

Performance Testing Protocol—High School, College, WNBA, and NBA

Before starting the performance testing, always warm up and stretch for 10 to 15 minutes. The rest intervals between tests should be at least 2 minutes. Perform all the tests in the proper order:

1. No-Step Vertical Jump
2. Maximum Vertical Jump
3. Lane Agility
4. Three-Quarter-Court Sprint (baseline to opposite foul line)
5. Bench Press (maximum repetitions)
6. Sit-and-Reach

To protect the health of the players and the integrity of the testing, follow these safety guidelines:

- Make sure players engage in a proper warm-up before beginning testing.
- Only coaches and players are allowed in the testing area—no bystanders.
- Players should be properly supervised in all areas at all times.
- Before testing, players should receive proper instruction and a demonstration of each test.

PERFORMANCE TESTS

Test 1: No-Step Vertical Jump

Equipment: Vertec machine, backboard, or wall

1. Measure standing reach, in shoes, on the Vertec or wall. Stand with both feet flat on the ground, legs and torso straight. Reach up with a straight arm, wrist, and hand. With your fingers, touch at the highest point.
2. Jump straight up as high as possible and, with a straight arm, tap the Vertec device or mark the wall at the highest point (figure 1.1). No shuffle steps, side steps, drop steps, or gather steps are allowed.
3. Make two attempts. If, on the second attempt, you reach a higher height, a third attempt is awarded.
4. The vertical jump is the difference, in inches, between the standing reach and the jump reach.

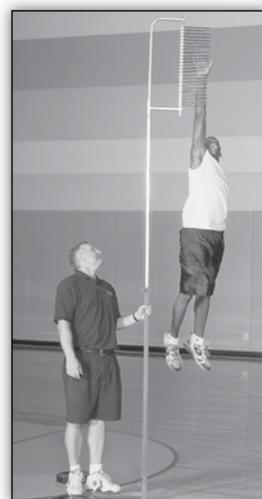


Figure 1.1

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Test 2: Maximum Vertical Jump

Equipment: Vertec machine, backboard, or wall

1. Measure standing reach, in shoes, on the Vertec or wall. Stand with both feet flat on the ground. Torso and legs are straight. Reach up with a straight arm, wrist, hand, fingers touching at the highest point.
2. Maximum approach distance is measured from the free-throw line extended in a 15-foot (4.6 m) arc to the baseline.
3. Take as many steps toward the Vertec, backboard, or wall as necessary to acquire a maximum vertical jump. Everyone is required to start within the 15-foot arc, and each athlete has the choice of a one- or two-foot takeoff.
4. Make two attempts. If on the second attempt you reach a higher height, a third attempt is rewarded.
5. The vertical jump is the difference, in inches, between the standing reach and the jump reach.

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Test 3: Lane Agility

Equipment: Basketball lane, 4 cones, a stopwatch, floor tape to mark the start and finish line and the change-of-direction line

1. Place cones on each of the 4 corners of the lane (figure 1.2).
2. Start at the left-hand corner of the free-throw line facing the baseline. Sprint to the baseline, go past the cone and defensive-shuffle to the right corner of the lane and past the cone, backpedal to the free-throw line past the cone, defensive-shuffle to the left, and touch the change-of-direction line with your left foot. Then change direction back to your right, defensive shuffle to the right past the cone at the right-hand corner of free-throw line, sprint to the baseline past the cone, defensive-shuffle to the left past the cone at the left-hand corner of the lane, and backpedal past the starting position through the finish line.
3. Two attempts are allowed; take the faster time of the two. One foul is allowed without penalty, and you are given the chance to start over. A

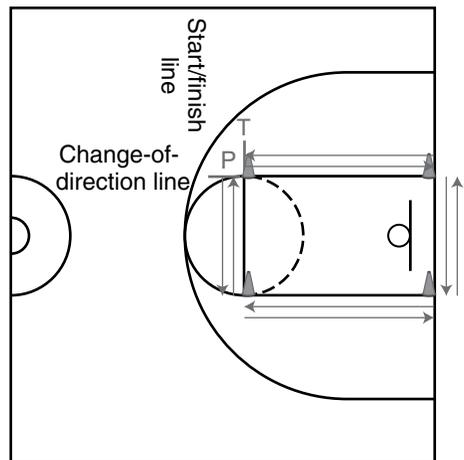


Figure 1.2

foul includes moving or knocking down a cone, cutting a corner of the drill, sprinting sideways instead of defensive-shuffling, crossing your feet, not touching the change-of-direction line, or falling down.

4. Timing begins on your first movement.

Test 4: Three-Quarter-Court Sprint



Equipment: Gym floor, 4 cones, a stopwatch, and a wall pad if necessary

1. Place 2 cones at the baseline and free-throw lane lines. Place 2 cones at the elbows of the opposite free-throw line (figure 1.3). For safety, place crash pads against the wall at the end of the three-quarter-court sprint.
2. Start with a two-point stance with your front foot behind the edge of the baseline.
3. The timing begins on your first movement. Sprint through the opposite free-throw line.
4. Two attempts are allowed. Take the faster of the two.

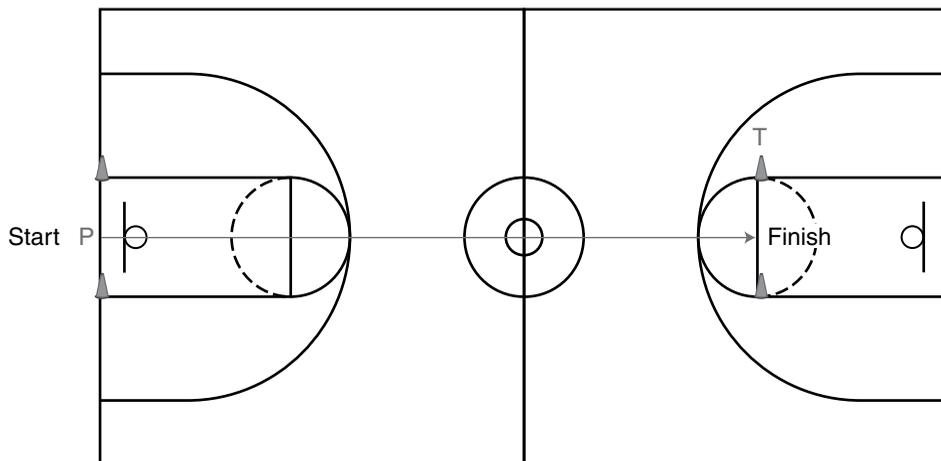


Figure 1.3

Test 5: Bench Press (Maximum Repetitions)

Equipment: Bench press bench, Olympic barbell, weights, and collars (secure collars on barbell before lifting)

1. Warm up. Perform 10 push-ups, followed by a 60-second rest. Bench press the warm-up weight for 5 repetitions. NBA and male college players lift 135 pounds (61 kilograms), male high school players