



**National Fitness
Department**

Testing Protocols For U10-12-14

2018

RUNS

TEST 1: SPRINT 20 METERS

Equipment : *Hand held stopwatch, measuring tape, masking tape, 4 cones*

Setup : *Measure a distance of 20 meters. Place 2 cones at start line and 2 at finish line.*

Start position :

Athlete – *will start with **feet behind the start line**, in a split step position.*

Administrator 1 – *will be at the finish line slightly offset to the right.*

Administrator 2 – *is offset to the left by about 10 meters.*

Performance : **Athlete** – *when administrator`s (1) **arm drop**, the athlete will run as quickly as possible toward the finish line.*

Measurement :

Administrator 1 – *will check athlete`s starting position (no running start). Raise and lower arm by starting the stopwatch, measure the elapsed time to the **100ths** of a second, when the chest of the athlete crosses the finish line. The best score of the three (3) trials is recorded.*

Administrator 2 – *will observe the athlete`s technique during the entire race, to assess the three essential phases: **legs action, body position and arms action**.*

Register technical elements observed according to the scales of acquired, in the process of being acquired and not acquired.

The use of video is necessary to facilitate the best observation possible.

RUNS

TEST 2: CHANGES OF DIRECTION COD

Equipment : *Hand held stopwatch, tennis court.*

Setup : *Use single court lines in the direction of the width.*

Start position :

Athlete – *will start, with feet behind the single side line, in a split step position.*

Administrator 1 – *will be at the other side line.*

Administrator 2 – *will stand inside the court at about the service line (7-8 meters from starting line).*

Performance : Athlete– *when administrator`s (1) arm drop, the athlete will run as quickly as possible, running back and forth for a total of 5 width of the single court. The athlete will face the net when they turn to change direction. Sliding during the turn is accepted.*

Measurement :

Administrator 1 – *will check athlete starting position (no running start). Raise and lower arm by starting the stopwatch, measure the elapsed time to the 100ths of a second, when the chest of the athlete crosses the finish line on his last sprint. Make sure the athlete`s foot cross the line on each COD. The best score of the three (3) trials is recorded.*

Administrator 2 – *will observe the athlete`s technique during the entire race, to assess the three essential phases: the braking action, change of direction action and re-acceleration action. Register technical elements observed according to the scales of acquired, in the process of being acquired and not acquired.*

The use of video is necessary to facilitate the best observation possible.

JUMPS

TEST 3: VERTICAL JUMP

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

Setup : *Place a measuring tape to a wall or install Vertec.*

Standing reach: *Standing side ways to the wall, have the athlete raise his dominant arm above the head, fingers extended, and touch the measuring tape as high as possible, with heels flat. Record this number in **cm** as **M1**.*

Start position :

Athlete – *will start standing side ways to the measuring tape or Vertec.*

Administrator 1 – *stand slightly off set.*

Administrator 2 – *is slightly offset in front of the athlete.*

Performance : **Athlete** – *will jump as high as possible, keeping his legs **together**, he will reach upward with his dominant arm and touch the measuring tape as high as possible. **No steps are allowed.***

Measurement: **Administrator 1** – *will measure the highest point reached in **cm** **M2**, the vertical measurement is obtained by subtracting **M1** from **M2**. The best score of the 3 trials is recorded.*

Administrator 2 – *will observe the athlete`s technique during the entire jump, to assess the three essential phases: **bending action, extension action and the body position in the air**. Register technical elements observed according to the scales of acquired, in the process of being acquired and not acquired.*

The use of video is necessary to facilitate the best observation possible.

JUMPS

TEST 4: Standing Broad Jump

Equipment : *Measuring tape.*

Setup : *Position a measuring tape on the floor .*

Start position:

Athlete – *will stand with feet aligned behind the starting line.*

Administrator 1 – *is slightly offset to the right by about 1.5 meters.*

Administrator 2 - *is offset to the left by 2 meters.*

Performance : **Athlete** – *will jump as far as possible, using his arms to produce more power. No steps are allowed.*

Measurement :

Administrator 1 – *will measure the jump, from the starting line to the heel of the rear foot in cm. The best score of the 3 trials is recorded.*

Administrator 2 – *will observe the athlete`s technique during the entire jump, to assess the three essential phases: bending action, extension action and the body position in the air with stable landing. Register technical elements observed according to the scales of acquired, in the process of being acquired and not acquired.*

The use of video is necessary to facilitate the best observation possible.

THROWS

TEST 5: BALL THROW Baseball

Equipment: *Measuring tape, baseballs, 2 cones, masking tape.*

Setup : *Delimit the start line with 2 cones. From this start line, delimit an area of 10 m wide with cones. Place the measuring tape. Attach each end of the measuring tape.*

Start position:

Athlete – *with start with **two feet behind the line, either in serving position or arm cocked ready to throw.***

Administrator 1 – *is offset to the right by about 25 meters from the throw line.*

Administrator 2 – *is offset to the left by about 3-5 meters from the throw line according to the player's throwing side, right or left.*

Performance : **Athlete** – *the throw is done over the shoulder in the same rules as the tennis serve. The front foot is behind the line and **cannot be crossed ahead of the throw.** After the ball has been released the player is allowed to cross the line. * **The side throw is not accepted.***

Measurement :

Administrator 1 – *will measure the throw in **meters.** The best score of the three (3) trials is recorded.*

Administrator 2 – *will observe the athlete's technique during the entire throw, to assess the three essential phases: **cocking, projection and end of throw.** Register technical elements observed according to the scales of acquired, in the process of being acquired and not acquired.*

The use of video is necessary to facilitate the best observation possible.

THROWS

TEST 6: M. BALL THROW

Equipment: *Measuring tape, Med.ball 1kg, 2 cones, masking tape.*

Setup : *Delimit the start line with 2 cones. From this start line, delimit an area of 5,50 m wide with cones. Place the measuring tape. Attach each end of the measuring tape.*

Start position:

Athlete – *with start with two feet behind the line, Medicine ball in hand in the initial position of forehand or backhand.*

Administrator 1 – *is offset by about 11 meters from the throw line.*

Administrator 2 – *is offset by about 3-5 meters from the throw line according to the type of throw forehand or backhand.*

Performance : Athlete – *the throw is done from the side of the body similar to the player's forehand or backhand. The front foot is behind the line and cannot be crossed ahead of the throw. After the ball has been released the player is allowed to cross the line.*

Measurement :

Administrator 1 – *will measure the throw in meters. The best score of the three (3) trials is recorded.*

Administrator 2 – *will observe the athlete's technique during the entire throw, to assess the three essential phases: cocking, projection and end of throw. Register technique's element observed according to the scales of being acquired, in the process of being acquired and not acquired.*

The use of video is necessary to facilitate the best observation possible.