

TEST

Sprint Output:

- Complete 4 x 10m (Static Start) accelerations - Timed Record Fastest Time / **Video** at least two of the runs.
- Complete 2 x 10m (Static Start) Acceleration - Time to 5m split record fastest.
- Complete 4 x Flying 20m Max Velocity runs - Record Fastest Time
- Timed 5m Reactive Ball Drop Acceleration x 3 - Record Fastest Time

Jumping Stack

- **Video** 2 x Counter Movement Jumps
- **Video** 1 x 10 Pogo Jumps
- **Video** 1 x 5 each side single leg pogos

Movement IQ

- Overhead Squat x 10 - **Video**
- Split Squat Hold each leg - Longest time to hold
- A-March x 10 - A-Skip x 10m - **Video**
- Hinge RDL - **Video**

Video Guidelines:

- On Sprinting Videos - Take from the side, get the whole athlete in.
- Jumping videos take from the front, make sure legs, feet and floor are visible.
- On Movement IQ videos, try to move around the athlete.

Timing & Recording

- When timing the Split Squat hold, we will need a recording for the left and right. This refers to the front leg.
- Record all times on Testing sheet provided.

TEST



Sprint Output Times:

10m Acceleration (Static Start) = seconds

5m Acceleration (Static Start) = seconds

20m Max Velocity (Flying 10m) = seconds

Movement IQ Times:

Split Squat Hold (LEFT) = seconds

Split Squat Hold (RIGHT) = seconds

Video Recordings Check:

- 10m Acceleration Recording
 - Counter Movement Jump Recording
 - 10 x Pogos Recording
 - Single Leg (LEFT) Pogos
 - Single Leg (RIGHT) Pogos
 - Overhead Squat
 - A-March - A-Skip
 - Hinge (RDL)
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Note: "You will NOT receive your program until this is done"