

Entry Levels for Regional Academy

Entry level tests have now been drafted after discussion with RTC coaches attending Millfield thank you for your contribution

Five tests will be used to assess players ability, potential. There are 3 water tests and two for dry land. We have tried very hard to keep them simple and manageable in any location. Please remember these are entry level assessments be as objective as possible in your assessment.

1. Swim

400m timed swim FC push off from side no dives, using wall to turn and push off
NB. test stops on 6mins 20 secs

- a. 4 points time = under 5m20 secs
- b. 3 points time = under 5m 40 secs
- c. 2 points time = under 6m 00 secs
- d. 1 point time = under 6 m 20 secs

2. Treadwater

Vertical 30 secs – arms vertical, elbows locked, holding ball, eggbeater- high & wide knees, feet turned out

- a. 4 points = arm pits consistently clear of water
- b. 3 points = armpits clear of water majority of time
- c. 2 points = shoulders clear + eggbeater
- d. 1 point = chin on water

3. Ball skills

30 secs In pairs passing 3m apart (goal width)

- a. 4 points = Dry Flat passes, elbow consistently high above ear, eggbeater, high & wide knees, feet turned out
- b. 3 points = Dry passes, occasionally flat, elbow occasionally high, eggbeater
- c. 2 points = any one of above absent
- d. 1 point = inconsistent, wet passes poor or no eggbeater, dropped catches
(this test can be repeated with different players on different scores during sessions)

4. Core strength (Dry land)

PLANK - Body straight line, head – heels,
forearms on the ground, Squeeze glutes and tighten abdominals.
Hold position.

- a. 4 points = 60secs +
- b. 3 points = 60 secs
- c. 2 points = 45secs
- d. 1 point = 30secs

5. Press Ups

Hands level with & slightly wider than shoulder-width apart, fingers forward.

Body in a straight line, head - heels.

chest 2" or 50mm from floor or arms bent 90° on descent,

arms straight on ascent

- a. 4 points = 25+
- b. 3 points = 20+
- c. 2 points = 15 +
- d. 1 point = 10 +

There will be no minimum score for consideration at entry level.

20 points is maximum score. 10 points is a suggested base line but should not be used exclusively to individuals for entry. Coaches need to use intuition if there are border line cases.

Ultimately coaches have discretion to select according to their judgement of an individual's potential

e.g. If individuals excel in swimming and has potential to easily pick up points on others tests.

	Name	400m Swim Test Mins secs	Treadwater	Passing	Plank	Press Ups	Total
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							