

Test before plan

- Plan to be flexible
- Retest and replan if necessary
- Analyze the games and results after competition
- Refresh your client , avoid overtraining

Rules of a Fitness Test

- Must be repeatable
- Use similar circumstances
- Use easy terms of testing

Multi Skill Test:

- 6 corner run with pushup positions at the corners - 1min
- jump max height at side wall run across and jump on the other side - 1min

Speed and Agility Test:

- 16 corner challenge
- Full court running - 1min
- 10-20 or 30m running for speed testing

Plyometric Test:

- Ladder running – 1length front 1 length side running
- Split steps running on ladder
- Max horizontal jump

Strength Test:

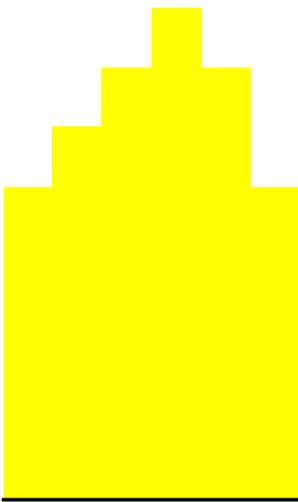
- 5kg Medicine Ball Push or throw
- Max weight squat, or max repeat of squats with 50kg
- Max repeat of pushups
- Max repeat of V sit-ups

Endurance Test:

- 12 minutes running test (Cooper-test)
- 5minutes court sprints test

Exercise for Level 2 trainers:

Make a Training plan for 8 weeks



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