

OCUA Alliance Fitness Assessments

To test fitness we must define fitness. 10 characteristics or skills of fitness:

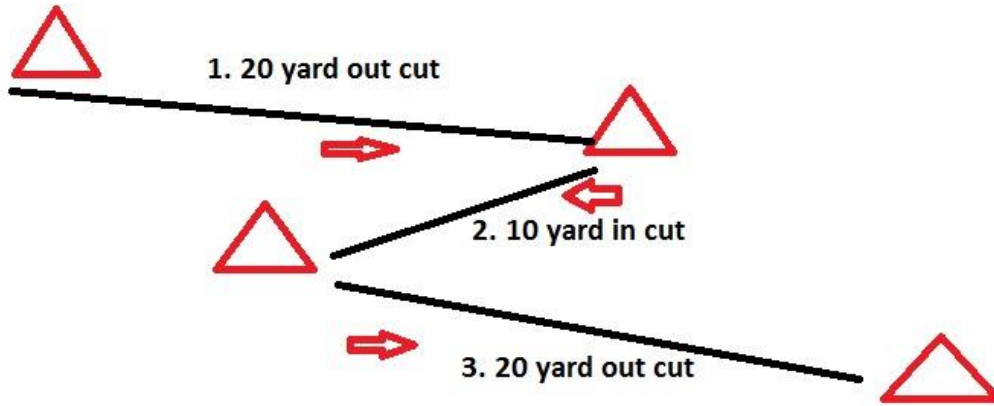
1. Speed
2. Power
3. Agility
4. Coordination
5. Accuracy
6. Endurance
7. Strength
8. Flexibility
9. Balance
10. Acceleration / Deceleration

Test	Skill(s) being tested
Single leg broad jump for distance <ul style="list-style-type: none"> • 5 reps per leg: average distance covered 	Balance power, strength, potential for lay outs, acceleration
Lateral med ball toss for distance <ul style="list-style-type: none"> • 3 sets 5 reps : average distance 	Power, accuracy, coordination, strength, direct relation to hucking ability
Oreo Suicides for time <ul style="list-style-type: none"> • 5 reps : average time 	Speed, acceleration, agility, coordination
Vertical jump test <ul style="list-style-type: none"> • 5 sets, 3 reps : average height 	Power, acceleration, accuracy, coordination, strength
Full Field Sprints <ul style="list-style-type: none"> • Every minute on the minute for 10 minutes • Double event : scored on 1st and 10th 	Speed, power, acceleration, endurance
20 yard Tabata Sprints <ul style="list-style-type: none"> • Run for 20 seconds : walk for 10 seconds : repeat for 8 cycles 	Endurance, agility, acceleration

Structure of the testing night (8-10pm):

- 20 minute warm up – doubles as flexibility assessment (no scoring)
- 40 minutes – single leg broad jump, lateral med ball toss, Oreo Suicides, vertical Jump test
 - Each station includes a few minutes of coaching/learning the movement and then actual execution of testing
- 5 minutes – rest
- 15 minutes - Full Field EMOM sprints
- 5 minutes – rest
- 10 minutes – Tabata Sprints
- 10 minutes – cool down / stretch

Oreo Sprints



Single Leg Broad Jump



Lateral medicine ball toss



Results and Scoring

Results will only be released to the captains and players with names and results disclosed. An anonymous comprehensive list will be made public so players can see where they stack up amongst other Alliance Players, sorted by Female/Male.

Scoring will depend on number of participants. You will receive a score dependent on how you finished among the entire Alliance community for your gender. Each test will have its own points available.

If we have 180 players take part, 90 male and 90 female, there are 90 points per test available awarded in reverse to how you finished.

Example:

Joe Blow's test results follow

Test	Result and Placement	Points awarded
Single Leg Broad Jump	59 inches = 3 rd place	87
Lateral Med Ball Toss	72 inches = 10 th place	80
Oreo Suicides	10.2 seconds = 40 th place	50
Vertical Jump test	14 inches = 11 th place	79
Full Field Sprints : 1	7.2 seconds = 5 th place	85
Full Field Sprints : 2	9.0 seconds = 15 th place	75
Tabata Sprints	28 sprints completed = 20 th place	70
	Average finish: 15th	526