



**PLAYER TEST CARD**

Player:

Date:

Grade:

Position:

| <b>Bio Information</b> |                |               |
|------------------------|----------------|---------------|
| <b>Height:</b>         | <b>Weight:</b> | <b>Fat %:</b> |

| <b>SPEED/AGILITY/CONDITIONING TESTS</b> |                |                |             |
|---|----------------|----------------|-------------|
| <b>TEST</b>                             | <b>SCORE 1</b> | <b>SCORE 2</b> | <b>BEST</b> |
| Vertical Jump                           |                |                |             |
| Broad Jump                              |                |                |             |
| 3 Cone Drill                            |                |                |             |
| 20 Yard Shuttle                         |                |                |             |
| 60 Yard Shuttle                         |                |                |             |
| 40 Yard Dash                            |                |                |             |

| <b>STRENGTH/POWER TESTS</b> |              |             |              |
|-----------------------------|--------------|-------------|--------------|
| <b>TEST</b>                 | <b>SCORE</b> | <b>TEST</b> | <b>SCORE</b> |
| Bench                       |              | Squat       |              |
| Power Clean                 |              | Hang Clean  |              |
| Dead Lift                   |              |             |              |

| <b>DAY 1</b>                                       | <b>DAY 2</b>  | <b>DAY 3</b>                          |
|--|---|---------------------------------------|
| Ht, Wt, Fat %, 20 Yard Shuttle, 40 YD Bench, Squat | Vertical Jump<br>Power Clean<br>3 Cone Drill<br>60 Yard shuttle | Dead Lift<br>Hang Clean<br>Broad Jump |

***“ALWAYS WORKING”***