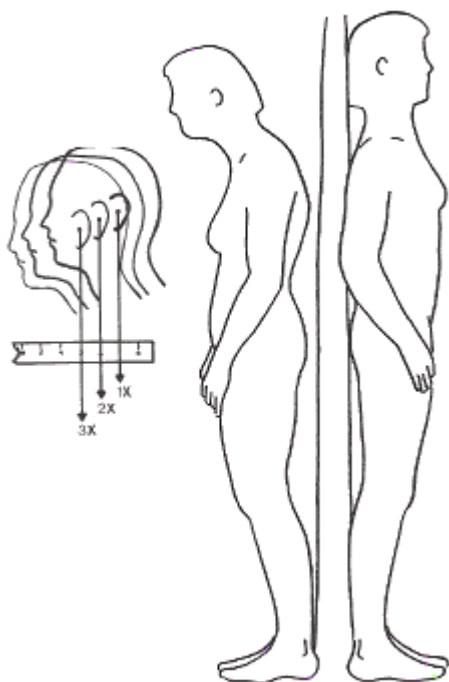
Height, weight and posture

Record the height, weight and posture of the athlete

- Record height and weight of each athlete
- Ensure athletes are standing tall during height measurement- **measure height in cm**
- Ensure athletes shoes are off and **measure weight in lbs.**

Posture test

- Get athlete to sit straight against wall
- Record athletes head position (is it neutral or forward)
- Record athletes shoulder position (is it forward or neutral)
- Record athletes low back position (is it neutral, forward or flattened)



Note:

- Ensure an “extra” clothes ie. Jackets and shoes are off when weighing
- Ensure hats and shoes are off when measuring height



Hip flexor test

To test flexibility in the hip and hamstring

Equipment needed

- Measuring tape, mat



Proper form of Hip flexor test

- Athlete should pull one knee against the chest and maintain the low back in flat position
- Athletes other leg remains straight and flat on the ground
- If the lower leg is **not** flat on the ground measure the distance from the floor to the back of the knee **in centimetres**
- Repeat on the other side
- Leg that is pulled up is the leg that you are scoring i.e.) right knee up is right side

Form Rating Scale

3. Bottom leg is flat on the mat
4. Knee is fully against the chest
5. Bottom foot is not rotated outward



Hurdle Step

For stability, balance and flexibility of the pelvis, knees and ankles

Equipment needed: dowel, tape, doorway or two solid objects



Proper Form of Hurdle step

- Instruct the athlete to stand in a doorway and place a length of masking tape across the width of the doorway
- **Masking Tape is placed at the height of the bump on the upper aspect of their shin**
 - The masking tape will have to be moved for every athlete
- Place the dowel across the shoulders and hold in each hand (any substitute dowel can be used i.e.) floor hockey stick
- Athlete stands with feet positioned together side by side and toes directly behind the strip of tape
- Athlete lifts one foot and steps up and over the tape. The heel of the foot is placed on the floor briefly and then lifted back up to starting position. **Note:** The foot should only lightly touch the floor and the weight should not be transferred forward onto the foot to gain balance or use as a take off

Hurdle step form rating scale

1. Minimal movement of the torso and balance is maintained
2. Foot does not touch the tape
3. Dowel does not touch the doorway
4. Knee, hip and ankle remain aligned and no spinal movement is observed (i.e. side flexing or hiking the hip upward)



Lunge

To test leg strength, technique and to correct improper form

Equipment: Orange Dot



Proper form of a lunge (split squat)

- Athlete should stand with feet shoulder width apart
- He/she should take a large step forward with one foot
- Athlete should slowly descend dropping the back knee straight down towards the ground
- The front knee should bend to approximately 90 degrees and should NOT travel forwards
- The trunk should maintain in an upright position with no forward lean
- The head and chest should remain upright
- Travel back to starting position and repeat- switch legs
- In a regular lunge-back knee does not touch ground, **for the purpose of this test, instruct athlete to touch the orange dot on the ground with their back knee**

Form Rating Scale

- 1) Minimal movement of the torso and balance is maintained
- 2) Feet do not move and remain pointing straight ahead
- 3) The back knee touches the ground



Plank test

To test core strength

Equipment needed

- Stop watch
- Mat

Instructions

- Use a stop watch to time how long the athlete can assume the proper position
- Stop time when athlete stops or when form is improper
- Athlete should be up on their wrists and toes (as seen in picture)
- Athlete buttocks should not dip or raise but should be completely level
- Back and legs must be straight at all times
- If athlete has no trouble maintaining- provide an adaptation by asking athlete to lift one arm, one leg or both during the test
- If athlete has **significant** trouble- they may modify the plank by coming down to their knees- always encourage these athletes to transition into not using knees. **Note that the test was modified and what the modification was**

Tips:

- Tell the athletes to imagine a plate of spaghetti or a bowl of water on their back and they need to keep their back flat so that it doesn't fall over



Modifications





Push- Up

To test the forward and back stability of the trunk and scapular

Equipment needed: mat

Push- Up (modified)

Standard Push- Up



Proper Form of a Push-Up

- Athlete should start lying flat on the ground-or on knees if modified
- He/she should place hands palm down on the ground slightly wider than shoulder width apart and thumbs at approximately shoulder height
- Athlete curls toes upward (towards head) so the balls of the feet touch the ground
- He/she pushes down into the ground and slowly straightens elbows until they are only slightly bent (not locked)
- Straight line should fall along the ankle, knees, spine, shoulders and head
- Please note if modified push up is used

Form Rating Scale

5. Ankles, knees, hips, spine, shoulders and head remain aligned
6. No spinal movement is observed (i.e. sagging)
7. Shoulder blades remain flush against the rib cage throughout the execution of one rep

Push- up Test

- Record the number of push ups completed without a large pause- must be proper form
- Stop the test when athletes are unable to maintain appropriate technique for 2 consecutive push ups. **Please note if modification is used.**



Seated Rotation

To test upper torso mobility and hip mobility



Equipment: Dowel, doorway or two solid objects

- Athlete should sit cross legged facing one side of the doorway. Lower legs should be in contact with the door jam and feet should be on either side
- Athlete should sit with trunk in an upright posture and dowel placed across chest in contact with collar bones
- Arms are crossed over chest and hands hold the dowel in place
- With back straight, athlete should rotate to each side, attempting to touch the dowel to the doorframe
- **Limit forward/back leaning or side bending**

Seated rotation form: rating scale

1. Dowel touches wall
2. Dowel remains level and in contact with chest
3. Spine remains straight and upright

Tips

- Tell athletes that they are a shish kabob so they can't bend their bodies



Shoulder Mobility test

To test shoulder flexibility

Materials: measuring tape



- Measure athlete's hand in inches from the tip of their middle finger to the bottom of their palm, note this distance
- Instruct athlete to reach overhead and toward their back with the left hand and underhand behind back with their right hand. Both hands are placed on the back- he/she should be stretching as far as possible without straining
- Measure the distance between two closed fists- middle knuckle to middle knuckle
- If the distance is greater than the size of palm, a score of zero is given
- If the distance is the same or less than the size of the palm, 1/1 is given
- Switch hands and perform the test again

Form Rating Scale

1. Fists are one hand width apart or less



Sprint test

To test speed

Equipment needed

- Pylons or markers for start and finish
- Stop watch
- Measuring tape

Sprint Test

- Set the finish line at 30 metres
- Mark start and finish line
- Allow athletes to warm up arms, arm circles, arm swings, high knees
- Explain test to athletes
- Ensure his/her foot is behind the line and give him/her a countdown
- Allow athlete two try's- take the best score and record
- Use two volunteers-one at start one at finish to increase accuracy

Tips:

- Use creative ways to get athletes to run their hardest
 - i.e. get coach to run alongside to encourage athlete
 - i.e. get everyone to cheer each other on





Squat test

To test leg strength, judge form and teach proper form of exercises



Proper form of Squat

- Athlete should stand with shoulder width apart and raise straight arms in front of body to shoulder level
- Feet may slightly point out with knees aligned over feet
- Athlete should descend into a squatting position by bending the hips and knees and lowering the trunk (sitting back into a chair)
- Knees stay behind toes and are aligned over the second toe of each foot
- Body weight is shifted back on heels

Tips:

- Tell the athletes to imagine sitting in a chair

Form Rating Scale

6. Thighs are parallel to ground when athlete is in a fully descended position (i.e. at the bottom of the squat)
7. Angle of torso is parallel with lower leg
8. Heels remain on the ground
9. Knees are aligned over feet and behind toes



Stork Stand test

To test balance

Equipment needed: stop watch



- Athlete should lift one foot and place the sole against the inside of the supporting leg, just below or at the knee (stork)
- Arms may be in front of body, at hips or at sides or overhead (more difficult)
- Athletes should focus on a spot on the wall
- When athletes are ready, start timing- stop timing when form is improper in any way i.e.) hopping, large sway or wobble, other foot touching ground, using support
- Record time, switch legs
- Record the time even if it's a second



Vertical Jump

Proper form

- Instruct athlete to stand next to a wall with his/her dominant side facing the wall.
- If athlete is right handed, right shoulder should be next to the wall, and vice versa.
- Athlete should extend arm and reach up as high as possible, marking the highest spot he/she can touch.
- This is the **standing reach**.
- You can apply ink or chalk on your fingertips to mark the spot or put some tape on the wall marking off the highest point
- Without taking any steps, athlete should jump up from a standstill, reach as high up the wall as they can, and mark off the second spot.
- Mark this second spot with ink, chalk or tape like before.
- Athlete can repeat the jump until he/she feels they have touched the highest point on the wall.
- Subtract your standing reach from the height of the highest point touched on the wall.
- This number will be the **vertical jump**.
- For example, if standing reach is 20 inches and the highest point reached on the wall is 30 inches, vertical jump is 10 inches

If your testing site has a jump mat:

- Turn the jump mat on
- Hit the red button when it says one jump
- Instruct the athlete to step on
- Jump
- Record reading for black box



Wall sit test

To test leg strength

Equipment: stop watch, flat wall, tape

- Athlete stands approximately 25cm from wall, feet shoulder width apart-this will vary depending on height of athlete
- Athlete leans back against the wall and slides down until knees are **90 degrees**- ensure that athletes are not standing too high or sliding lower than 90 degrees
- You can mark 90 degrees for the athlete with tape on the ground
- Hands should be folded across chest or resting on thigh
- When athlete is in position, start timing
- Stop timing when athlete changes position significantly-knees must remain in 90 degrees

Tips for Volunteers and Coaches:

- Stand beside the athlete to make sure that they are at 90 degrees
- Correct the athlete as soon as their form changes

