



# **6-10 years old Physical Testing Protocols**

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# Height - Weight

## **Height:**

- a. Shoes off*
- b. Standing height in total cm*

## **Weight:**

- a. Shoes off*
- b. Body weight in total kg*

# Standing Broad Jump

**Equipment :** *Measuring tape, Mat.*

**Setup:** *Place a measuring tape to a mat.*

**Start Position:**

***Athlete*** - *Stand with feet shoulder width.*

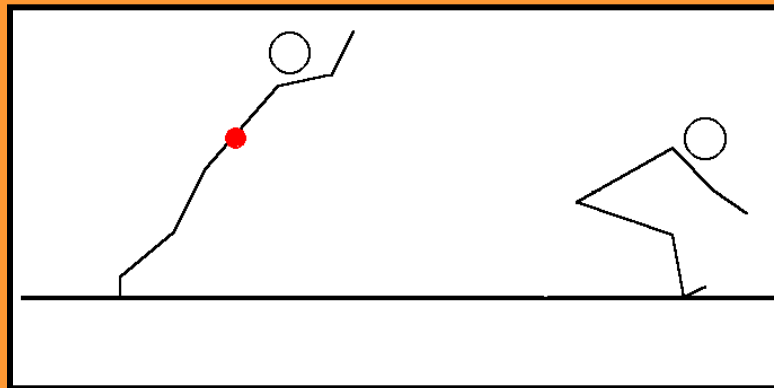
***Examiner*** – *Stand in front and beside.*

**Performance:**

***Athlete*** - *Bend the knees and jump forward with legs pushing off simultaneously (no steps), as far as possible. Use your arms to produce more power.*

**Measurement:**

***Examiner*** - *Read the longest jumping reach, record in cm the best of three (3) trials. The measurement is taken from the back foot heel.*



**Ages 6-10**

# 20 metre sprint

**Equipment :** *Hand held stop watch, measuring tape, masking tape, 4 cones.*

**Setup:** *Measure a distance of 20 metres (mark the starting and finish lines with masking tape and cones).*

**Start Position:**

***Athlete** - Stand with toes behind the starting line.*

***Examiner** - check the athlete starting position (no running start). Raise hand and athlete start as the test examiner's hand drop and start stop watch.*

**Performance :** ***Athlete** - Sprint to the finish line as fast as possible.*

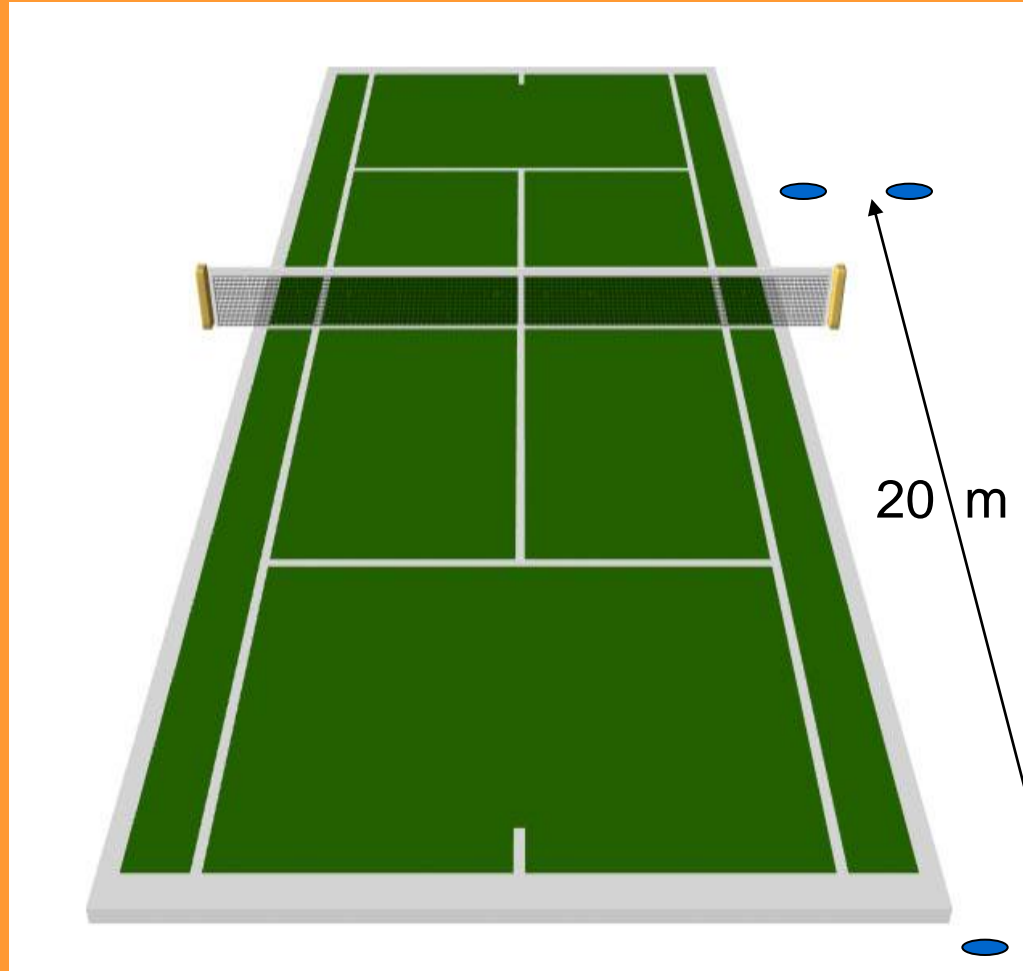
**Measurement :**

***Examiner** - Record the time elapsed as the athlete's chest crosses the finish line.*

***Record the best of 3 trials.***

**Ages 6-10**

# 20 metre sprint



# Ball Throw

**Equipment :** *Measuring tape, tennis balls, masking tape, 4 cones.*

**Setup:** *a 1 meter square defined by 4 cones. Extend a measuring tape in a straight line from the box. Secure each end of the measuring tape.*

## Start Position:

**Athlete** – *The athlete stands up between a 1 meter square defined by 4 cones. The athlete is allowed to take one step approach but must maintain the starting throwing position throughout his approach ( they are not allowed to drop their hand) also the player may not cross the line in front of him at any time, and must keep his front foot on the ground when the ball is released. **The throw is an over shoulder throw.** We measure the distance of the throw in metres. Each athlete gets three trials. The best throw is recorded. Desired precision is 10 cm.*

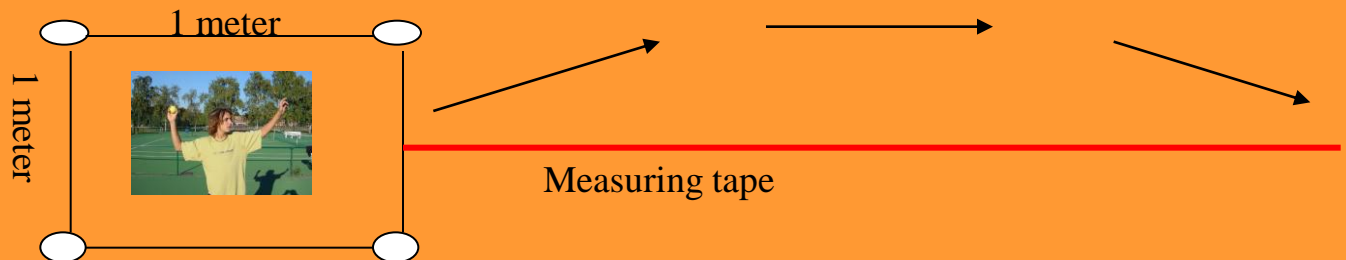
## Performance:

**Athlete** - *Throws a tennis ball as far as possible.*

## Measurement:

**Examiner** - *Record the best of the three throws.*

Over shoulder  
Starting position



**Ages 6-8**

# Ball Throw

**Equipment :** *Measuring tape, 200 grams ball, masking tape, small mat.*

**Setup:** *Draw a line with masking tape. Extend the measuring tape in a straight line from the draw line. Secure each end of the measuring tape.*

## **Start Position:**

**Athlete** – *The athlete stands on his knees and must keep them together .The athlete is not allowed to sit but can use a trunk rotation to produce more power. **The throw is an over shoulder throw.** We measure the distance of the throw in metres. Each athlete gets three trials. The best throw is recorded. Desired precision is 10 cm.*

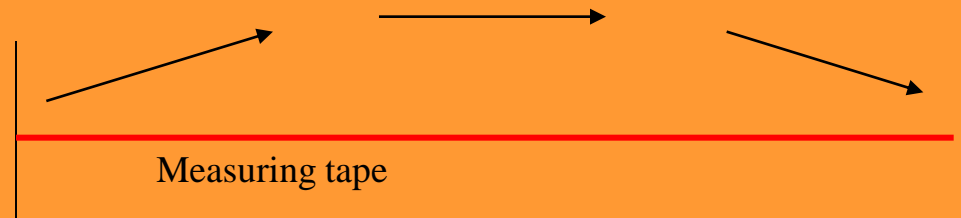
## **Performance:**

**Athlete** - *Throws a 200 grams ball as far as possible.*

## **Measurement:**

**Examiner** - *Record the best of the three throws.*

Over shoulder  
Starting position  
On knees on a mat



**Ages 9-10**

# 1/2 Spider Deuce Court

**Equipment :** *Tennis Court, Tennis Balls, Masking tape, measuring tape, hand held stop watch.*

**Setup:** *Position three (3) balls as follows*

*Ball #1: baseline/sideline intersection, deuce court*

*Ball #2: sideline/service line intersection, deuce court*

*Ball #3: center 'T'*

*Create a box tape rectangle with the masking tape of 30 x 45 centimetres*

**Start Position:**

***Athlete** – Stand facing the Ball #1, with one foot inside the taped rectangle.*

***Examiner** – Behind the taped rectangle.*

**Performance :**

***Athlete** - Sprint to Ball #1, retrieve it and place (do not throw) it inside the taped rectangle. Continue to retrieve each ball (#2 and #3), one at a time in sequence, and place them in the taped rectangle. (counter-clockwise pattern)*

**Measurement :**

***Examiner** - Record the time when the last ball has been placed in the rectangle.*

***Record the best of 2 trials.***

***\*Add the best score of Deuce court with the best score of Ad court.***

**Ages 6-8**



# 1/2 Spider Ad Court

**Equipment :** *Tennis Court, Tennis Balls, Masking tape, measuring tape, hand held stop watch.*

**Setup:** *Position three (3) balls as follows*

*Ball #5: baseline/sideline intersection, ad court*

*Ball #4: sideline/service intersection, ad court*

*Ball #3: center 'T'*

*Create a box tape rectangle with the masking tape of 30 x 45 centimetres*

**Start Position:**

***Athlete** – Stand facing the Ball #5, with one foot inside the taped rectangle.*

***Examiner** – Behind the taped rectangle.*

**Performance :**

***Athlete** - Sprint to Ball #5, retrieve it and place (do not throw) it inside the taped rectangle. Continue to retrieve each ball (#4 and #3), one at a time in sequence, and place them in the taped rectangle. (clockwise pattern)*

**Measurement :**

***Examiner** - Record the time when the last ball has been placed in the rectangle.*

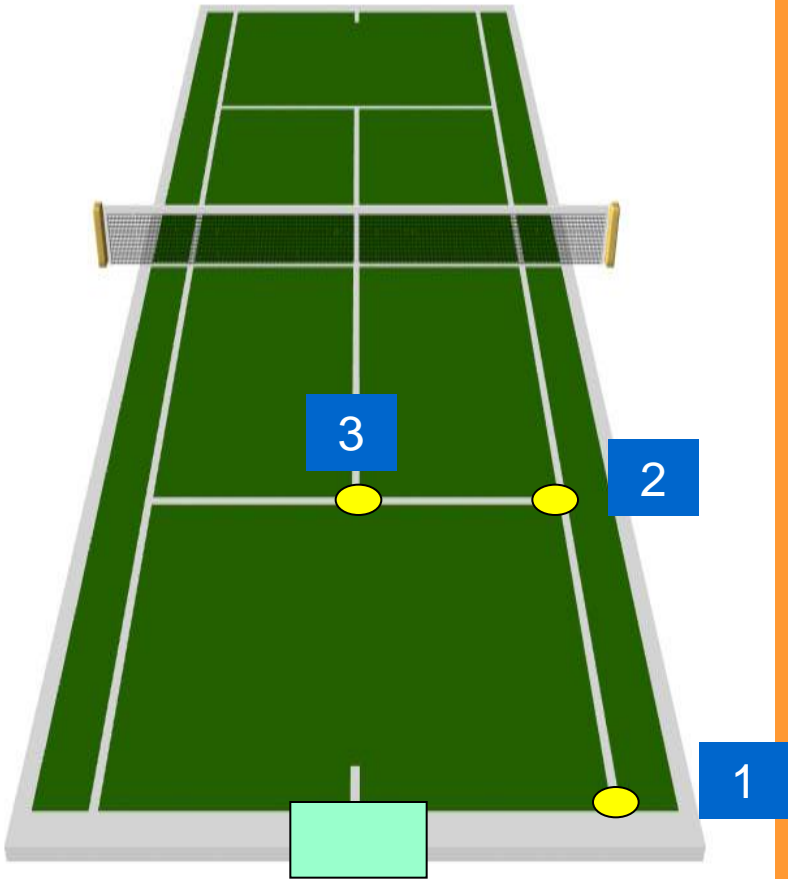
***Record the best of 2 trials.***

***\*Add the best score of Deuce court with the best score of Ad court.***

**Ages 6-8**

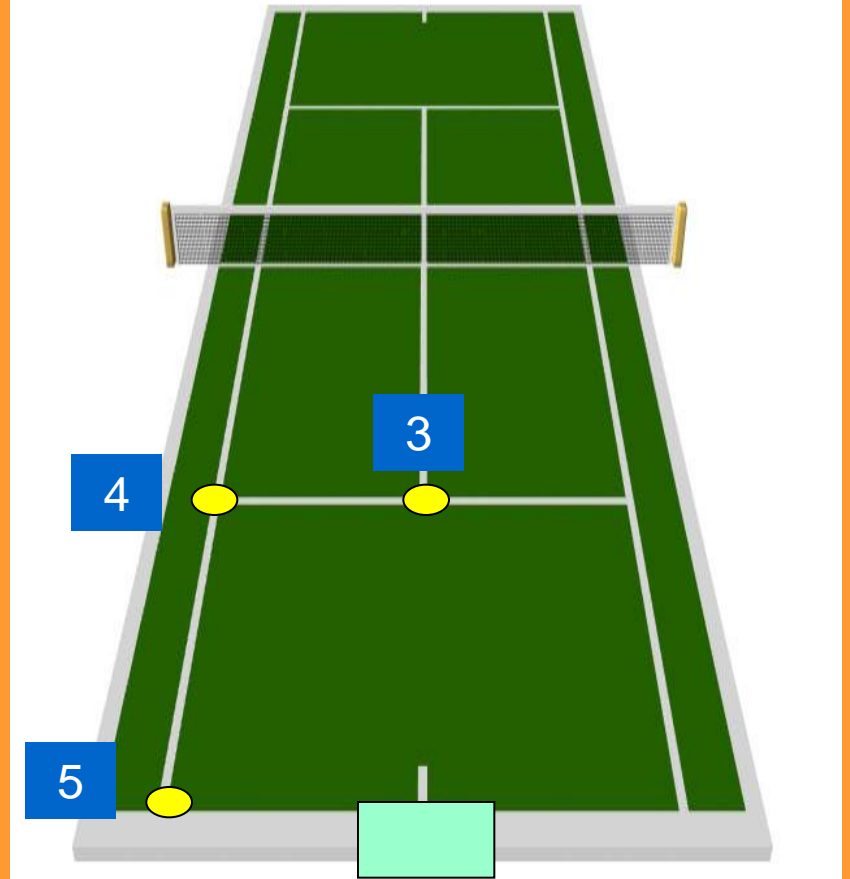
# 1/2 Spider

Deuce



30 x 45 cm

Ad



30 x 45 cm

# Ball Rebound Throw

**Equipment :** 4 tennis balls, flat wall, masking tape, measuring tape, stopwatch, chair.

**Setup:** Draw a line .5 meters from a flat wall. Put the chair between the line and the wall. Put 3 balls on the seat of the chair.

## Start Position:

**Athlete** - The player stands half a metre from a flat wall behind the chair. The player holds a ball in one hand.

**Examiner** - Stand beside.

## Performance:

**Athlete** - C (Child) throws (over arm) a ball off a wall or flat surface. The player attempts to catch the rebounding ball in the opposite hand (1 hand). Repeat as many times as possible in 30 seconds. Ball must be caught in the opposite hand. Ball must be caught with 1 hand. Only balls caught without a bounce will count. Player must stay .5m from the wall behind the chair. If the player drop the ball he should take an other one placed on the chair and not lose time to run at the drop ball. **Underhand catch is not allowed.**

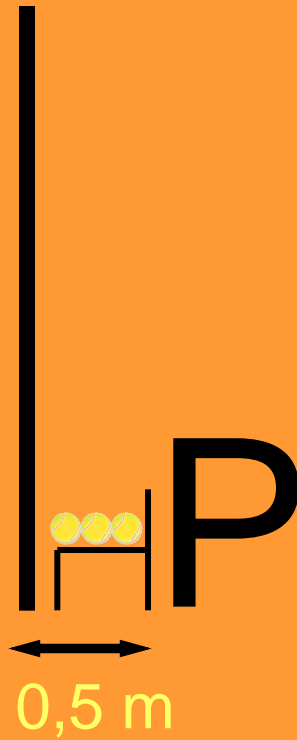
## Measurement:

**Examiner** - Record the total ball caught in 30 seconds

Athlete should have a 10 seconds practice before.

**Ages 6-10**

# Ball Rebound Throw



# Spider

**Equipment :** *Tennis Court, 5 tennis Balls, masking tape, measuring tape, hand held stop watch.*

**Setup:** *Position five (5) balls as follows*

*Ball #1: baseline/sideline intersection, deuce court*

*Ball #2: sideline/service line intersection, deuce court*

*Ball #3: center 'T'*

*Ball #4: baseline/sideline intersection, ad court*

*Ball #5: sideline/service line intersection, ad court*

*Use masking tape to mark off a 30 cm by 45 cm rectangle behind the middle of the baseline, using the baseline as one of the 45 cm sides.*

**Start Position:**

***Athlete*** – *Stand facing the Ball #1, with one foot touching the taped rectangle.*

***Examiner*** – *Stand behind the taped rectangle, out of the court. Use the command "Ready-Go" and start the stopwatch.*

**Performance :**

***Athlete*** -*Sprint to Ball #1, retrieve it and place (do not throw) it inside the taped rectangle. Continue to retrieve each ball, one at a time in sequence, and place them in the taped rectangle. (counter clock-wise pattern)*

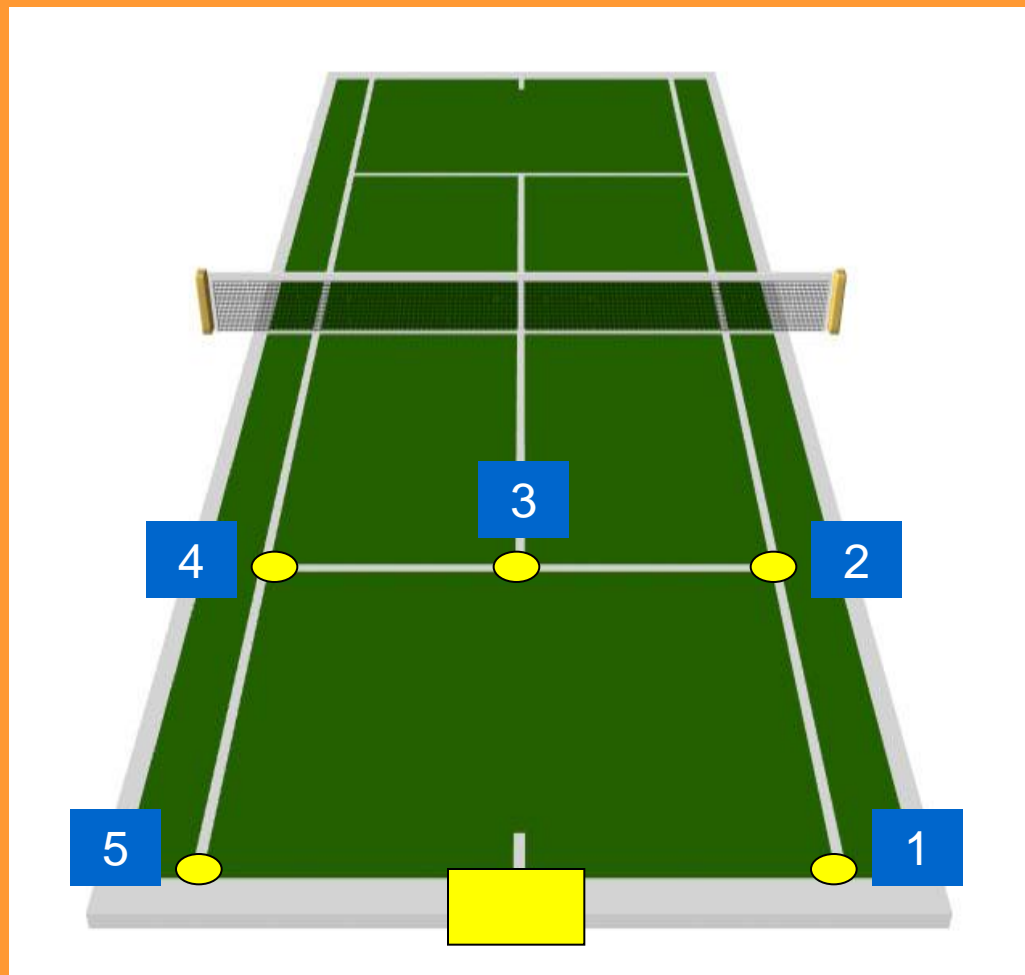
***Examiner*** – *We recommend to remove each ball after it is placed in the rectangle to prevent the athlete from stepping on it.*

**Measurement :**

***Examiner*** - *Record the time after the 3rd and 5th ball have been place in the rectangle. Record the best of 2 trials.*

**Ages 9-10**

# Spider



30 x 45 cm

# Lateral Movement Agility

**Equipment :** *Stopwatch, 2 x 6 inches cones , 2 tennis ball, measuring tape*

**Setup:** *Measure 4 meters between cones, place a tennis ball outside each cone.*

## **Start Position:**

**Athlete** – *Stand at the center of the baseline.*

**Examiner** – *Stand inside the court facing the athlete. Use the command “Ready-Go” and start the stopwatch.*

## **Performance :**

**Athlete** – *Move to your right as fast as possible using a shuffle technique and pick up the tennis ball 1 than move sideways to your left using shuffle steps and place the ball on cone 1, pick up tennis ball 2 than go back shuffling toward cone 2 and place the ball on the cone, than shuffle back to the starting position.*

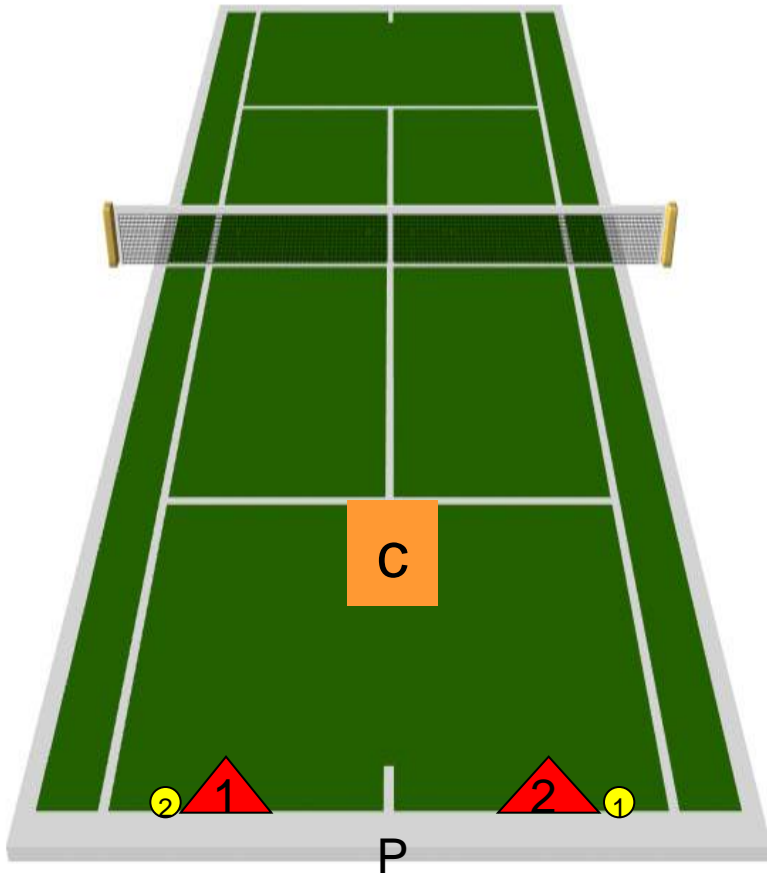
## **Measurement :**

**Examiner** - *Record the time elapsed as the athlete return to the starting position.*

**Record the best of 2 trials.**

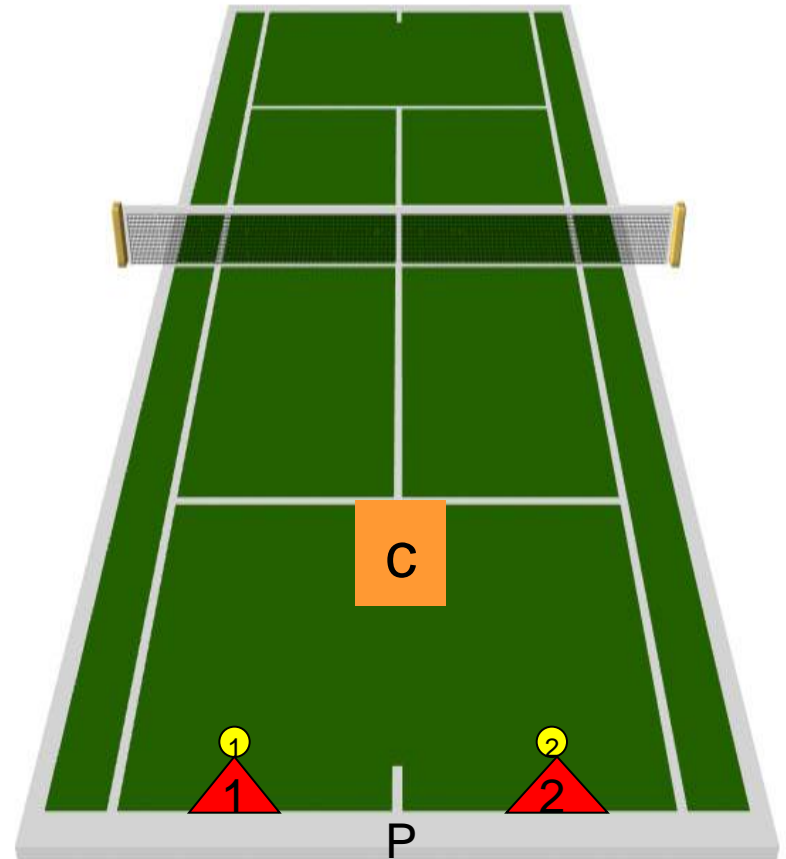
**Ages 6-10**

# Lateral Movement Agility



4 meters between cones

Starting position



4 meters between cones

Finishing position





## References

**TC: Tennis Canada**

**FFT: Fédération Française de Tennis**

**USTA: United States Tennis Association**

**LTA: Lawn Tennis Association (British Tennis)**

