






Power	
<p>Standing jump test</p> <ul style="list-style-type: none"> - Stand behind line, feet slightly apart - Take off from two feet and land with two feet - Measure distance from back of heel closest to line you took off from 	
<p>Vertical jump test</p> <ul style="list-style-type: none"> - Chalk your fingertips - Stand side onto the wall, keeping your feet on the ground reach up as high as you can and make a mark - Chalk your fingers again and jump and make a mark as high up the wall as you can. - Measure the difference between the two marks 	
Speed	
<p>30m sprint test</p> <ul style="list-style-type: none"> - Mark out a 30m course - From a flying (running) start, run from the start line as quickly as possible to the finish line 	
Strength	
<p>Grip strength dynamometer test</p> <ul style="list-style-type: none"> - Grip the dynamometer with favoured hand - Hold dynamometer parallel to arm - Grip dynamometer as hard a possible - Repeat 3 times (one minute rest between each attempt) 	
<p>1 repetition max test</p> <ul style="list-style-type: none"> - Warm up with 10 reps of a light weight - Move onto two sets of 5-10 reps with a heavier weight (2 minute rest between each set) - After the two minute rest, attempt your first weight - If successful have a two minute rest and increase weight by 10% - If fail, have a two minute rest and decrease by 5% - The 1 rep max is the heaviest weight you can lift in one go 	
Flexibility	
<p>Sit and reach test</p> <ul style="list-style-type: none"> - Put your bare feet against the sit and reach box - Keeping legs straight, reach forward with two hands and push the slider forward as far as possible 	