**TEST 1 20 METRES SPRINT**

***Observable # 1: Legs action: complete extension of the back leg, knee drive of the opposite leg in direction of displacement.***

***Observable # 2: Body position: slightly inclined forward, maintaining the body alignment in the axis, looking forward.***

***Observable # 3: Arms action: elbow flexion at 90 degrees, movement of the arms in the direction of displacement.***

**TEST 2 CHANGES OF DIRECTION COD**

***Observable # 1: Braking action: braking on the last steps, lowering the center of gravity and maintaining body alignment.***

***Observable # 2: Change of direction action: reactive step on the outside leg, upper body stable.***

***Observable # 3: Re-acceleration action:***  ***explosive push on early steps, action of the arms in the direction of displacement.***

**JUMPS**

**TEST 3 VERTICAL JUMP**

***Observable # 1: Bending action: bending of the legs synchronized***

***with arms action.***

***Observable # 2: Extension action: extension of the legs synchronized with arms action upwards.***

***Observable # 3: Position of the body in the air*:** ***maintaining body alignment in the air.***

**TEST 4 STANDING BROAD JUMP**

***Observable # 1: Bending action: bending of the legs synchronized***

***with arms action.***

***Observable # 2: Extension action: extension of the legs synchronized with arms action forwards.***

***Observable n°3: Position of the body in the air and landing*:** ***maintaining body alignment in the air, stable landing.***

**THROWS**

**TEST 5 BALL THROW Baseball**

***Observable # 1: Throwing position: shifting the weight of the body to the back foot, alignment of the line of shoulder and elbow in flexion.***

***Observable # 2: Projection: transfer of the body weight to the front, throw above the head, maintaining the body alignment.***

***Observable # 3: End of throw:*** ***end with a complete follow-through.***

**TEST 6 M. BALL THROW**

***Observable # 1: Throwing position: stable with wide base of support, rotation of the trunk to the rear, bending the legs.***

***Observable # 2: Projection: synchronized use of legs, trunk and arms, accelerating forward, maintaining the body alignment.***

***Observable # 3: End of throw:*** ***end with a complete follow-through.***