



**BASEBALL CANADA LAB**

**TESTING PROTOCOLES**

## **15-30-15 Test**

Measure out and mark a 30 feet line on the floor. Find the midway point at 15 feet and mark it. Start straddling the centerline and begin by sprinting to the right or left and touching the line at 15 feet with your right hand. Sprint back to the left, cross the mid-point and touch the far line with your left hand, 30 feet away. Plant and push off, sprinting back through the starting line. Athlete can decide which side they want to start from. Time starts on the first move of the athlete and stops when they cross the middle point. Test is performed once.

## **30 foot Run**

Make a small mark on the floor about one foot long. Athlete positions themselves behind the line in a base stealing position. Front foot is placed just behind the starting line. Have the timer standing at the finish line 30 feet away. The timer should start the timer on the first move of the athlete and stop the timer as soon as the athlete hits the finish line. Do three trials and average out the times.

## **900 foot run**

Mark two small lines on the floor 150 feet apart. Start at one end with both feet behind the line. The timer should start the stopwatch on the first move of the athlete, as they begin running toward the other line. Once the athlete reaches the 2<sup>nd</sup> line, they firmly plant the lead foot on the line and push off, once again sprinting back towards the original line for 1 round trip. Repeat this round trip three times for a total distance covered of 900 feet.

## **30 second hurdle test**

Start by lining up 2 hurdles end to end on the floor, creating 1 long hurdle. Have a partner count the number of successful jumps the athlete can complete in 30 seconds. Begin by standing to one side of the cones. On the first move, the clock starts. Keeping your feet together, hop as quickly as you can side to side over the hurdles, making sure not to knock a hurdle over or you will have to start again. The number of successful jumps completed at the end of 30 seconds is your final result.

## **Foot-Wall Test**

Athlete is standing, facing a wall where a square is drawn on the wall. At the signal to begin, the athlete has to bring his right hip up so the thigh/calf angle is about 90 degrees. From this position, the athlete has to tap the wall with the toe of his feet 2 consecutive times (double touch) before doing the same thing using his other foot. Square is to be 18 inches \* 18 inches. It is recommended to have squares at different heights so each athlete has a 90 degree angle. The number of touches done in 15 seconds is the final score recorded.

## **Soccer Test**

From a standing position, the athlete touches in front of them, the inside part of his right foot with his left hand ; then touches his left foot using his right hand ; before performing the same task behind him. The athlete must perform as many cycles as possible during 30 seconds. A cycle is when the athlete makes 4 successful touches in a row.

## **Alternate Hand Wall Toss Test**

A line is placed 2 meters from the wall. The athlete stands behind the line facing the wall. The ball is thrown from one hand in an underarm action against the wall, and attempted to be caught with the opposite hand. The ball is then transferred to the other hand so it can be repeated as many times as possible. The number of completions in 30 seconds is the final score recorded.

## **Quadrant Jump Test**

A 3x3 foot quadrant is marked out on the floor. Mark the starting line. The subject stands with both feet together at the starting line. When they are ready they jump across the line into the first quadrant, then in sequence into others quadrants (1, 2, 3, 4, 1, 2, 3, 4). This pattern is continued as fast as possible for 10 seconds. The number of touches during 10 seconds is your final score.

## **Standing Long Jump**

A second recorder will be needed to help with this test as they will be watching where the athletes' heels make contact with the ground. Begin by marking a small line on the floor. Stand with toes just behind the line. Initiate the jump by crouching, leaning forward a bit at the trunk, swinging the arms backwards and then jumping horizontally as far as possible as you swing your arms forward. The second recorder will record where the athletes' heels land and then measures the distance from the original line to this "heel line". This measurement is recorded.

## **Morgan's Test**

Athlete is placed behind the starting line located 5 meters from the wall. Athlete needs a tennis ball. Athlete must throw the tennis ball on the wall with an over-hand or side-arm action. Time starts on the first movement. The number of times the athlete throws and fields the ball in 30 seconds is recorded.

## **Stability Test**

Using a line on the floor, ask the athlete to stand on the line with one foot in front of the other. Ask the athlete to place their 2 arms on the side of their body with their head straight and facing forward. At the Go signal, ask the athlete to close their eyes trying to maintain balance for 30 seconds. An athlete will only succeed or fail. Test stops when an arm leaves the body or when a foot is off the floor.

## **Flexibility Test**

Place a measuring tape on the wall. Ask the athlete to stand at one edge of the wall with their two hands straight in front of him. When they are ready, ask them to bend forward and go as far as possible without losing balance and without their heels leaving the floor. Record the distance reached using the measuring tape.

## **Arm span**

Place a measuring tape on the wall. Ask the athlete to place their long finger at one edge of the tape. Athlete will then bring their chest to the wall extending the other arm so a measurement can then be made at the farthest point.

## Standing Height

Place a measuring tape on the wall or use another instrument. Ask the athlete to stand and place their back against the wall. Measure should be made at the top of the head.



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## Sitting Height

Place a measuring tape on the wall or use another instrument. Ask the athlete to sit down with his back against the wall. Measure should be made at the top of the head.



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