

FIELD TESTING FOR 6-10 YEAR OLD ATHLETES

PROTOCOL

Weight

Record the athlete's body weight in kilograms (to convert pounds to kilograms – simply divide body weight (lbs) by 2.2). Athletes should be dressed in minimal clothing (i.e. shorts/t-shirt) WITHOUT shoes and weight is recorded to the nearest decimal place.

Standing Height

Have the athlete stand against a wall WITHOUT shoes on. Be sure that heels, buttocks, shoulders and back of the head are all in contact with the wall. Using a set square, place at a right angle with the wall and in contact with the apex (highest point) of the head. The athlete should then take a big breath in and then step away from the wall while height is recorded. (Height is measured in centimeters to nearest 0.5cm e.g.: 165.5cm)

Sit and Reach

This is a measure of flexibility of the hamstrings, shoulders, calves and back extensors.

Materials: Sit and Reach board or tape measure

Procedure for standard sit and reach box

1. Have the athlete sit with their feet up against a sit and reach box.
2. Have the athlete slowly reach forward with both hands keeping their knees locked. Have them hold this position for 2 seconds.

To get the best stretch, have the athlete exhale and drop the head between the arms when reaching. Be sure that the athlete keeps the hands parallel and does not stretch or lead with one hand. Finger tips should be in contact with the box. The tester should measure to the nearest .5cm and record the best of two trials.

Procedure for Measuring Stick

Place a yardstick on the floor and put one piece of tape about 12 inches long across it at a right angle to the 15 inch mark.

Utilize the same protocol as above but have the athlete sit with the yardstick between their legs with the 0 mark toward the body and the legs extended and spread apart about 12 inches to the taped line on the floor. The heels of the feet should nearly touch the edge of the taped line and be about 10-12 inches apart.

Abdominal Tests

These tests are designed to evaluate the strength of the upper and lower abdominal areas.

Upper Abdominal - There are 4 levels to this test. Only when one level has been successfully completed is the athlete allowed to attempt the next level of difficulty. This test is to be performed with no shoes on.

Procedure

Athlete should lie flat on their back, with the legs straight and heels in contact with the floor. The toes should be pointed inwards and touching, with the heels flared out.

LEVEL 1 - the athlete starts on the floor with the arms extended at their sides. The starting position is with the chin on the chest, and the shoulder blades are lifted off the floor by contracting the abdominal muscles. Continue rising with a controlled movement until in a sitting position (upper body 90 degrees to floor) The feet must remain in contact with the floor. If a sit up is successfully completed, move onto LEVEL2

LEVEL 2 - the athlete arms are crossed over the chest and a sit-up is performed as in LEVEL1. Elbows must remain in contact with chest throughout the repetition. If successfully completed, move on to LEVEL3

LEVEL 3 - the athlete places hands over their ears. Thumbs are loosely placed on temples, fingers pointing towards the back of the head, palms over ears. Elbows must point directly out to sides away from the body. Once this position is maintained, slowly rise up into the sitting position. Elbows must stay back in line with the ears. If successfully completed, move on to LEVEL 3.

LEVEL 4 – the athlete extends the arms directly above the head with the hands overlapping. Once this position is maintained the athlete slowly rises up into the sitting position. The hands must remain directly above the head during the movement.

Vertical Jump

This test is to measure explosive power of the lower body.

Materials: Meter Stick, Wall and Masking Tape, OR chalk board and chalk

Procedure

1. Athlete starts facing sideways to a wall with a piece of 'doubled over' masking tape on tip of index finger. Standing erect with feet flat on floor, they reach as high as possible and stick the tape to the wall in line with the body. This provides a baseline from which the vertical jump height will be measured.
2. Next, the athlete places another piece of tape on the tip of the index finger.

The athlete will perform a jump by quickly sinking down to a 90 degrees knee angle and then jumping as high as possible, placing the tape on the wall. The distance between the two pieces of tape is recorded as the height of the jump. The greater of 2 attempts is recorded. Measure the jump height in centimeters (cm).

Calculate Leg Power using the following equation:

$$\text{Power (kg/m/s)} = \sqrt{4.9 \times \text{Body Mass (kg)} \times \text{Jump Height (m)}}$$

Standing Long Jump

Materials: measuring tape (10m), 1 line

Procedure:

- 1) The athlete places their toes at the line, then crouches, leans forward, swings their arms backwards, then jumps horizontally as far as possible, jumping with both feet. This should be one consecutive movement ie. Do not allow them to swing their arms back and forth before they jump.
- 2) The measurement is from the line (which is where their toes will be) to where the heels land.
- 3) The start of the jump must be from a static position- no run ups..
- 4) Repeat above with right leg and finally left leg.
- 5) Record two trials for each jump, and circle the best score. Record to the nearest whole number in CM.

Illinois Agility Run Test

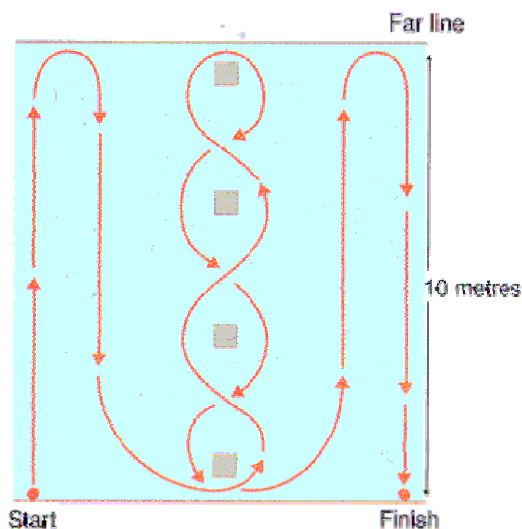
The purpose of this test is to measure coordination, agility (movement) in various directions and speed.

Materials: Non slip running surface (400m track), 8 cones, stop watch and assistant.

The Illinois course

The length of the course is 10 metres and the width (distance between the start and finish points) is 5 metres. On the track you could use 5 lanes.

4 cones can be used to mark the start, finish and the two turning points. Each cone in the centre is spaced 3.3 metres apart.



Procedure

The Illinois Agility Run Test is conducted as follows:

1. The athlete lies face down on the floor at the start point
2. On the assistant's command the athlete jumps to his/her feet and negotiates the course around the cones to the finish – **IMPORTANT** – the athlete must face the same direction for the entire duration of the course!
3. The assistant records the total time taken from his command to the athlete completing the course.
4. Conduct two trials one starting from left to right (start –finish) and the other right to left (finish – start) as shown in the diagram above.

If the athlete touches or misses a cone, they should be stopped immediately and after a short rest period, proceed to do the trial again – they are able one restart per direction.

40m Run

The purpose of this test is to measure pure linear running speed and explosive power.

Materials: Timing lights or stop watch, measuring tape (60m), pylons and at least 60m of running space.

Procedure

1. Have the athlete start from a stationary position at the start pylon with one or 2 hands on the line.
2. On the 'Ready, Set, GO' Command, the athlete sprints 40m distance and decelerates once crossing over the 40m mark.
3. If not using a timing device, the timer should start the watch on the first movement of the athletes' hand and stop the watch as the athlete crosses the 40m line.

Perform 2 trials allowing a 3-minute rest between trials. Measure to the nearest 0.1sec. taking the best trial as the score.

60 second Box Test

The purpose of this test is to measure anaerobic power/capacity in an athlete through a series of consecutive lateral jumps.

Materials: 10cm box (10cm height x 35cm width x 60cm length), stopwatch, 2 people to be counters.

10cm high for 60 seconds

Procedure

1. The athlete will start standing sideways to the box (either on left or right side).
2. On the command 'Ready, Set, Go', the athlete jumps laterally up onto the box and then down off the other side. This is done continuously for 60 seconds.

3. The timer starts the watch on the 'Go' command. The timer will call out when 30 seconds have gone by and will give a verbal cue of '15 seconds left' and 'stop' at 60 seconds.
4. Someone will stand at either end of the box with their foot in the handle to keep it steady and serve as counters. On the 'Go' command, the first counter will start counting-each time 2 feet touch the top of the box. When the timer shouts out '30 seconds', the counter records the number of touches under the 30second column. At the '60 seconds' cue the counter records the number of touches total under the 60second column.. Finally, upon the 'stop command' the counter records the total number of touches achieved in the 90second period.
5. The counter then should calculate out from the totals the number of contacts that occurred from 0-30sec, and 30-60sec.