



# 11-14 years old Physical Testing Protocols

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# Height, Weight, Wingspan

## **Height:**

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

## **Weight:**

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

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# Vertical Jump

**Equipment :** *Measuring tape, Vertec or yard stick jumping device (or ruler/tape measure) attached to the wall with masking tape.*

## **Setup:**

**Standing Reach:** *Place a measuring tape to a wall. Standing side ways to the wall, have the athlete raise the arm above the head, fingers extended, and touch the measuring tape as high as possible, with heels flat. Record this number as the 'standing reach'.*

## **Start Position:**

**Athlete** - *Stand up next to the wall*

**Examiner** – *stands on a chair at a height that allows to clearly see the measurement*

## **Performance:**

**Athlete** - *Bend the knees and jump upward with legs simultaneously (no steps) reaching with one hand as high as possible.*

## **Measurement:**

**Examiner** - *Read the highest jumping reach, record the best of three (3) trials. **The difference between the standing reach and the jumping reach is the athlete's score.***

**Ages 11-14**

# 20 metre sprint with racquet

**Equipment :** *Hand held stop watch, tape measure, masking tape, 4 cones, tennis racquet.*

**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 holding a tennis racquet.*

**Examiner** - *Check the athlete starting position (no running start and holding the racquet with a tennis grip). 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. The grip on the racquet is a tennis grip.*

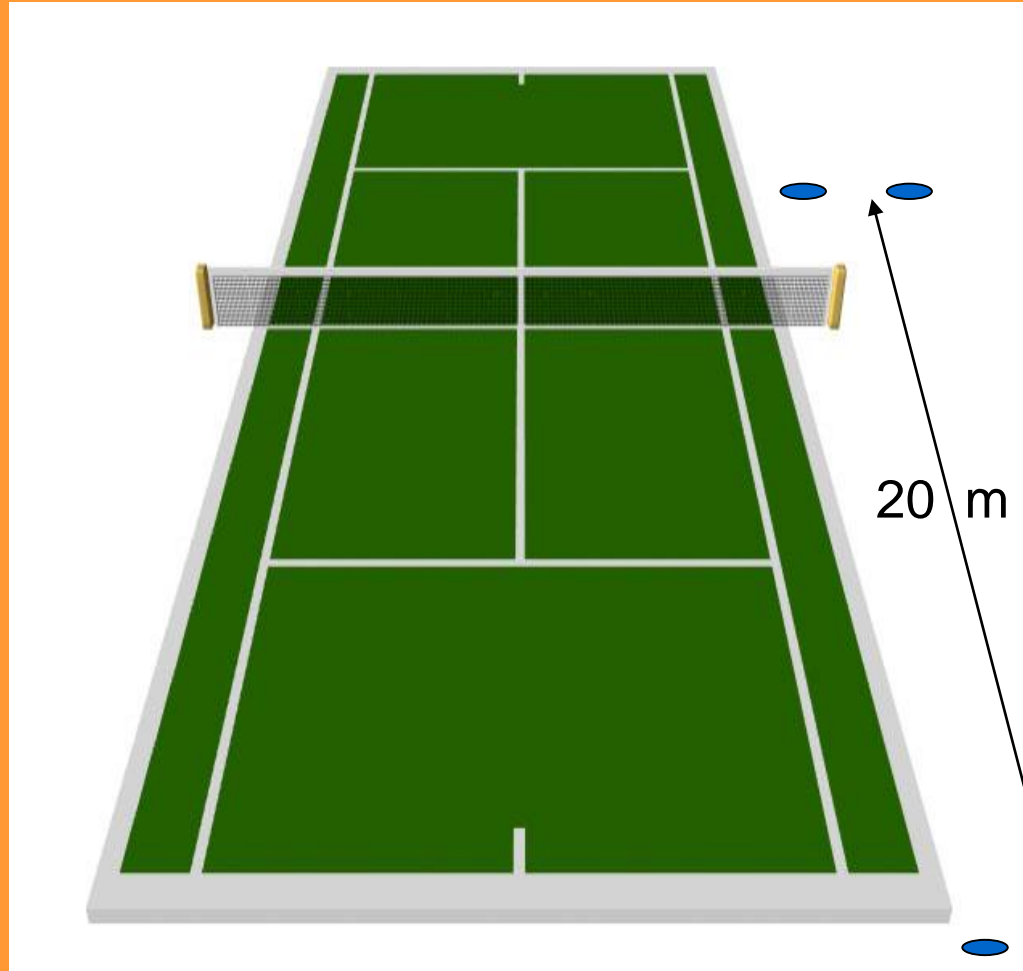
## **Measurement :**

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

**Record the best of 3 trials.**

**Ages 11-14**

# 20 metre sprint with racquet



# Zig Zag run with racquet

**Equipment :** *Hand held stop watch, tape measure, masking tape, 4 cones, 4 slalom poles of 1 meter + high*

**Setup:** *Set up the course respecting the distances as shown on the diagram.*

## **Start Position:**

**Athlete** - *Stand with toes behind the starting line holding a tennis racquet.*

**Examiner** - *Check the athlete starting position (no running start and holding the racquet with a tennis grip). Raise hand and athlete start as the test examiner's hand drop and start stop watch.*

## **Performance :**

**Athlete** -*Sprint in straight line for 3 metres then move to your left around the first pole by the outside using a shuffle technique and around the second pole by the inside then sprint in straight line for 4 metres then move to your right around the third pole by the outside using a shuffle technique and around fourth pole by the inside then sprint in straight line for 3 metres. The test is finished when the athlete has completed his last sprint. **The athlete's shoulders remain square to the finishing line all the time, cross over steps are not allowed.** The grip on the racquet is a tennis grip.*

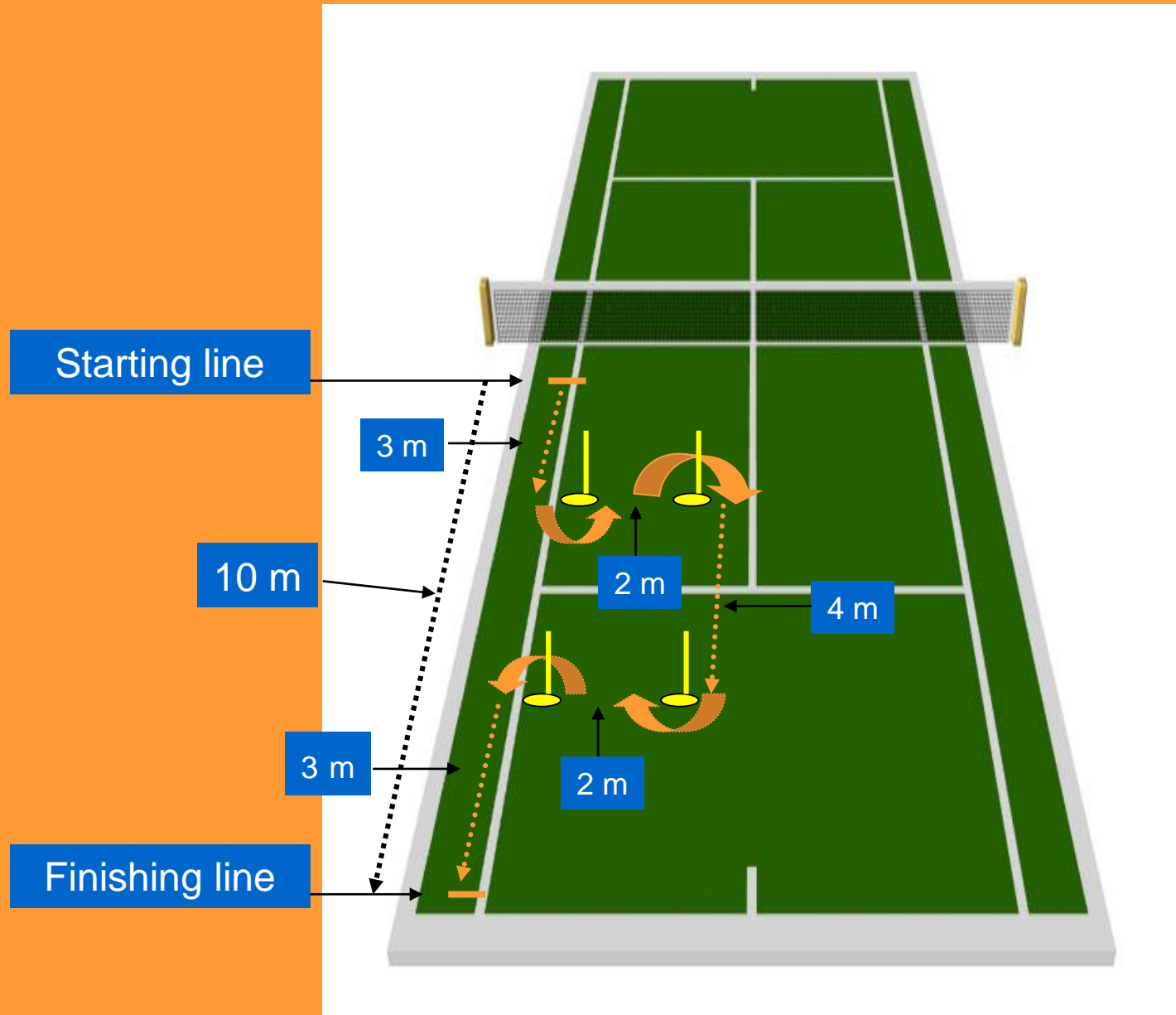
## **Measurement :**

**Examiner** -*Record the time elapsed as the athlete crosses chest the finishing line.*

**Record the best of 3 trials.**

**Ages 11-14**

# Zig Zag with racquet



# Spider with racquet

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

**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, roll it with his racquet and return to the rectangle. Continue to roll each ball, one at a time in sequence returning each time to the rectangle. (counter clock-wise pattern)*

**Measurement :**

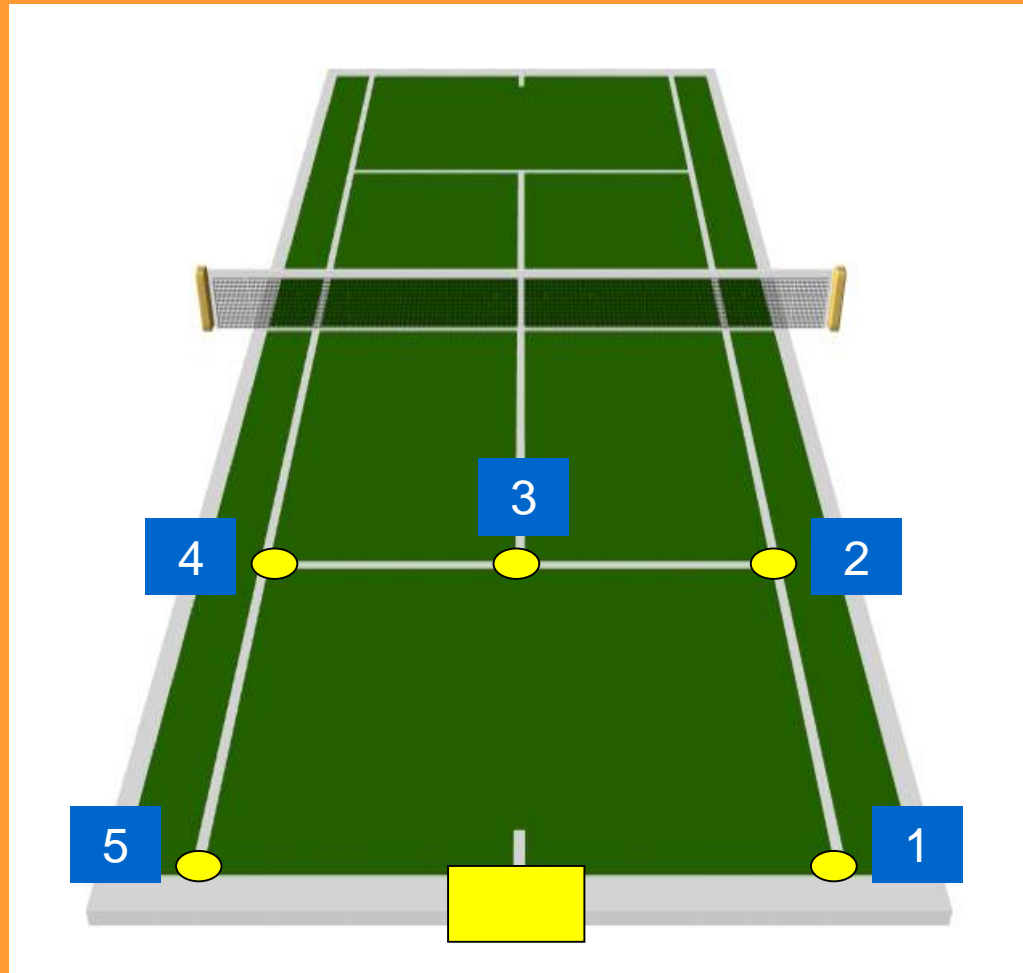
***Examiner*** - *Record the time after the 3rd and 5th ball when the player is back to the rectangle touching it with one foot.*

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

**Ages 11-14**



# Spider with racquet



30 x 45 cm

# 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.*

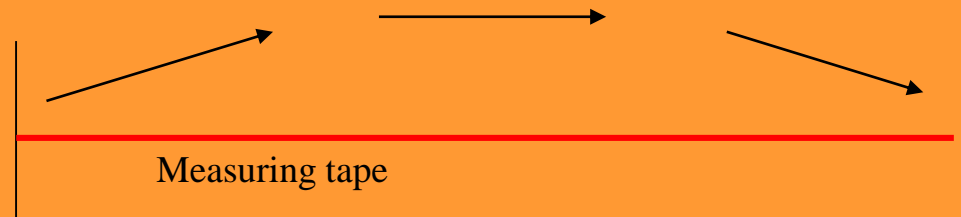
## **Performance:**

**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



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# Multistage Fitness Test (Beep Test) Australian Beep Test

**Equipment :** *Measuring tape, Cones, measuring tape, Multistage compact disc (CD) (Australian beep test version) and CD player*

**Setup:** *Measure the 20m distance and mark it clearly with cones.*

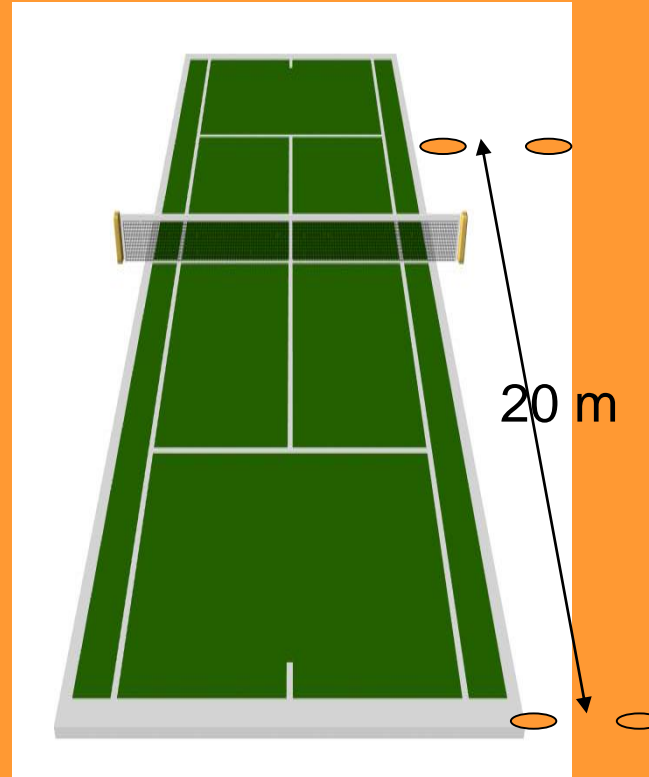
**Direction:** *Allow the athletes to warm-up by running, ensure that the athlete listen carefully to the instructions on the CD, the test begins at level 1 following a brief explanation. The CD emits a single beep at regular intervals. An athlete should try to be at the opposite end of the 20m track by the time the next beep sounds. After each minute, the time interval between beeps will decrease, so that the running speed will need to be increased. The first running speed is referred to as Level 1, the second speed as Level 2, etc. Each level lasts approximately one minute and the CD continues up to Level 21. The end of each shuttle is denoted by a single beep, the end of each level is denoted by a triple beep and by the commentator on the CD.*

**Performance:**

**Athlete** – *The athlete needs to place one foot on or behind the 20m mark at the sound of each beep. Athletes who fail to reach the line at the sound of the beep will receive a warning that will be eliminated if they are not at the opposite end of the 20m track at the sound of the next beep. When near exhaustion, athletes falling short of the 20m line twice in succession have their test terminated and their score recorded. Their score is their level and number of shuttles immediately previous to the beep on which they were eliminated.*

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# (Multistage Fitness Test) (Beep Test)





## References

**TC: Tennis Canada**

**FFT: Fédération Française de Tennis**

**USTA: United States Tennis Association**

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

