

Gateshead SSP 'Showing Potential'

Name: _____

Date of birth: _____

Height: _____ m Weight: _____ kg

Sport (1): _____ Level: _____

Sport (2): _____ Level: _____

Sport (2): _____ Level: _____

Test	Trial Number		Best								
Tennis ball keep up (dominant hand) R L	Trial 1	Trial 2									
Tennis ball keep up (non -dom. hand) R L	Trial 1	Trial 2									
Tennis ball – hitting against wall (FH/BH)	Trial 1	Trial 2									
Reactor ball (score out of 10)	1	2	3	4	5	6	7	8	9	10	
Sit ups in 30 sec											
20m sprint	Trial 1	Trial 2	Trial 3								
Alternate hand – throw and catch	Trial 1	Trial 2	Trial 3								
Long throw and catch	Trial 1	Trial 2	Trial 3								
Triple hop for distance (right foot)	Trial 1	Trial 2	Trial 3								
Triple hop for distance (left foot)	Trial 1	Trial 2	Trial 3								
Basketball dribble	Trial 1	Trial 2									
Football dribble	Trial 1	Trial 2									
Football keep-ups dominant foot R L	Trial 1	Trial 2									
Football keep-ups Non -dominant foot R L	Trial 1	Trial 2									
Pro-agility test	Trial 1	Trial 2	Trial 3								

Comments

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