

The Purpose of Performance Assessments

Running Performance tests are an absolute essential component to the strength and conditioning program. A lot of information about the athlete can be summed up during these tests. They ultimately provide the strength and conditioning coach with information on how the athlete needs to be developed. Below are performance tests we run with all of our athletes. These tests solve two purposes:

1. **Provides measurability for how well the program is working and shows progress towards skill acquisition.**
 - a. Without measurability we can't assess how well our program is working to meet our objectives or if we are meeting the benchmarks that tell us if we're developing the skills we need to.
2. **Provides an indication of areas we need to address in the strength and conditioning program relative to the athletes sport, position and development.**
 - a. Without this information it is difficult for us to know what to address in order to see skill acquisition showcased in a competitive environment. There will always be gaps and weaknesses with an athlete's ability and the assessments we run reveal where those gaps are.

These are tests that require proper technique and effective coaching. Improvements seen from the first test to the second test are often due to improvements in technique. Our primary objective is to show improvement in all of these tests which address speed, power, agility and muscular endurance. Ultimately a strength and conditioning program is measured on how well an athlete can improve in these specific tests. Below we detail the performance tests we use and the purpose and value of each.

Test #1: Vertical Jump

- Purpose is to test vertical power
- This particular skill is valuable as it relates to an athlete's ability to accelerate and explode vertically
- Improving on this test will translate into a higher vertical and more explosive athlete

Test #2: Broad Jump

- Purpose is to test acceleration in the horizontal plane
- This particular skill is valuable as it relates to an athlete's ability to accelerate towards the field of play
- Improving on this test will translate into a faster athlete off the ball or whistle as well as down field

Test #3: Pro Agility

- Purpose is to test efficiency of change of direction
- This particular skill is valuable as it relates to pursuing and evading defenders
- Improving on this test will translate into an enhanced ability to cut the defender and out maneuver your opponent

Test #3: T-Test

- Purpose is to test efficiency of change of direction
- This particular skill is valuable as it relates to pursuing and evading defenders
- Improving on this test will translate into an enhanced ability to cut the defender and out maneuver your opponent

Test #4: 40-Yard Sprint

- Purpose is to test speed and ability to reach top speed

- This particular skill is valuable as it relates to tracking down the field of play, evading pursuit of a defender or getting from point A to point B in the quickest time possible.
- Improving on this test will translate into enhanced quickness and downfield speed during competition

Test #5: Push Up Position Plank (Pass or Fail Test)

- Purpose of this test is to assess the core strength and total body stability of the athlete
- This is a regressive test of the push up and is a baseline test we target prior to coaching and testing push ups
- Athletes are required to maintain a plank in the push up position with no compensation for a maximum of 2 minutes

Test #5: 1 Min Push Up Test

- Purpose is to test muscle endurance and muscle recovery of the push movement
- Improving on this test will translate into increasing relative strength, better core and total body strength and improving speed potential

Test #6: 300-Yard Shuttle

- Purpose of this test is to assess the athlete's stamina
- This particular ability is valuable as it relates to an athlete's ability to last longer in games and maintain an up tempo game pace.
- A good score for this test is between 65-70 seconds. A great score is between 60-65 seconds and an excellent score is less than 60 seconds.

If you're an athlete that wants to excel at their sport then performing well in these tests provide you an indication on your potential to perform at a high level. If you're a parent and want your son or daughter to compete at a high level these tests have to be factored in to that process.

When we test:

- Offseason (3-6 months) – beginning or midway through the offseason (depends on when you test postseason)
- Preseason (2-3 months) – beginning of preseason
- Inseason (3-4 months) – right before the start of the inseason
- Postseason (1 month) – at the conclusion of the inseason

Become WarriorFit

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“Warriors Never Falter in the Heat of the Battle”