



# How To Improve

Class of 2021





## Overall Tips when tackling The Showcase

### Overall Tips when tackling The Showcase battery of tests

The Showcase exercises are basic combine tests that are measured globally around the world. With the Showcase no participant goes unnoticed. Regardless of region or competition level, any player that can improve their scores using the outlined combine's drills has a chance to get invited to the live national combine and showcase their skills.

Record yourself in five drills:

- 40-meter/10-meter sprint for Rugby/Netball
- Vertical jump
- 3 cone drill
- Shuttle sprint
- Broad jump
- 1-minute push up drill.

These test scores of each participant of The Showcase are combined into an overall Showcase ranking. The higher your score, the more likely a national showcase invite will follow.

With so much on the line, athletes should prepare themselves in any way possible to improve on their scores.



## Overall Tips when tackling The Showcase

### **Train in brief, explosive settings.**

Combine events rarely last longer than four or five seconds, so athletes must prepare with the same biometric qualities. This is called the elastic training system, focused on short bursts of high-energy activity.

### **Get your technique down.**

Even the strongest athletes will fail without good technique. The showcase suggests spending as much time on form as you do in the gym or weight room.

### **There is no magic potion or formula.**

Some coaches believe they have the blueprint or the perfect drill for every test, but this simply is not the case. Every athlete is different, and at the most basic level, athletes need to get stronger. By strengthening your entire body, you will be better prepared to take on any drill.



# 40/10m Sprint

## 40-Meter Sprint/10-meter sprint

**Train fast to run fast, and do not forget to rest.**

The only way to run faster is to train at maximum intensity, so be sure to give your body long periods of rest to recover. The showcase recommends taking one minute of rest for every 10 meters run, meaning every 40-meter sprint should be separated by at least four minutes.

While that might seem long, burning through reps will tire you out faster and make your technique sloppy. Extended breaks allow you to fully recover and maximize every rep.

Here are two exercises to help prepare your body for the explosive movement out of the gate:

1. Tall and Fall: Stand on the starting line on your tip toes and lean forward until you feel like you are going to fall on your face, then get out of the gate and start running.
2. Belly stomachs: Start out on your stomach, then pop up and run as fast as you can.

**Two things to always remember:** Keep your head down throughout the duration of the rep and come out of your stance low. Do not pop out of your stance and stand up.



# Vertical Jump

## **Vertical Jump**

### **Keep it simple.**

Jumping exercises get physically demanding in a hurry, so do not do anything too crazy. Stick to bounding progressions and standard box jumps to do the trick. Another tip: line up four or five benches and hop over them in succession, all while maintaining good body control.

### **Focus on the hips.**

For all these drills, hip strength and power are critical. Focus on exercises that target the hips to help you improve.



# 5-10-5 Cone Drill

## 5-10-5 cone drill

The 5-10-5 is a measure of your change of direction and goes by a couple different names – Pro-Agility, Short Shuttle, and the 20-meter Shuttle. Many athletes do not perform this race efficiently, but simple techniques can improve that.

The most crucial element of combine training for running the 5-10-5 efficiently is the path your run. The shape of the 5-10-5 is the rooftop of an A-frame house. The start of the race is the very top of the roof. Your touchpoints are the bottom of the roof. Anything run outside of this shape equals a loss of time.



# Broad Jump

## **Broad jump**

### **Ritual is everything**

This is a true test of power. While your stance is important, mental preparation plays a huge role in this test. Your best jumps will be jumps three and four because you have primed your nervous system. Make sure you get one or two practices in before you attempt.

You need to perform the jump the same every single time. Hands come up, on your toes, hands come back (like an Olympic diver). Perform again and on the second Olympic diver, rapid fire with your arms and leap straight out (think Superman!) Use your arms as anchors to project yourself forward.



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results on  
[Showcasesports.co.za](http://Showcasesports.co.za)**

