

The background of the entire page is a grayscale photograph of a basketball player in mid-air, performing a jump shot. The player is wearing a dark jersey with 'SHOWCASE' written on the back. The scene is set on an outdoor basketball court with a building and other people visible in the background.

# Combine Exercises

Class of 2021

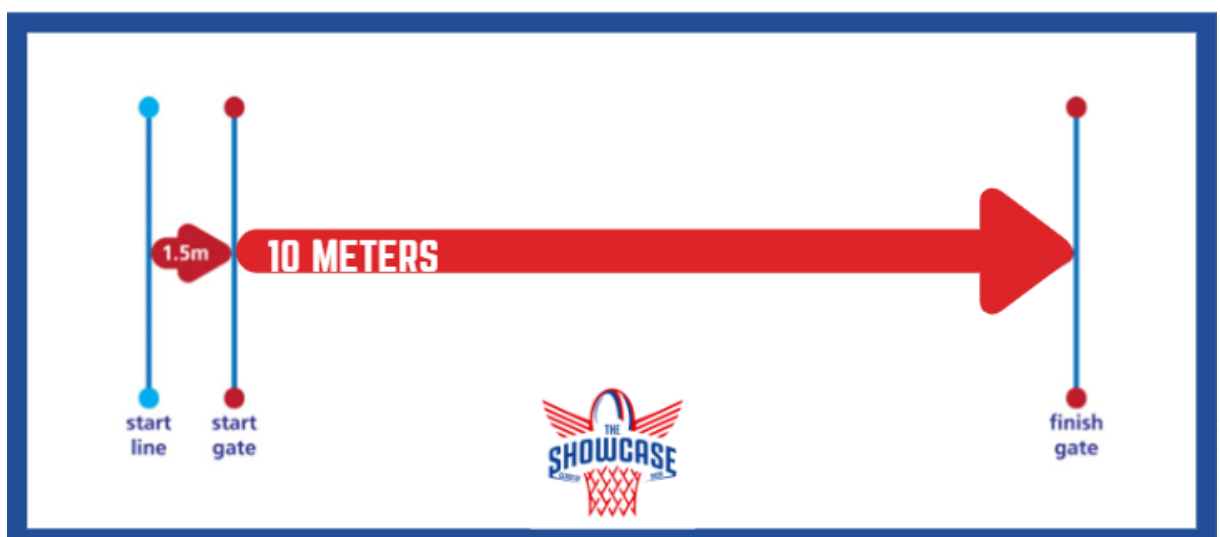
# 10m Sprint

## 10-METER SPRINT

**PURPOSE:** The aim of this test is to determine acceleration and speed

### **SET UP:**

- Athlete must mark out a start and finish line that is 10m in distance
- Someone will be needed in order to time the athlete
- Make sure the athlete warms up before the 10m sprint attempts
- Start from a comfortable stationary 3-point stance position, a position that is most familiar to you and that you think will yield the best time.
- The front foot must be on or behind the starting line. This starting position should be held for 3 seconds prior to starting, you may lean across the starting line, and no rocking movements are allowed
- 3,2,1 "GO" and start the stopwatch
- The athlete sprints the 10 metres as fast as possible
- The person timing the athlete stops the stopwatch when the athlete crosses the finishing line and records the time
- Repeat the 10m sprint 3 times and submit your fastest time





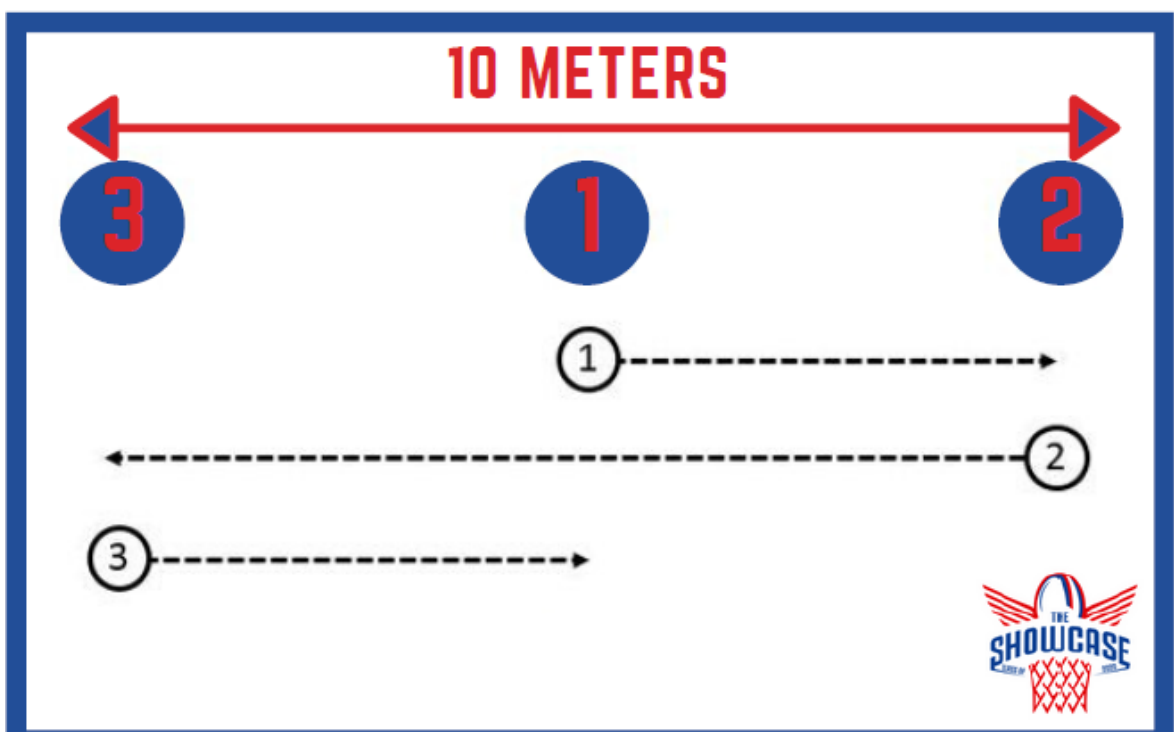
# 5-10-5 Shuttle Run

## 5-10-5 SHUTTLE RUN

**PURPOSE:** The purpose of this test is to measure the player's repeat sprint ability, local muscle endurance of the legs and lower back, as well as agility.

### **SET UP:**

- Set up 3 Cones, 5 meters apart in a straight line
- Assistance will be needed to time the athlete
- Start standing over Cone #1 with one hand touching the cone
- Count down 3,2,1- start the timer
- Sprint to the Cone #2. Touch the cone with your right hand
- Change direction and sprint to Cone #3. Touch that cone with your left hand
- Sprint back through to the starting Cone #1
- Stop the timer and submit your score
- Complete this drill 3 times by measuring the quickest time possible in seconds with a stopwatch



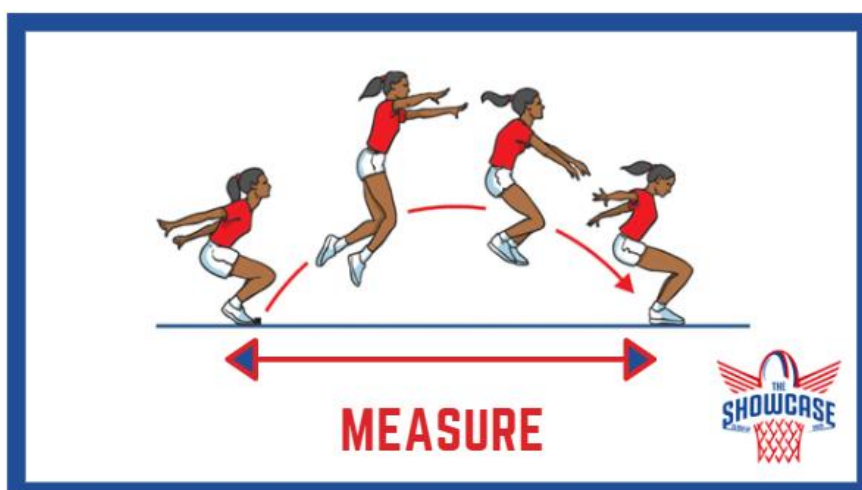
# Broad Jump

## Broad Jump

**Purpose:** to measure the explosive power of the legs

**Set up:**

- Mark a starting point of the broad jump
- Stand behind this mark by placing your feet shoulder-width apart
- Stretch up your arms and rise onto the balls of your feet with your hips extended.
- Lower between a quarter and a half squat and drive as powerfully as possible off the ground while simultaneously throwing your arms forward as forcefully as possible.
- Once you are airborne, extend your hips up and out and throw your feet forward. This will add momentum to the jump, keeping you in the air longer.
- Land flatfooted you must stick the landing and not fall backward or forward, and your hands cannot touch the ground or anything that keeps you stable at any time after landing
- Measure from your starting point and to the back of your heels and log in your score
- Try and get an assistant to measure the landing point for the athlete or do the broad jump with a marker in your hand and draw a line between start and finish measuring between the two lines



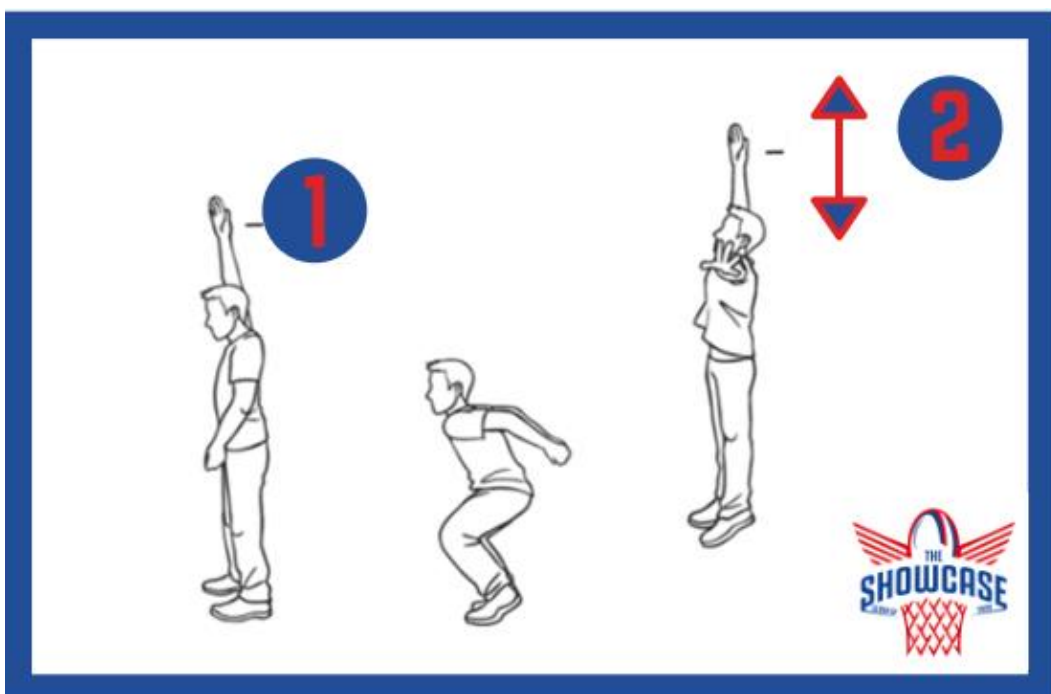
# Vertical Jump

## Vertical Jump

**Purpose:** to measure the explosive power of the legs

**Set up:**

- All you need is a wall and some measuring tape
- Stand with your side to a wall
- Mark the highest possible point you can reach with your hand make sure your feet are flat to the ground- use chalk or tape
- From the same standing position, proceed into a squat to gather as much power into your legs as possible
- Jump as high as you can and hit the wall at the highest point of your jump
- Mark the spot the same way you did earlier
- Try three to five jumps and use your highest one
- Subtract your jumping reach point from your standing reach point in cm and input your vertical jump score





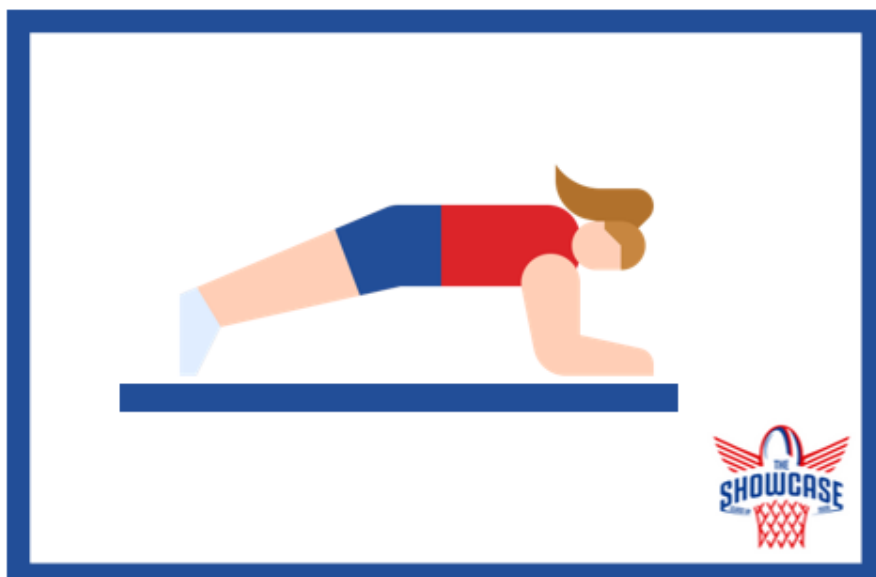
# Plank Challenge

## Plank Challenge

1. Start on the floor on your hands and knees.
2. Place forearms on the floor with elbows aligned below shoulders
3. Step your feet back, one at a time.
4. Maintain a straight line from heels through the top of your head, looking down at the floor.
5. Now, tighten your abs, quads, glutes, and hold.
6. Make sure once you get into your planking position that you time yourself.
7. Try planking for as long as possible and submit your best time.

**\*No moving of arms, legs or body while planking, it is important that you stay in the same position throughout.**

**\*Only your toes and forearms are allowed to touch the floor.**



SHOWCASE



**Remember to submit your  
results on  
[Showcasesports.co.za](http://Showcasesports.co.za)**

