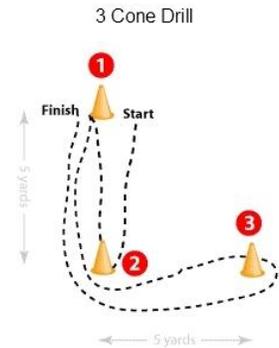


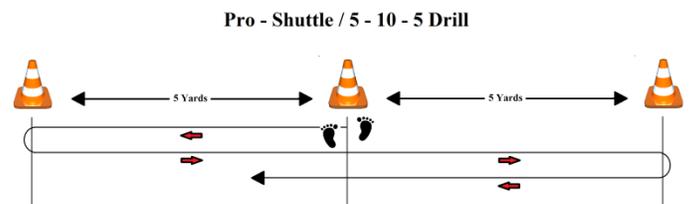
## Prone 3-Cone Drill

- **Purpose:** this is a test of agility, including speed, quickness, flexibility, change of direction, body control.
- **Equipment Required:** stopwatch, measuring tape or marked field, marker cones, a flat non-slip surface.
- **Procedure:** Three marker cones are placed to form an "L." with cones at the corner and at each end, 5 yards apart (see diagram). The timer is positioned at the level of cone 1. The participant starts by getting down in a prone position with forehead over the start line, hands positioned under the shoulders and legs straight out behind them with toes facing the ground next to Cone 1. On the participants first movement, he runs to Cone 2, bends down and touches a line with his right hand. Then he turns and runs back to Cone 1, bends down and touches that line with his left hand. Then he runs back to Cone 2 and around the outside of it, weaves inside Cone 3, then around the outside of Cones 3 and 2 before finishing at Cone 1.
- **Scoring:** The stopwatch is started on the first movement of the participant and stops the watch when the participant's torso crosses the finish line. Each participant will attempt a practice run-through of the drill prior to attempting a full effort drill from both the left side and right side. Record the time on the assessment scoring sheet accurately.



## Prone Pro-Agility Drill

- **Purpose:** to measure an athlete's ability to accelerate, decelerate and change direction.
- **Equipment Required:** stopwatch, measuring tape or marked field, marker cones, a flat non-slip surface.
- **Procedure:** Set up three marker cones in a straight line, exactly five yards apart - cones B, A (center) and C (see diagram). At each cone place a line across using marking tape. The timer is positioned at the level of the center A cone, facing the participant. The participant starts by getting down in a prone position with forehead over center cone A, hands positioned under the shoulders and legs straight out behind them with toes facing the ground. When ready, the participant runs to cone B (touching the line with either hand), turns and accelerates to cone C (touching the line with either hand), and finishes by accelerating through the line at cone A.



- **Scoring:** The stopwatch is started on the first movement of the participant and stops the watch when the participant's torso crosses the center line. Each participant will attempt a practice run-through of the drill prior to attempting a full effort drill from both the left side and right side. Record the time on the assessment scoring sheet accurately.

## Kneeling Power Ball Throw

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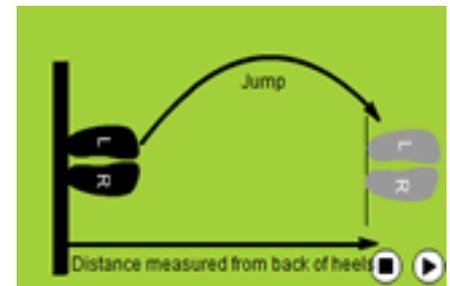
- **Purpose:** This test measures upper body coordination, strength and power.
- **Equipment Required:** 14lb. and 20lb. Dynamax Ball, tape measure to measure distance, foam pad for kneeling (if available), clear open area for testing.
- **Weights:** males use 20lb., females 14lb. Dynamax ball
- **Procedure:** The participant starts in a kneeling position with the back erect and facing the direction they are going to throw. The knees should be directly behind the start line. Ensure that the toes are pointed backwards, as curled up toes can be used for greater traction. Start with the ball grasped with both hands on the sides of the ball and held with straight arms above the head. The ball is brought down to the chest as they hips are brought back to the heels, then in one motion the ball is pushed forward and up (optimally between 30-45 degrees).
- **Scoring:** A practice trial is allowed to learn the correct movements and get the best trajectory for maximum distance. They must not throw favoring one arm or rotate about the spine. The participant is permitted to fall forwards over the line after the ball is released. The knees are not to leave the ground. Two attempts are allowed, with at least 45 seconds recovery between each throw. Record the best time on the assessment scoring sheet accurately.



## Standing Broad Jump

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- **Purpose:** to measure the explosive power of the legs
- **Equipment required:** tape measure to measure distance jumped, non-slip floor for takeoff, and soft landing area preferred. The take off line should be clearly marked.
- **Procedure:** The participant stands behind a line marked on the ground with feet slightly apart. A two foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The participant attempts to jump as far as possible, landing on both feet without falling backwards or forwards.
- **Scoring:** The measurement is taken from take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped, the best of three attempts.



## Prone 25 Yard Dash

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- **Purpose:** The aim of this test is to determine acceleration, and also a reliable indicator of speed, agility and quickness.
  - **Equipment Required:** measuring tape or marked track, stopwatch , cone markers, flat and clear surface of at least 35 yards.
  - **Procedure:** The test involves running a single maximum sprint for 25 yards. Start from a prone position with forehead directly over the start line, hands positioned under the shoulders and legs straight out behind them with toes facing the ground. The hands must be on or behind the starting line. Shoulders should be behind the starting line. This starting position should be held for 2 seconds prior to starting.
  - **Scoring:** Two trials are allowed, and the best time is recorded to the nearest 2 decimal places. The timing starts from the first movement and finishes when the torso crosses the finish line.
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## 300 Yard Shuttle Test

- **Purpose:** This is a test of anaerobic endurance
- **Equipment Required:** stopwatch, measuring tape, marker cones, a flat grass or turf surface
- **Procedure:** Marker cones and lines are placed 25 yards apart to indicate the sprint distance. Start with a foot on one line. When instructed by the timer, the participant runs to the opposite 25-yard line, touches it with their foot, turns and run back to the start. This is repeated six times without stopping (covering 300 yards total). After a rest of five minutes, the test is repeated.
- **Scoring:** Record the average of the two 300-yard shuttles.
- **Comments:** This is a maximal anaerobic test, and in order to receive the highest score the participant must sprint at 100 percent effort the entire time. Encourage the participant not to pace themselves.

# HIGH INTENSITY TACTICAL TRAINING

## VERBAL INSTRUCTIONS FOR THE FUNCTIONAL MOVEMENT SCREEN

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The following is a script to use while administering the FMS. For consistency throughout all screens, this script should be used during each screen. The bold words represent what you should say to the client.

**Please let me know if there is any pain while performing any of the following movements.**

### DEEP SQUAT

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**EQUIPMENT NEEDED: DOWEL**

#### INSTRUCTIONS

- **Stand tall with your feet approximately shoulder width apart and toes pointing forward.**
- **Grasp the dowel in both hands and place it horizontally on top of your head so your shoulders and elbows are at 90 degrees.**
- **Press the dowel so that it is directly above your head.**
- **While maintaining an upright torso, and keeping your heels and the dowel in position, descend as deep as possible.**
- **Hold the descended position for a count of one, then return to the starting position.**
- **Do you understand the instructions?**

Score the movement.

The client can perform the move up to three times total if necessary.

If a score of three is not achieved, repeat above instructions using the 2 x 6 under the client's heels.

# HIGH INTENSITY TACTICAL TRAINING

## HURDLE STEP

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EQUIPMENT NEEDED: DOWEL, HURDLE

### INSTRUCTIONS

- Stand tall with your feet together and toes touching the test kit.
- Grasp the dowel with both hands and place it behind your neck and across the shoulders.
- While maintaining an upright posture, raise the right leg and step over the hurdle, making sure to raise the foot towards the shin and maintaining foot alignment with the ankle, knee and hip.
- Touch the floor with the heel and return to the starting position while maintaining foot alignment with the ankle, knee and hip.
- Do you understand these instructions?

Score the moving leg.

Repeat the test on the other side.

Repeat two times per side if necessary.

## INLINE LUNGE

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EQUIPMENT NEEDED: DOWEL, 2X6

### INSTRUCTIONS

- Place the dowel along the spine so it touches the back of your head, your upper back and the middle of the buttocks.
- While grasping the dowel, your right hand should be against the back of your neck, and the left hand should be against your lower back.
- Step onto the 2x6 with a flat right foot and your toe on the zero mark.
- The left heel should be placed at \_\_\_\_\_ mark. *This is the tibial measurement marker.*
- Both toes must be pointing forward, with feet flat.
- Maintaining an upright posture so the dowel stays in contact with your head, upper back and top of the buttocks, descend into a lunge position so the right knee touches the 2x6 behind your left heel.
- Return to the starting position.
- Do you understand these instructions?

Score the movement.

Repeat the test on the other side.

Repeat two times per side if necessary.

# HIGH INTENSITY TACTICAL TRAINING

## SHOULDER MOBILITY

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EQUIPMENT NEEDED: MEASURING DEVICE

### INSTRUCTIONS

- Stand tall with your feet together and arms hanging comfortably.
- Make a fist so your fingers are around your thumbs.
- In one motion, place the right fist over head and down your back as far as possible while simultaneously taking your left fist up your back as far as possible.
- Do not “creep” your hands closer after their initial placement.
- Do you understand these instructions?

Measure the distance between the two closest points of each fist.

Score the movement.

Repeat the test on the other side.

## ACTIVE SCAPULAR STABILITY (SHOULDER CLEARING)

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### INSTRUCTIONS

- Stand tall with your feet together and arms hanging comfortably.
- Place your right palm on the front of your left shoulder.
- While maintaining palm placement, raise your right elbow as high as possible.
- Do you feel any pain?

Repeat the test on the other side.

# HIGH INTENSITY TACTICAL TRAINING

## ACTIVE STRAIGHT-LEG RAISE

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EQUIPMENT NEEDED: DOWEL, MEASURING DEVICE, 2X6

### INSTRUCTIONS

- Lay flat with the back of your knees against the 2x6 with your toes pointing up.
- Place both arms next to your body with the palms facing up.
- Pull the toes of your right foot toward your shin.
- With the right leg remaining straight and the back of your left knee maintaining contact with the 2x6, raise your right foot as high as possible.
- Do you understand these instructions?

Score the movement.

Repeat the test on the other side.

## TRUNK STABILITY PUSHUP

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EQUIPMENT NEEDED: NONE

### INSTRUCTIONS

- Lie face down with your arms extended overhead and your hands shoulder width apart.
- Pull your thumbs down in line with the \_\_\_ (forehead for men, chin for women).
- With your legs together, pull your toes toward the shins and lift your knees and elbows off the ground.
- While maintaining a rigid torso, push your body as one unit into a pushup position.
- Do you understand these instructions?

Score the movement.

Repeat two times if necessary.

Repeat the instructions with appropriate hand placement if necessary.

## SPINAL EXTENSION CLEARING

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### INSTRUCTIONS

- While lying on your stomach, place your hands, palms down, under your shoulders.
- With no lower body movement, press your chest off the surface as much as possible by straightening your elbows.
- Do you understand these instructions?
- Do you feel any pain?

# HIGH INTENSITY TACTICAL TRAINING

## ROTARY STABILITY

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EQUIPMENT NEEDED: 2 X 6

### INSTRUCTIONS

- Get on your hands and knees over the 2x6 so your hands are under your shoulders and your knees are under your hips.
- The thumbs, knees and toes must contact the sides of the 2x6, and the toes must be pulled toward the shins.
- At the same time, reach your right hand forward and right leg backward, like you are flying.
- Then without touching down, touch your right elbow to your right knee directly over the 2x6.
- Return to the extended position.
- Return to the start position.
- Do you understand these instructions?

Score the movement.

Repeat the test on the other side.

If necessary, instruct the client to use a diagonal pattern of right arm and left leg.

Repeat the diagonal pattern with left arm and right leg.

Score the movement.

## SPINAL FLEXION CLEARING

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### INSTRUCTIONS

- Get on all fours, and rock your hips toward your heels.
- Lower your chest to your knees, and reach your hands in front of your body as far as possible.
- Do you understand these instructions?
- Do you feel any pain?