

NAME:

SPORT & POSITION:

DATE:

TEAM/SCHOOL/ORGANISATION:

AGE:

GENDER:

BODY COMPOSITION

HEIGHT:

WINGSPAN:

WEIGHT:

WAIST:

BODY FAT %:

HIPS:

MOVEMENT

KNEE TO WALL (L/R):

HINGE:

STANDING TOE TOUCH:

LUNGE:

ACTIVE STRAIGHT LEG RAISE (L/R):

SINGLE LEG BALANCE (L/R):

OVERHEAD SQUAT:

SINGLE LEG SQUAT (L/R):

STRENGTH

PLANK:

BACK SQUAT (3RM):

COPENHAGEN ISO HOLD (S/L):

TRAP BAR DL (3RM):

PUSH UPS (AMRAP):

BENCH PRESS (3RM):

CHIN/PULL UPS (AMRAP):

CHIN/PULL UPS (3RM):

POWER

ALTITUDE LANDING (DL):

FORCE PLATES (SJ):

ALTITUDE LANDING (SL - L/R):

FORCE PLATES (CMJ):

VERTEC - STANDING REACH:

FORCE PLATES (DROP JUMP):

VERTEC - APPROACH 2 LEG:

FORCE PLATES (LAND AND HOLD):

VERTEC - APPROACH 1 LEG:

FORCE PLATES (SL JUMP):

BROAD JUMP:

FORCE PLATES (IMTP):

TRIPLE BROAD JUMP:

ELASTIC UTILISATION RATIO (EUR):

TRIPLE HOP (L/R):

DYNAMIC STRENGTH INDEX (DSI):

LATERAL BOUND (L/R):

PRONE SHOULDER ISO (L/Y/T):

SPEED & AGILITY

10M SPRINT:

LANE AGILITY COD:

3/4 COURT SPRINT:

REACTIVE SHUTTLE RUN:

ENDURANCE

YO-YO IRT - SCORE:

MAS TEST - TOTAL METRES & AVG. HEART:

NAME:

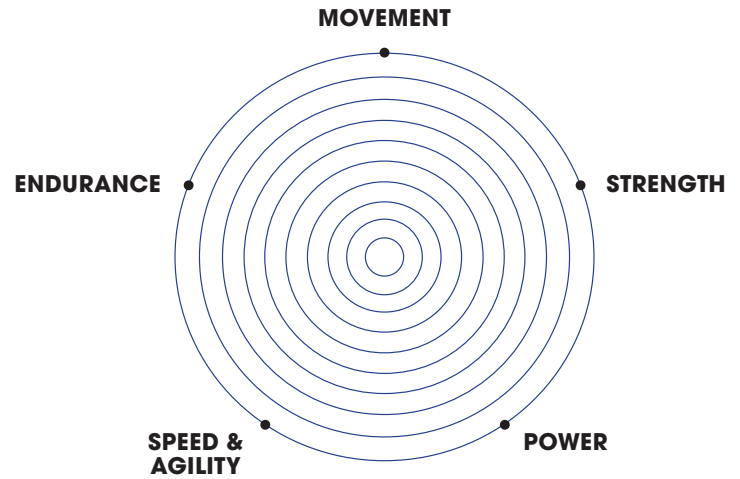
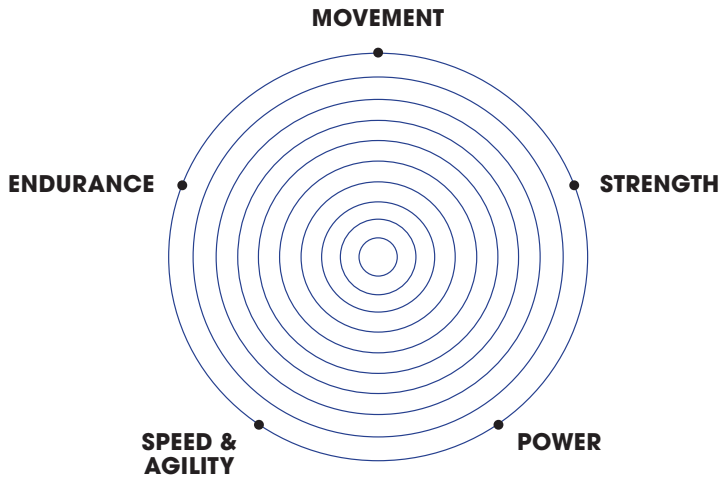
SPORT & POSITION:

DATE:

TEAM/SCHOOL/ORGANISATION:

AGE:

GENDER:



Athlete Score
 Hoops Average
 Hoops Benchmark



	DEVELOP	IMPROVE	MAINTAIN
MOVEMENT			
STRENGTH			
POWER			
SPEED & AGILITY			
ENDURANCE			

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