



HOW TO RUN THE ASSESSMENT COMBINE [8-12 YRS OLD]

REQUIREMENTS:

1. Cones
2. Duct tape
3. 2x Speed ladders
4. Long tape measure
5. Clipboards & pens
6. Stopwatch or I-phone stopwatch
7. 2x Metre stick / measuring tape
8. Gym or other open area. Can be indoor or outdoor.
9. Athlete Combine Sheet with Athlete Names Inserted
10. Beep Test Download on phone or tablet.

PROCESS.

1. The night before the combine, print out six copies of the athlete combine sheet with the player's names printed on it.
 - a. You can attach these to a clipboard or simply hand them out to volunteers at the evaluation stations.
 - b. You can modify the assessment criteria / units of measure based on the age & level tests you choose.
2. Arrive early to set up the evaluation space (in this order).
 - c. Measure out the distance for the 40M run and place cones on either end.
 - d. Measure out the distance of 20M for the beep test and place cones at either end.
 - e. Lay down the metre stick / measuring tape for the sit & reach test.
 - f. Lay down the measuring tape for the standing broad jump.
 - g. Identify an area for the max push up test.
 - h. Identify an area for the balance test.
3. Welcome players & parents to the athlete combine.
 - i. Start by explaining the why? This will provide a baseline of where you are at across the 6 pillars of physical fitness; speed, strength, endurance, agility, balance & flexibility.
 - i. Short term, this evaluation will show areas of opportunity for development. Medium & long term, it will enable us to accurately determine what development has occurred. Combined with the technical / tactical, confidence, character & connection evaluations it will provide a comprehensive view of your overall development that you can have for the rest of your playing career.
 - ii. Athletes: this is your data which will be uploaded into your sport record where you can provide permission to whomever you want. Most importantly, it puts you in the driver's seat of your development process.
 - iii. Parents: This will help provide objective development data, which you can be a part of in supporting any areas of opportunity for your athlete.



- j. Explain you need a handful of parent volunteers to help enter data at the various stations and take the entire group through each station while explaining how to:
 - i. Sit & reach. [flexibility] All athletes start with their feet at the same spot on the tape measure eg.: 10inches. Without raising their knees off the ground, they take 3 breaths in & out and slide their hands - 1 on top of the other down the tape measure. The distance between the 10 inches and their final reach is recorded eg.: they slid 20 inches: 20-10 is recorded as a 10-inch reach.
 - ii. Agility test. [Agility] All athletes start to the left of the speed ladder facing the same direction. They will travel laterally down and back two times putting TWO FEET in each square. Time begins on the command of the volunteer and ends when the athlete comes back on the left-hand side of the ladder.
 - iii. Standing broad jump. [Power] Athletes feet are behind the line (which is 0 on the tape measure) The athlete swings their arms and bends their legs in a down & up motion 3 times before jumping. The volunteer marks where the athlete's HEELS land as their final metric. Eg.: heels land at 9 inches - 9 is entered on the sheet.
 - iv. 40-yard dash. [Speed] The athletes line up on one end of the cones with the volunteer at the other end. When the volunteer drops their arm - or yells go - or a sound goes off (however you want to do this), the timer starts. When the athlete crosses the threshold of the cones 40M's away where the volunteer is standing, the timer stops, and that time is entered on the file.
 - v. Max push-up test. [Strength] Athletes are shown a proper push-up (which is a brief pause at the bottom and at the top of the movement with the chest coming all the way to the ground - you can use a rolled towel if you wish) and the number of proper push-ups is recorded until the athlete can do no more or the form is compromised.
 - vi. Flamingo stand [Balance]. There are many ways of doing this test. It can be flat with the athletes standing on 1 foot for 30 (or 60) seconds with their eyes closed. Each foot tap to stabilize is recorded on the right and left feet. It can be done from a slightly elevated platform with eyes open. It can also be done from an unstable platform with the eyes open. Regardless, it just needs to be done the same way each time.
 - vii. Beep Test [Endurance]. The final test of the day will require athletes to start at one end of the 20M cones and run to the other end in the allotted time. The longer the test goes, the shorter the rest time between running. You have one mulligan (not making it to the cone in time) but on the second time you are eliminated from the exercise. Volunteers will record the level each athlete reached.
- k. Assign the volunteers their station and give them their paper. This paper stays with them for the duration of the testing period. Each test can be done twice by each athlete with a break in between. Eg.: Round 1 and then Round 2.
- l. Ensure a thorough warm up takes place prior to the evaluation which includes
 - i. A cardiovascular warm up.
 - ii. Mobility & stability exercises.
 - iii. Gentle stretching, agility exercises.
- m. Break the group up into equal numbers and have them go to 5 stations (everything except the beep test). They can begin on your command and stay until you tell them to rotate. Rotate in a clockwise as possible manner to ensure consistency.



- n. Once the five tests are complete, all players will get together to do the beep test at the same time. Have volunteers watch for players who do not make the individual time cut offs. This usually begins around level 6-7. When players are finished the beep test they may leave.
 - i. For teams of <20, the entire process will take <1hr from explanation to final beep test.
 - ii. When the evaluations are complete, the volunteers will submit their papers to the head coach who will upload the results into their players sport record.
4. Use the data collected from the athlete combine to set team goals and/or educate the need for specific physical skills in the sport that is being played (eg.: we're going to work on endurance to be strong in the 3rd period / 2nd half etc.).
5. If you have an older group, simply modify the equipment and metrics used while following a similar format.

If you have any questions, please contact us info@personalsportrecord.com