

A black and white photograph of a basketball player in a starting crouch on a court. The player is wearing a jersey with the number '32' on the sleeve and is looking down. In the background, there are other players and equipment on the court, with mountains visible in the distance. A red rectangular overlay is placed over the bottom half of the image, containing the text 'Combine Exercises' in white.

Combine Exercises

40m Sprint

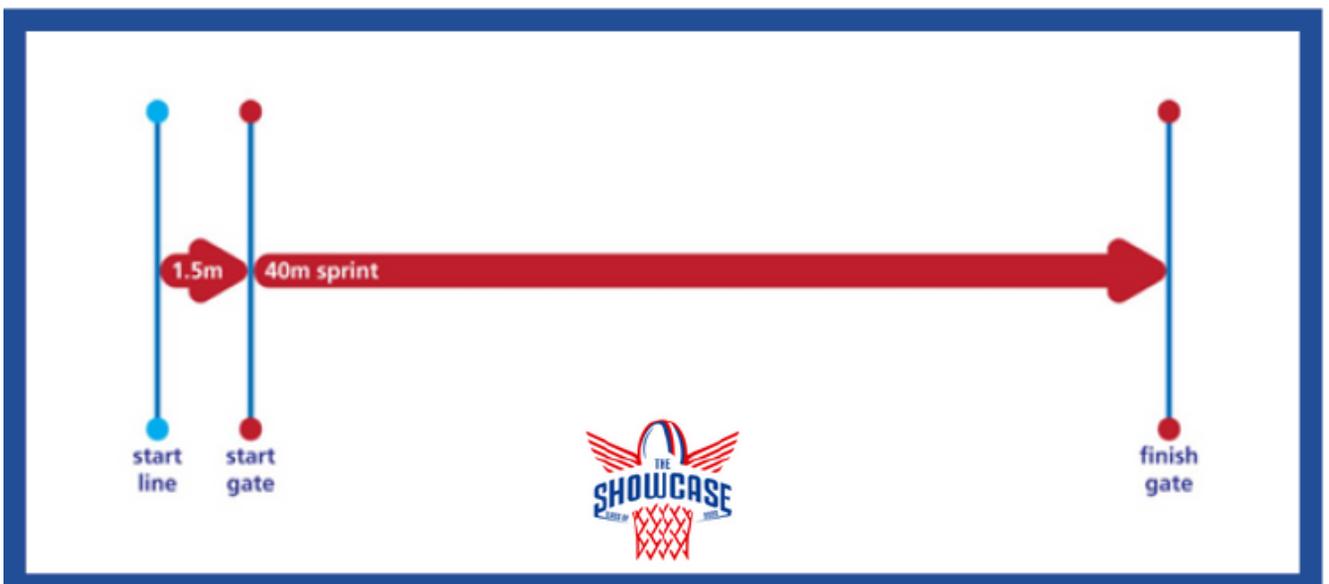


Rugby: 40-METER SPRINT

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 40m in total distance
- Someone will be needed in order to time the athlete
- Make sure the athlete warms up before the 40m 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 40 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 40m sprint 3 times and submit your fastest time





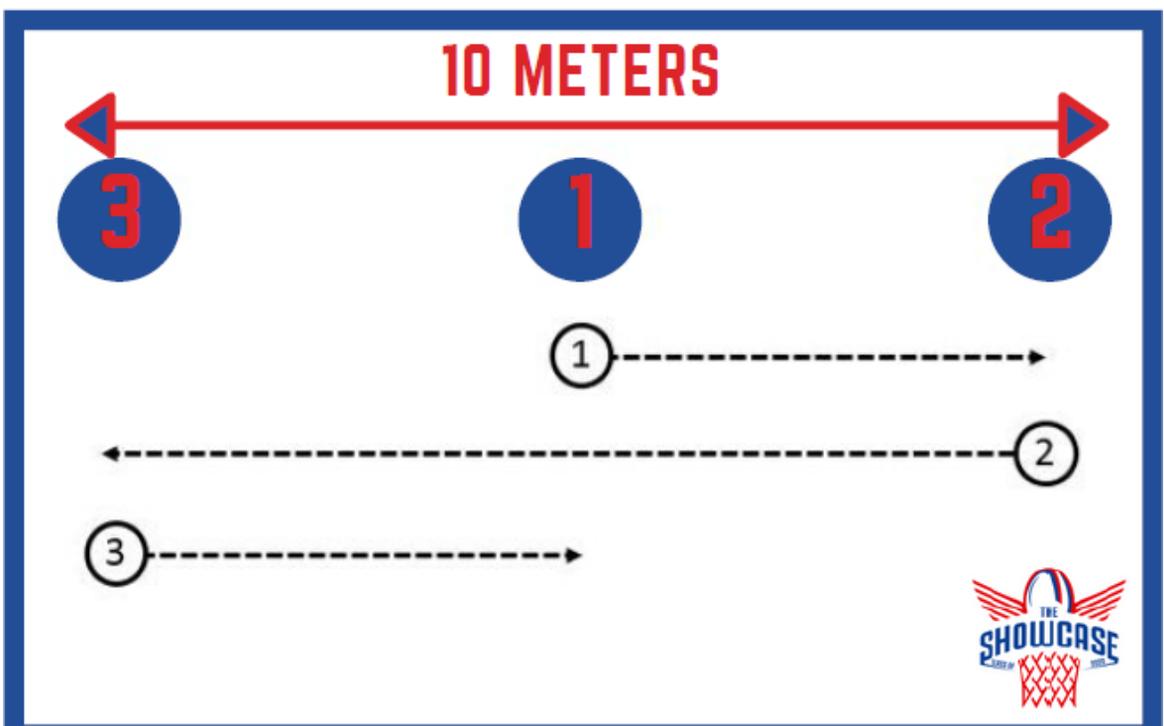
5-10-5 Shuttle Run

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





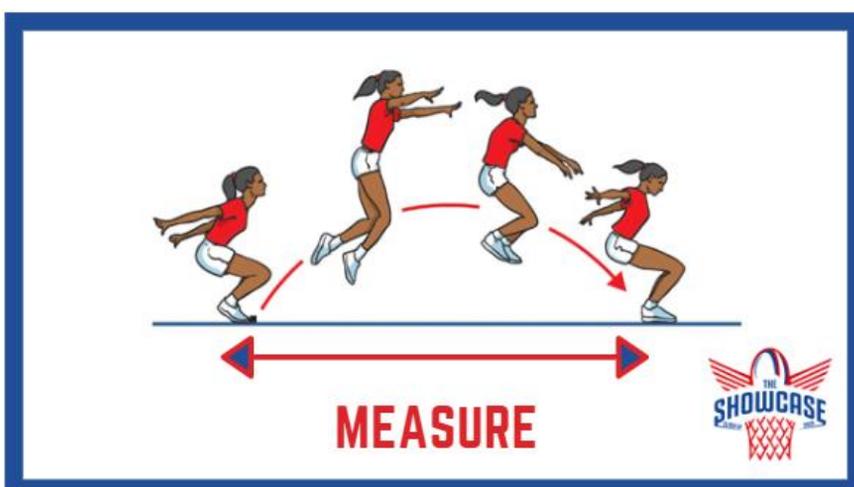
Broad Jump

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



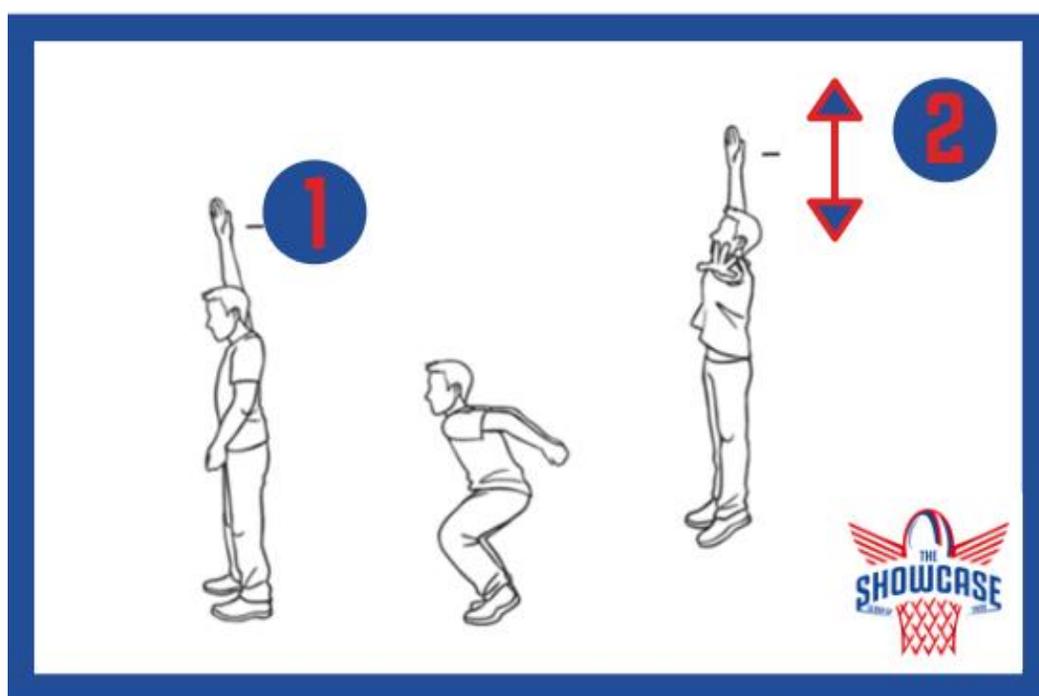
Vertical Jump

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





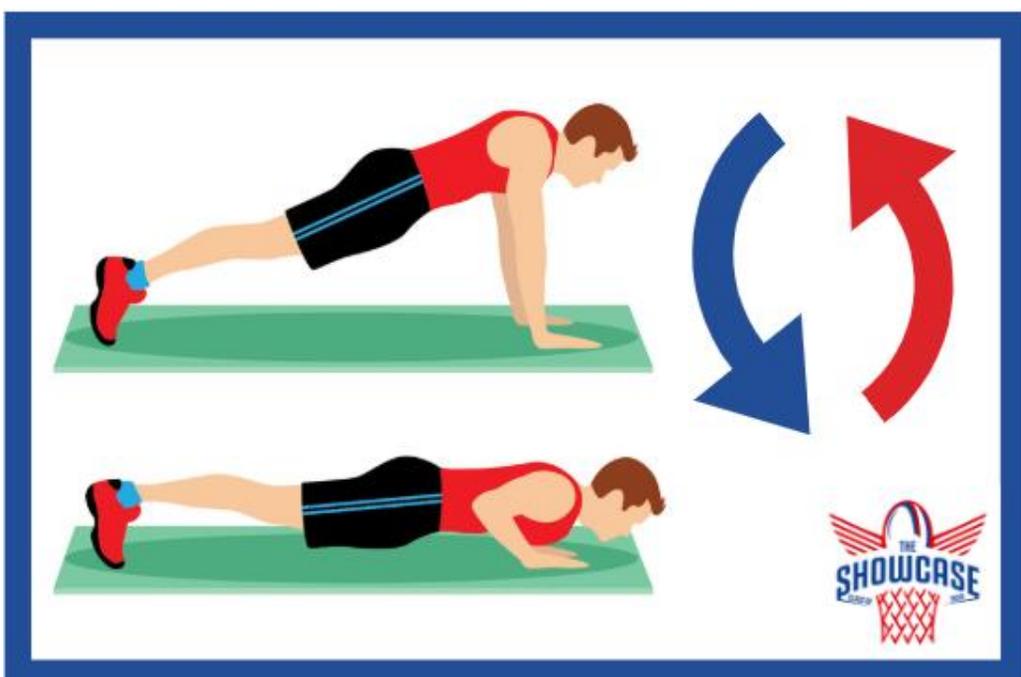
Push-Up Challenge

1-minute push up challenge

Purpose: The timed 1-minute Push-Up Test measures muscular strength and endurance.

Set up:

- A stopwatch or timer will be needed and set for one minute.
- A standard push-up begins with the hands and toes touching the floor, the body and legs in a straight line, feet slightly apart, the arms at shoulder width apart, extended and at a right angle to the body.
- Keeping the back and knees straight, lower the body to touch the ground, once chest touches the ground, **release hands when on the ground and push up to** return to the starting position with the arms extended.
- This action is repeated for 1 minute and the amount of push ups that are done in a minute will be recorded as the athletes score
- The athlete can rest if tired, but this will affect the amount of push ups done in a minute





**Enjoy and
good luck!**