

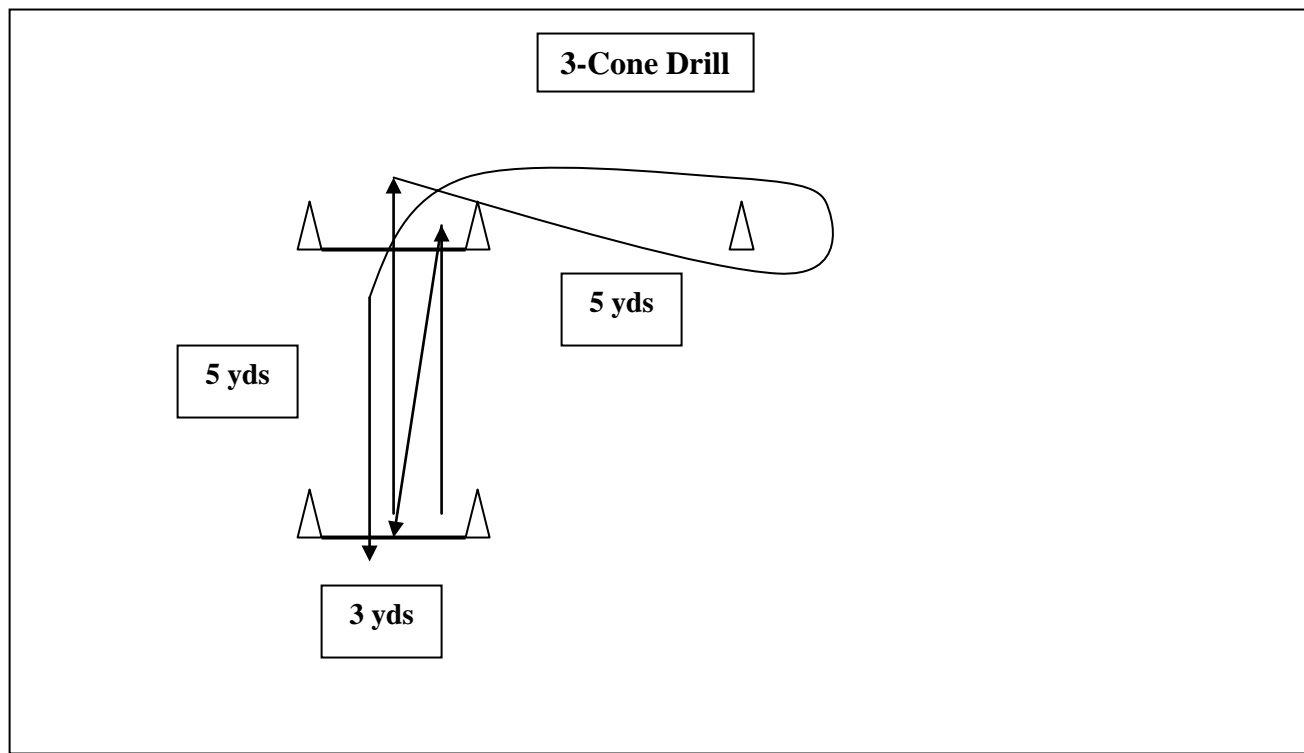
Procedures for Combine Tests

Vertical Jump

- * Measure athlete's reach and record info
- * Tell athlete to step under tester and say, "Jump when you are ready".
- * Measure distance of highest point touched by athlete. Subtract reach from that height.
- * Athletes get 2 attempts each. Group leader will record each attempt.

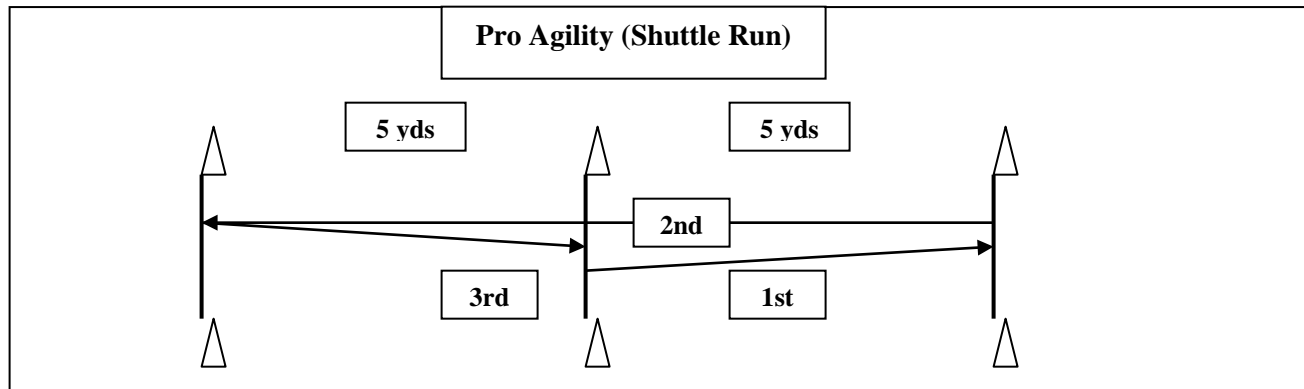
3-Cone Drill

- * Each athlete gets 2 attempts. 2 coaches will time. The better time counts. Group leader will record each attempt.
- * Athlete must have hand on the start line. Coach will say, "Run when you are ready". Athlete should pause for at least a count.
- * The clock starts when the athlete moves.
- * The athlete runs 5 yards and touches his RIGHT hand on the line, runs back 5 yards touching his RIGHT hand on the start line.
- * The athlete runs back to the 5 yard cone and cuts outside of it. The athlete runs 5 yards and makes a figure 8 around the cone (without touching his hand to the ground). The athlete then runs back around the cone and through (see diagram). If an athlete falls, we will give him a 3rd attempt.
- *** **COACHING POINT-** the kids will run better with their **LEFT** hand down and **LEFT** foot back.



Pro Agility Drill (Shuttle Run)

- Athletes get 2 attempts. Group leader will record each attempt. 2 coaches will time, the better time counts.
- The athlete will put his RIGHT hand down on the center line. The coach will say, “Run when you are ready.” The athlete should pause for at least a count. The clock will start on the athlete’s movement.
- The athlete will run to the right and touch the first line (5 yds away), then sprint and touch the second line (5 yds away). The athlete will then sprint past the center line he started at. The clock stops when the athlete crosses the center line.



40 Yard Dash

* Athletes get 2 attempts at the 40. The timing staff will record the 40 time separately. Group leaders will put athletes in their proper heats and lanes based upon the lane sheets provided. ATHLETES MUST STAY IN THEIR PROPER LANE AND HEAT. Cones will be set up to hold places.

* We will run 8 athletes at once. They will be started with a whistle. The starter will say, “Set... and then blow the whistle. The clock will start on the whistle. In the event of a false start the entire heat will go back and run again.

* Athletes must stay in their lanes. After they run each heat will go back to the end of the line and stay in their heat.

Standing Long Jump

- Athletes get 2 attempts. Group leader will record each attempt. If an athlete falls backward on an attempt we will give him a 3rd attempt.
- Athlete starts with their heels up against the back part of the tester. The athlete will jump, and upon landing, the tester will slide the pipe up to the athlete’s back heel.

Bench Press – 185 Pounds

- Athletes will have a warm-up bench.
- Athletes get 1 attempt. Group leader will record the total number of reps. Coach will count successful reps out loud. A successful rep will touch the chest and finish with arms fully locked out at the top.
- Spotter can give the athlete a lift-off, but should not touch the bar until the lifter is done.