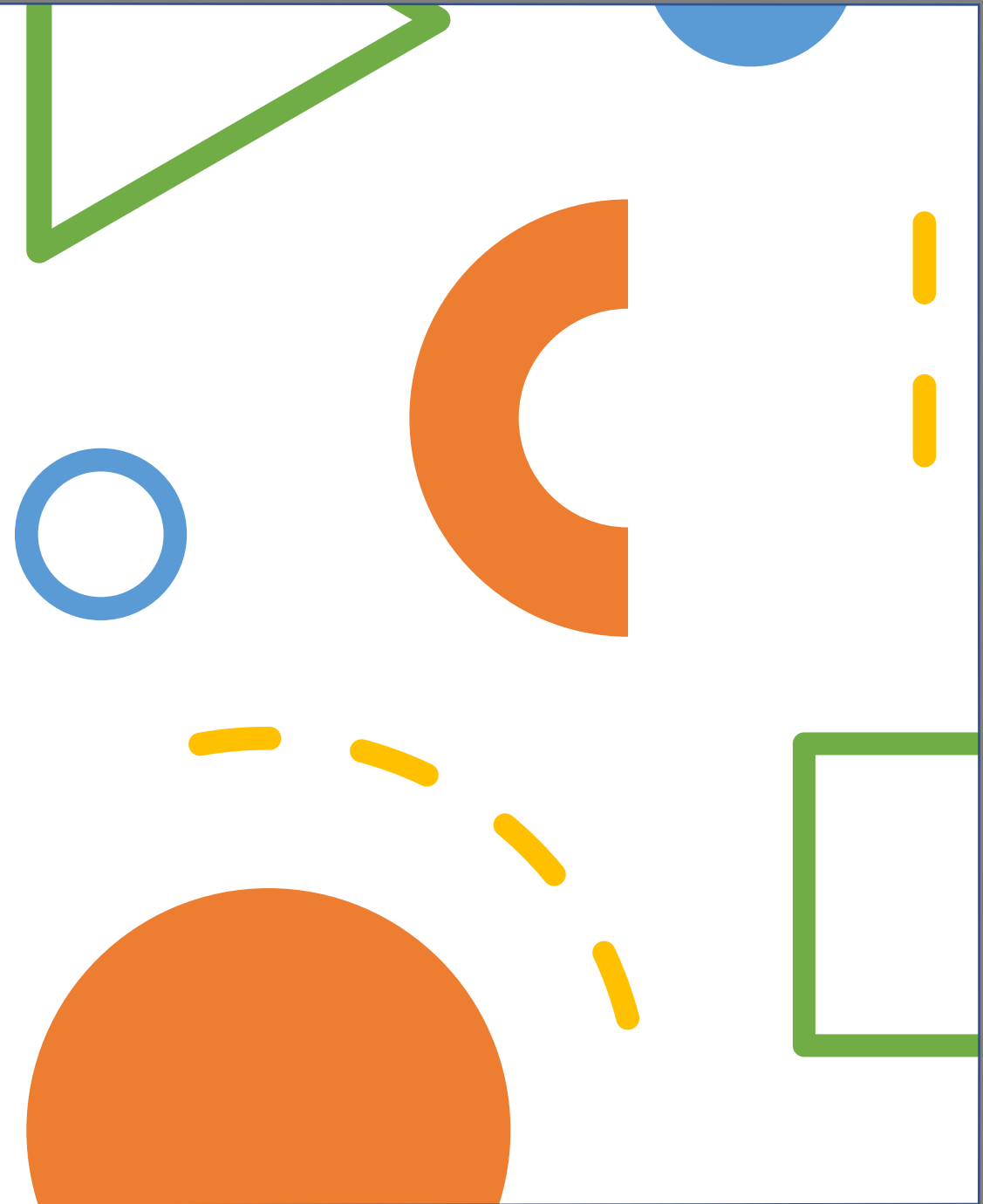


Assessments of Athletes and its Importance

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Need for testing

Understand current status

Understand lacunae in development

Guide to improve training programs

Feedback to the athlete

Regular assessments to understand improvement and efficacy of training program.

Types of assessments

Basic assessments or field tests-



- Easy to administer
- Fairly reliable
- Cheap, fast and can be done regularly/repeatedly

Lab tests-



- Blood tests
- Exercise physiology tests like VO₂ measurement, lactate test etc
- Biomechanical assessments like motion analysis, pressure plate, video analysis etc

Types of assessments

Other professional assessments-

- Psychological tests
- Nutritional assessment
- Specialised strength assessment using isokinetic devices or gym eqpt



Basic Assessments



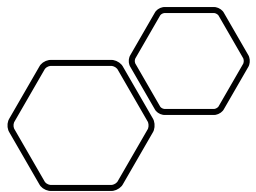
To track improvements



To set a baseline for return post injury



To make sure there is no overtraining



Assessments



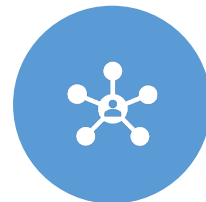
BASAL HR



SPEED



ENDURANCE



AGILITY



FLEXIBILITY



POWER



BALANCE

Speed: 35 mts Sprint Test



- To check for acceleration and speed
- Stopwatch and marker cones
- 3 attempts after good warm up

Endurance: Beep Test



- Requirement: Beep test app, cones, measuring tape-20 mts
- Athlete has to cover the 20 mt distance before the next beep
- Record the last shuttle completed after 2 warnings

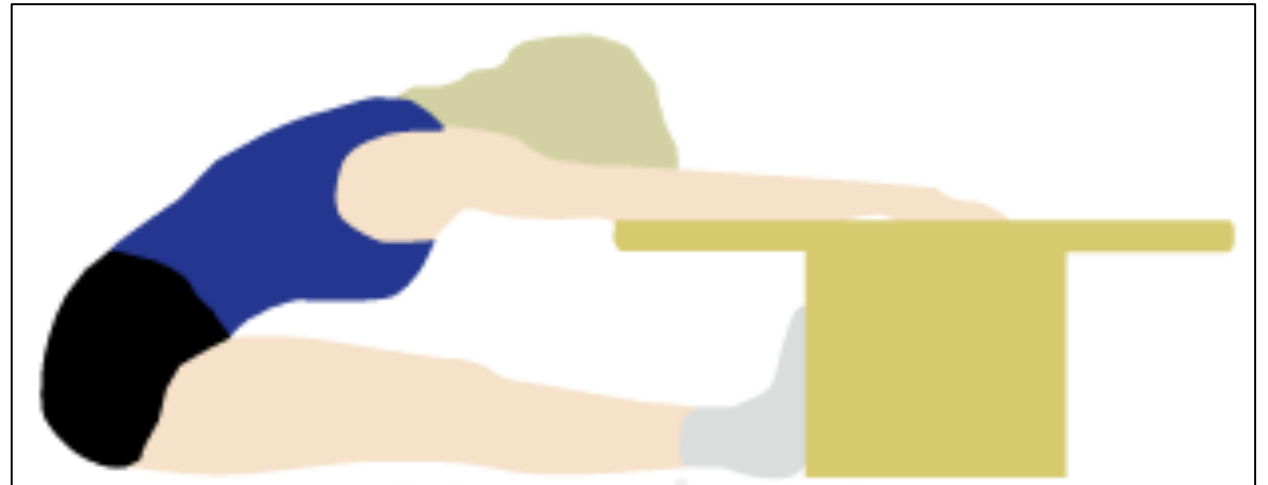
Agility: T Test



- Requirement- stop watch, measure tape and cones
- Set up (5 yards- 4.57 Mt, 10 yards- 9.14 mts)

Flexibility: Sit and Reach Test

- Requirement - a ruler
- Process:
 - Sit on the floor with legs extended
 - Reach forward
- Measure how far fingers can cross toes:
 - + if they can
 - if they don't



Power: Vertical Squat jump test

- Requirement-
measuring tape, chalk
- Procedure:
 - Stand with hand
extended-baseline
 - Jump from squat
position
- Measure the difference
for jump height
- Best of 3 attempts

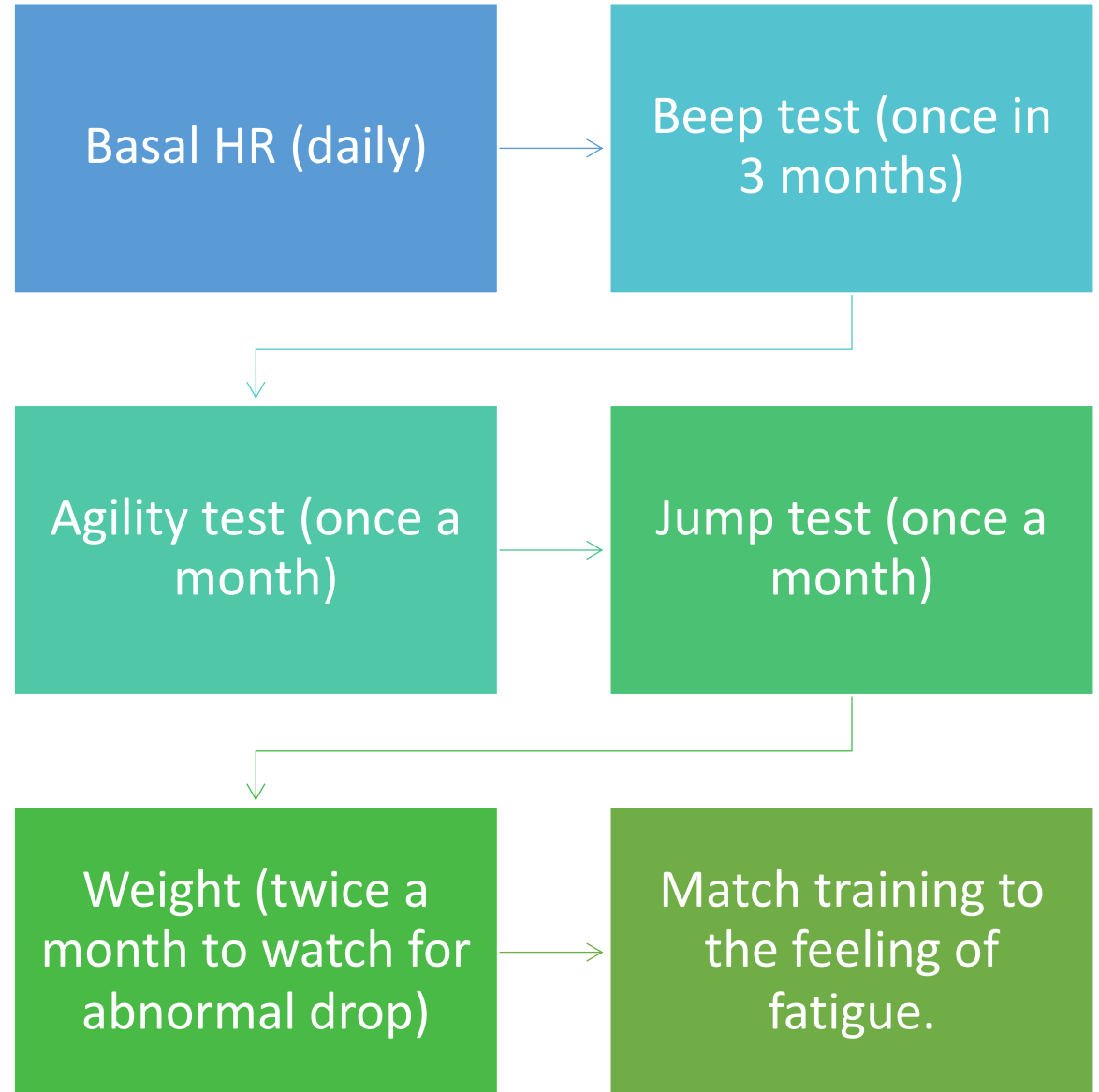


Balance- Stork test



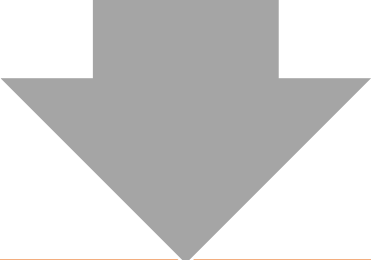
- Requirement- stop watch
- Procedure:
 - Position as in figure
 - Time starts when heel is raised
- Stop the watch when position is not maintained
- Scoring:

Regular Assessments



High performance assessments

Meant for athletes already past their growth phase and performing well.



Includes-

Exercise physiology tests like VO2 measurement, lactate test etc

Biomechanical assessments like motion analysis, pressure plate, video analysis etc



VO₂ max testing

- Using a gas analyser
- Incremental test to exhaustion
- Should last between 10-15 minutes
- Expressed as oxygen consumed in ml/kg/min

Lactate Threshold test



- Using a Lactate meter and strips via a finger prick
- 4 minute sets at increasing speed with 1 min between sets for blood collection
- Speed is sub maximal
- Expressed as speed at Lactate threshold.

Specialised assessment

- Motion sensor assessment- Measure movement when shooting
- Helps identify what happens when you hit a good shot as compared to a bad shot



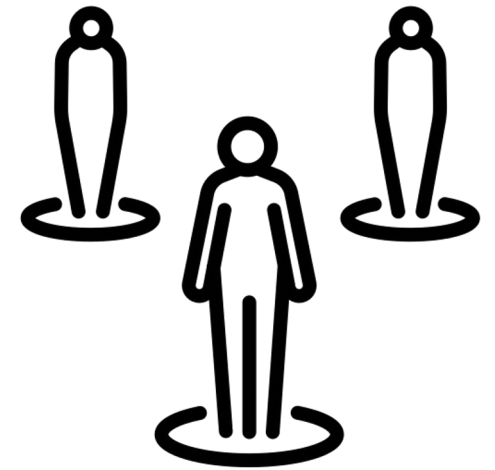
Further
reading:

[Topendsports.com](https://www.topendsports.com)





Stay home, Stay safe






THANK

YOU

*A COACH WILL IMPACT MORE PEOPLE IN A YEAR
THAN THE AVERAGE PERSON DOES IN A LIFETIME!*

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