Attachment “A”

2025 USAWR Skill Assessment

All athletes attending will be assessed on various skills at tryouts including passing, sprint speed, agility, endurance, and quickness. Each athlete will be given 2 trials for each skill (except where stated). All 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 1-mile split. The athletes will complete the mile twice: One in a clockwise direction and the other in a 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 2 sets of 3 laps in a clockwise direction and 2 sets of 3 in a counterclockwise 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.

20m Sprint: Athletes will start from a stationary position right behind the first set of sensors, placed at the baseline of a standard basketball court. The athlete will sprint as fast as possible, through the last set of sensors. The athlete will be assessed on the following distances within 20m: 5m, 10m, 14m, and 20m. Three trials will be attempted for each athlete.

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 2 sets of 10 with a 1:3 work/rest ratio. The cones will be 28 ft apart from the centers of each cone. Two trials will be attempted by each athlete.

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. Two trials will be attempted by each athlete.

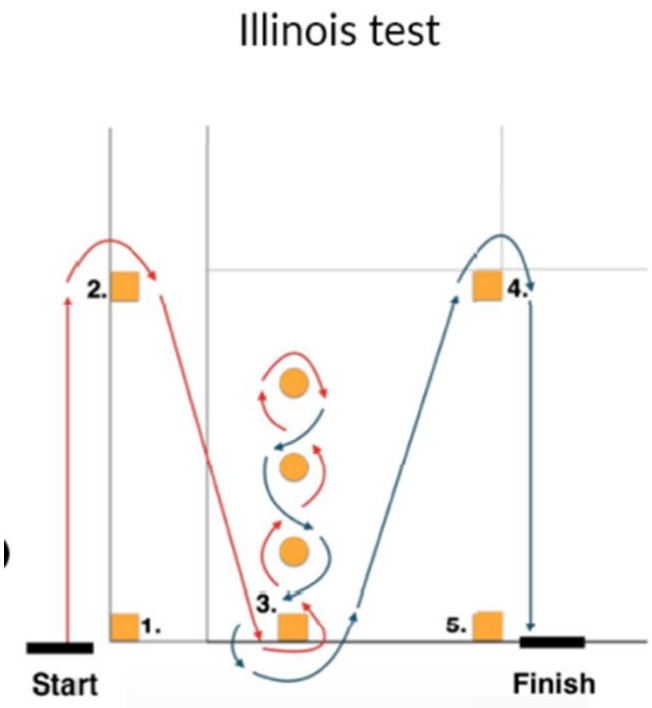
Up & Backs: Athletes will start from a stationary position from the baseline and push up to 7 lines measured 36” apart, except for the first line which will be 40” from the starting point. The athletes will pass two wheels over each line and then go in reverse direction back to the baseline each time (front casters crossing the line on the “ups” and big wheels crossing the lines on the “backs”). The athlete will need to cross the starting line with the main wheels before moving to the next line. Two trials will be attempted by each athlete.

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 athlete 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. Two trials will be attempted for each athlete (two trials facing R and two trials facing L).

Illinois Test

Cones will be set up in the shape of an "M."
The distance from cone 1-2 and cone 4-5 is 5.5meters
The distance from cone 1-3 and cone 3-5 is2.7meters
The distance between the 4 slalom cones in the middle of the "M" is 1.2meters
Athlete will start at cone 1, push to cone 2 and go around the topside of the cone towards cone 3. Athlete will then slalom up the middle cones and back down to cone 3. Athlete will then go around the bottom side of cone 3 and up towards cone 4. Athlete will then go around the topside of cone 4 and finish at cone 5.
Two trials will be attempted by each athlete.



Passing for Accuracy

Athletes will make a pass in three directions. One pass to the left (no more than 5ft from the point of inbound), one pass to the right (no more than 5ft from the point of inbound), and one to the free-throw line of a basketball court (18 ft 10in from the point of inbound). Athletes will have three reps in each direction. There will be a defender placed in front of the offensive player receiving the inbound pass. All passes must go over the defender to the offensive player. This drill focuses on accuracy of the pass vs distance.