

# FITNESS TESTING

Test or Guess?

Simplifying Testing for Teens.

# Why Test?

- ▣ If you don't test you guess.
- ▣ **NOT FIT ENOUGH!**

# Benefits of Testing

- ▣ Player Profile.
- ▣ Strengths & Weaknesses.
- ▣ Focus for Training.
- ▣ Effectiveness of Training.
- ▣ Monitor Progress.
- ▣ Return to Play.

# Physical Requirements for G.A.A.

- ▣ Relevance of Tests.
- ▣ Related to the Sport.
- ▣ More Relevance, More Effort.

# Tests:

- ▣ Relevant.
- ▣ Easily Repeatable.
- ▣ Require little or no equipment.
- ▣ Reliable.
- ▣ Standardise Protocols.
- ▣ Warm Up.

# Battery of Tests

- ▣ Resting HR.
- ▣ Overhead Squat Test.
- ▣ CMJ.
- ▣ Med Ball Pass.
- ▣ 20m Speed Test.
- ▣ T Test.
- ▣ Push Up (30 secs).
- ▣ Pull Up (mx).
- ▣ Fence to Fence x 3 (1 min rest between).

# What's Needed:

- ▣ Scoring Sheets.
- ▣ Test Assistants.
- ▣ Average Scores.
- ▣ Interpret Results.
- ▣ Test Order.

# Test Protocols

- ▣ General CV/Lower Body Power.
- ▣ HR: Two fingers above wrist.
  - 10 seconds x 6.
  - Rested state.

CMJ: Reach Height.

Jump Height.

Difference between =CMJ.

Chalk or pointer needed.



# Upper Body: Power/Speed

- ▣ Med Ball Pass.
- ▣ 4KG Ball.
- ▣ Kneeling Pass.
- ▣ No Sway Back.
- ▣ 20m Speed Test.
- ▣ Standing Start.
- ▣ Through the line time.

# Agility Test

- ▣ T Test.
- ▣ 5m, 5m, 5m.
- ▣ Forward, shuffle L.
- ▣ Shuffle R, Middle Return.
- ▣ Reverse to start.

# Strength Endurance

- ▣ Push Up Test:
- ▣ Chest to Fist.
- ▣ 30 seconds Timed.
- ▣ 90° to full extension.
  
- ▣ Pull Up Test:
- ▣ Over Hand Grip.
- ▣ Chin over Bar to Arms fully Extended.
- ▣ No Kicking out.

# Speed Endurance

- ▣ Fence to Fence x 3.
- ▣ 1 minute between each run.