



# ATHLETIC DEVELOPMENT PROGRAMME

**TESTING (U12 TO U18 ONLY)**

**#TOGETHERWEAREBASKETBALL**

**[WWW.BASKETBALLENGLAND.CO.UK](http://WWW.BASKETBALLENGLAND.CO.UK)**

# BASKETBALL ENGLAND

# RESEARCH OPPORTUNITY



As a stand-alone programme, the contents will equip you with important off-season physical preparation to help you return in shape.

For players between age groups under 12 and under 18 years, we are also offering the opportunity to be part of a major research project looking at the effects of the programme on your physical development based upon your age and stage of maturity/ growth.

This has been approved by the ethics committee at the University of Essex and is endorsed by Basketball England.

By providing us with your consent and your test data, we will be able to give you your vertical jump heights achieved at the start and upon completion of the programme.

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# CONSENT FORM AND TEST DATA UPLOAD LINKS

All data and information will be stored securely using the platform Qualtrics.

(Please note, 90% and above completion of the entire programme is required for participation in the research.)

[PARENT AND PLAYER INFORMATION AND CONSENT FORM \(CLICK HERE\)](#)

[PRE-PROGRAMME PHYSICAL FITNESS TEST RESULTS & VIDEO UPLOADS \(CLICK HERE\)](#)

[TRAINING DIARY FOR WEEKS 1-4 \(CLICK HERE\)](#)

[TRAINING DIARY FOR WEEKS 5-8 \(CLICK HERE\)](#)

[POST-PROGRAMME PHYSICAL FITNESS TEST RESULTS & VIDEO UPLOADS \(CLICK HERE\)](#)

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# PHYSICAL PERFORMANCE TESTS

- These tests relate to important physical qualities for basketball
- They will help you measure your progress
- Tests should be performed 48 hours before starting the 8-week programme and 48 hours after completing it





# TESTING INSTRUCTIONS

- Try all practice runs of each of the tests 1-2 times before performing them the first time to make sure you record your best scores
- Complete tests 48-hours before starting the programme
- Note the time of day when the tests were performed so that the same time can be used when retesting at the end of the programme
- Have a parent or family member help with recording and timing



# THE TESTS

## U12s TO U18s ONLY

### ■ GROWTH & MATURITY – VIDEO LINK

- Standing Height / Sitting Height / Body Weight

### ■ MOVEMENT QUALITY AND STRENGTH – VIDEO LINK

- OH Squat x 5 repetitions (filmed from side)
- Single Leg Hip Hinge Hold x 10 seconds (filmed from side)
- Single leg squat (QALS) – filmed from front
- Single leg CMJ (QALS) – filmed from front

### ■ JUMPING ABILITY – VIDEO LINK

- Countermovement Jump
- Squat Jump

### ■ MUSCLE CAPACITY – VIDEO LINK

- Side Bridge (for maximum time in seconds)
- Hamstring Bridge (for maximum time in seconds)
- Single Leg Calf Raise (for maximum reps)

