

Attachment “A”

2024 USAWR Skill Assessment

All athletes in attendance will be assessed on a variety of skills at tryouts including: passing, sprint speed, agility, endurance, and quickness. Each athlete will be given 3 trials for each skill (except the Lakeshore Mile). All of these skills will be scored and averaged amongst the athlete’s classification for an objective data assessment.

Lakeshore Mile:

Athletes will push 8 consecutive laps on the fieldhouse track as fast as possible. The track is a rubber surface, and the athlete’s times will be recorded for each split. The athletes will complete the mile twice: One in clockwise direction and the other in the counterclockwise direction. One mile will be completed prior to the tests below and the other mile will be completed at the end of the tests.

Endurance Sprints:

The athletes will complete 3 sets of 3 laps in a clockwise direction and 3 sets of 3 in a counter clockwise direction. Each athlete will have a 1:1 work rest ratio while completing this drill.

- A regulation size basketball court is used.
- A cone is placed on both halfcourt/sideline intersections.
- A cone is placed in the middle of both baselines, creating a diamond on the court.

90’ Sprint:

Athletes will start from a stationary position right behind the first set of sensors. The athlete will sprint as fast as possible through the last set of sensors. The athlete will be assessed on their 45’ sprint time as well. Three trials will be attempted for each athlete.

Passing:

Athletes have 3 attempts to throw for distance from the baseline on to the court. The measurement will be taken from where the ball lands.

Figure 8 Drill:

Athletes will start at one cone and figure 8 around the far cone and come back. Down and back is 1 rep and the athletes will do 3 sets of 10 with a 1:3 work/rest ratio. The cones will be 28 ft apart from the centers of each cone.

Star Drills:

Athletes will figure 8 around 5 cones set up in a “star” with one cone in the center of 4 cones. The center cone will have a cone to the left, right, north, and south of it. Each of the 4 outside cones will be 6’ apart from the center cone.

Up & Backs:

Athletes will start from a stationary position from the baseline to 7 lines measured 36" apart, except for the first line which will be 40" from the starting point. The athletes will pass two wheels over each line and then go in reverse direction back to the baseline each time. The athlete will need to cross the starting line with the main wheels before moving to the next line.

Turn and Sprint/"Turn and Burn" (10-meter):

- A sprint lane will be set up with photocell gates placed at 0 meters, 2.5 meters, 5 meters and 10 meters.
- The Player begins with the 0-meter starting line parallel with either their left or right big wheel. (Both directions will be tested.)
- One of the assessment administrators will stand at least six feet away directly in-front of the player.
- The administrator will gently toss the ball to the player.
- The timer will be manually started the moment the player catches the ball.
- The player will catch and set the ball in their lap.
- They will turn 90 degrees and then begin the sprint.
- Reaction time is recorded as the time it takes for the player to make the catch, set the ball, turn 90 degrees and cross the starting line for the sprint.