

# 10 Meter Sprint Test

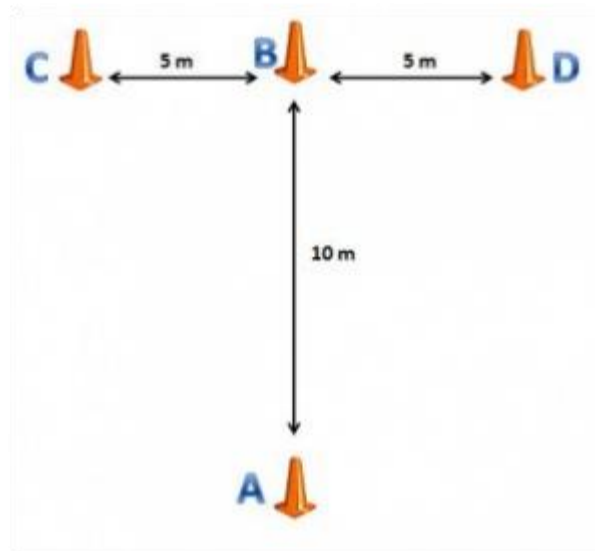
Testing: **Linear Speed**



- ★ The distance between the start and finish line is 12 meters with 2 cones at the 10m mark
- ★ Athlete stands with both feet and body behind start line, on the command of GO the athlete sprints to the finish line
- ★ Athletes are timed from the command of GO to them crossing the 10m line.

# T- Test

Testing: **Agility**



- ★ On the command of GO the athlete sprints towards Cone B
- ★ From cone B the athlete side steps to cone C where the athlete's left foot must cross the line
- ★ Once the athlete's left foot has crossed the line at cone C they side step to cone D where the athlete's right foot must cross the line
- ★ On completing cone D the athlete must side step to cone B
- ★ Once at the far side of cone B the athlete turns to sprint back to cone A
- ★ Athletes are timed from the command of GO to them crossing the line at cone A.

# Standing Broad Jump

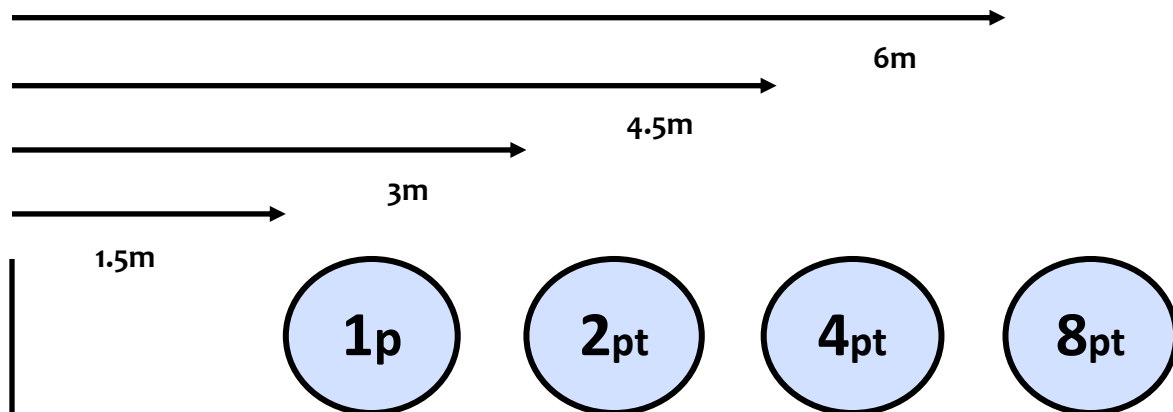
Testing: **Leg Power**



- ★ The athlete stands with both feet behind the start line
- ★ When ready the athlete bends the ankles, knees and hips and explosively jumps forward as far as possible off both feet
- ★ The athlete should land on two feet
- ★ The measurement is taken from the start line to back of the athlete's heel

# Target Throw

Testing: **Balance; strength; decision making**



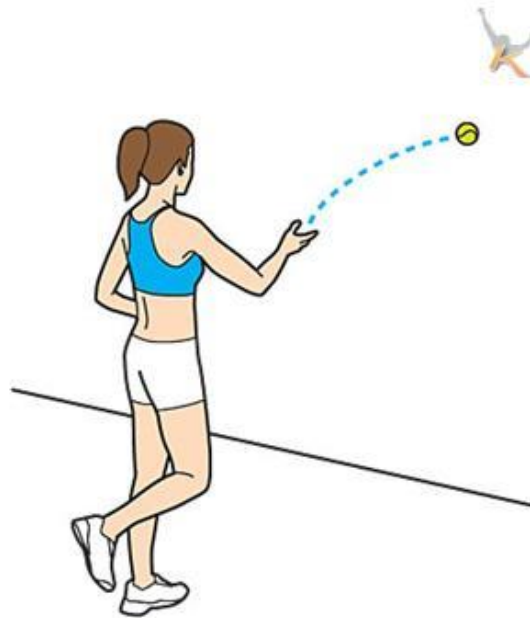
- ★ Athletes stand behind the line and have 6 bean bags to throw into the hoops of their choice to try and score the most points
- ★ Firstly they stand on 2 feet and throw the 6 bean bags into the hoops. Add up the points.
- ★ They then stand on their left leg and throw the 6 bean bags into the hoops. Add up the points.
- ★ They lastly stand on their right leg and throw the 6 bean bags into the hoops

## Score:

- Hoop 1 = 1 point
- Hoop 2 = 2 points
- Hoop 3 = 4 points
- Hoop 4 = 8 points

# Ball Throw

Testing: **Hand/eye Co-ordination**



- ★ Athlete stands 1.5m away from the wall
- ★ Using their right hand they throw the ball 5 times against the wall and catch with the same hand. Record how many times they catch it.
- ★ Using their left hand they repeat, throw the ball 5 times against the wall and catch with the left hand. Record how many times they catch it.
- ★ Finally they alternate hands. Firstly throw from their right, catch with their left, throw with their left, catch with their right etc. Total 10 consecutive throws using alternate hands. Record how many times they catch it