



# Nets Netball

## Wicked Wednesday - Athlete Assessment Record

Name \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_

### Development Competency Tests (DADA 11-13yrs)

TEST	COMPETENCY	EXPERT	PROFICIENT	NOVICE
Sit and reach slump (chin on chest)	FLEXIBILITY	> +6cm	-1cm to +5cm	<-1cm
Front Bridge - 4pt Forearms	BALANCE	>70sec	50-69sec	<50sec
Double Leg Squat - Hands forward at shoulder height	JUMP & LAND	>10 reps	6-9 reps	0-5 reps
Wall angel	THROW & CATCH	Arms>80 deg	70-79 deg	50-69 deg
Lunge - forward and return x 5 each leg	SPEED & AGILITY	No distortion in kinetic chain	<b>TO</b>	No reps completed - distortion at ankle/knee/hip/trunk

### Speed and Agility Testing

TEST	COMPETENCY	SCORE
YoYo Intermittent Level 1	AEROBIC	
505 Agility Test	AGILITY	
20m Sprint Test	SPEED & ACCELERATION	
Vertical Jump	ELEVATION (Leg Power)	