

Standing Posture Test

- Shoulder and hip heights are compared from the right and left side. This is used to check if there is a large asymmetry between sides that need to be understood or looked into
- Pelvis anterior tilt angle is looked at to understand how athlete's pelvis are positioned while standing and if the pelvis position falls outside the standard norm

Single Leg Squat

- The knee valgus angle looks at the angle created by the hip to the knee to the ankle when squatting. A 0-degree angle would show perfect alignment between the hip, knee and ankle when squatting. An athlete with a large valgus angle may be at an increased risk for injury.

Pull ups

- Pull ups are used to test an athlete's upper body strength

Seated Medball Throw

- Is used to test the upper body power of the athlete

Grip Strength

- Grip strength is used as another measure to test the upper body strength of an athlete

Hip Abductor/ Adductor

- The Hip abductor/ adductor tests compares the strength between the abduction (moving the leg out) compared to adduction (moving the leg in) a large difference in strength between one's abductor and adductor could show there is a weakness an athlete's glutes or within their groin, both of which could lead to injuries

Standing Broad Jump

- Standing broad jump tests an athlete's lower body power

Abalakov Jump (Vertical Jump)

- The Vertical Jump is used to test an athlete vertical as well as the athletes lower body power

Countermovement Jump

- Countermovement jump is used to test an athlete's lower body through the athlete's force production

Isometric Mid-Thigh Pull

- Tests an athlete's max force production

5-10-5 Pro Agility

- Tests an athlete's agility by forcing the athletes to change direction

20m Sprint

- Tests an athlete's acceleration and maximum velocity