

Fitness Testing – A Practical Approach



**Presented by Niall Ronan on behalf of
Meath Local Sports Partnership**

3rd February 2015

The Athlete



- Team or individual sports you want your athlete to perform
- 4 key steps for performance
- Strength and Conditioning , Skill Acquisition , Tactical Awareness , Mental preparation
- 4 core elements for success

Why do we test ?

- Strength and Conditioning is an important factor in sport
- Teams need to be conscious of this to keep up with the rest
- We test to get a base line score for each athlete
- Re testing throughout the season gives the player and coaching staff feedback

Why do we test ?

- It creates a competitive environment throughout the squad
- Gives players an opportunity to set goals
- Mentally it gives the athlete an edge on opponent
- Gives coaches positive and negative feedback on players

What do we test ?



- 3 rep max bench press (upper body)
- Chin up's (upper body)
- Standing long jump (lower body / power)
- Flexibility test
- 1 k time trail (Aerobic Fitness)
- 30 m shuttle x 60 sec test (Anaerobic Fitness)

Benefits

- Professional environment
- Creates a positive culture within the club
- Players become better athletes
- Wins trophies
- Eire og Nenagh



Training post testing

- **Aerobic fitness**
- **Anaerobic fitness**
- **Resistance Training (weights)**
- **Core**
- **Foam rolling**
- **Flexibility**



Testing options for young athletes

- **Press up's**
- **Chin up's**
- **Dips**
- **Standing Long Jump**
- **1 km time trial**



Test

- 1 k Time trial
 - - Mark out 100 m on a pitch
 - - Line of cones on either end
 - - Player must touch the line
 - - 100 m shuttle repeated 10 repetitions
 - - Best score 3 min 12 seconds

Test

- 30 m shuttle test
 - - 30 m shuttle for 60 sec continuously
 - - 3 sets
 - - 4 min recovery between sets
 - - Accumulate 3 scores
 - - 900 m + is a good score

Test

- 3 rep max Bench Press
 - - A weight lifted by the athlete for 3 repetitions at their maximum weight
 - - Bar has to touch the chest
 - - Arms fully extended

Test

- Chin up
- - Bicep or Neutral grip Chin up
- - Body weight
- - Start from a hang position
- - Chin over bar
- - Fully extend arms

Test

- Standing Long jump
 - - Two feet starting in base position
 - - Jump from a standing position
 - - Stick the landing
 - - Measure with tape from closet heel
 - - 3 efforts (best score)

Test

- Flexibility – Sit and Reach
- - Sit and reach box
- - Shoes off
- - Feet start flat on box
- - Keep legs straight
- - Upper body slides forward

Question & Answer Session



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