



Sask Volleyball 2021 Provincial Team ID Testing Protocol

Height

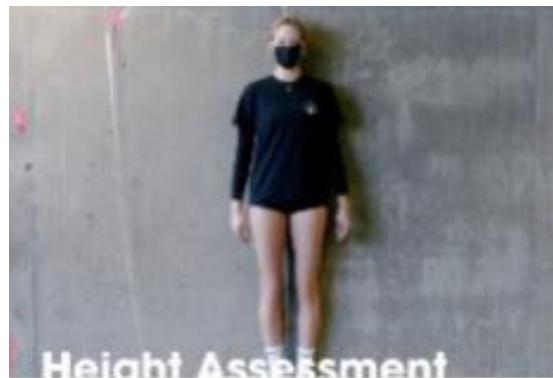
This test will help determine the athletes' physical profile.

Equipment Needed:

- Measuring tape
- Flat object (book or ruler)
- Pencil

Protocol:

1. The athlete should stand with their shoes on, with heels, upper back, and back of head flat against the wall.
2. Place flat object level on athletes' head and mark the wall with a pencil.
3. Record in feet and inches (nearest ½ inch).



Standing 1-Hand Reach

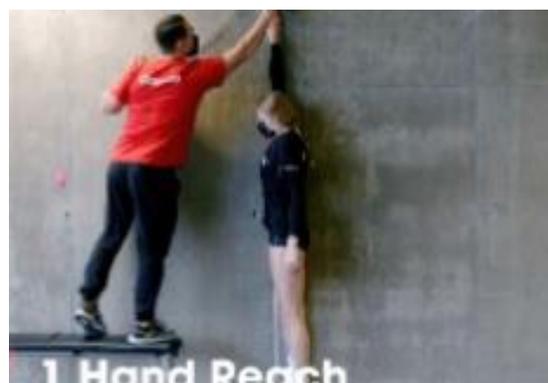
This test will help determine the athletes' physical profile. It can also be used to calculate vertical jump.

Equipment Needed:

- Measuring tape
- Chalk to mark wall

Protocol:

1. With shoes on, have the athlete stand perpendicular to the wall and reach up with their dominant hand (closest to the wall).
2. Keeping the feet flat on the ground, have the athlete touch as high as possible.
3. Record in feet and inches (nearest ½ inch).



Spike Touch

This test will help determine the athletes' lower body power and jumping ability.

Equipment Needed:

- Vertec
OR
- Measuring tape
- Chalk to mark wall



Protocol:

1. The athlete should perform several warmup jumps and some dynamic stretching to prepare the body for maximal effort in the test.
2. The athlete should perform a few practice jumps towards the Vertec or along the wall to determine appropriate starting distance.
3. Instruct the athlete to use both arms and legs to propel the body upwards. The athlete should perform their volleyball spike approach toward the Vertec or along the wall and attempt to touch at the highest point of the jump with attacking hand only.
4. If using a Vertec, remind athletes to 'touch' the highest point in a controlled manner and not to swing as they would during an attack.
5. If using a wall, the athlete should put chalk on the top of their fingers and touch the wall at the highest point of their jump.
6. Continue until two consecutive jumps are below their previous best (highest) touch.
7. Record the highest touch in feet and inches (nearest ½ inch).