



## PROP IDOL FIELD TESTING PROTOCOLS

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### THE TESTS

The following tests are designed to be undertaken outdoors using appropriate equipment.

1. **Speed.** This test simply measures the time taken to sprint 40m in a straight line.
2. **Agility.** This test measures the ability to accelerate and decelerate quickly whilst changing direction.
3. **Muscular Endurance.** This measures the ability of a muscle or groups of muscles to work for prolonged periods without any undue fatigue.
4. **Power.** This test measures explosive power.
5. **Lineout Relay.** This explosive power functional test measures the players ability to transfer lateral speed to vertical speed
6. **Technique.** This test measures the ability to apply power using effective technique.

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### 1. 40m sprint

**Equipment:** tape measure, marker cones, stopwatch

**Procedure:** Following an appropriate warm-up, including sub-maximal sprints the player starts from a stationary position and sprints 40m. The watch is started on the movement of the player and stopped as the player crosses the finishing line (fig 1). The timer is to stand at the finish line and react to the movements of the player to start the timing.

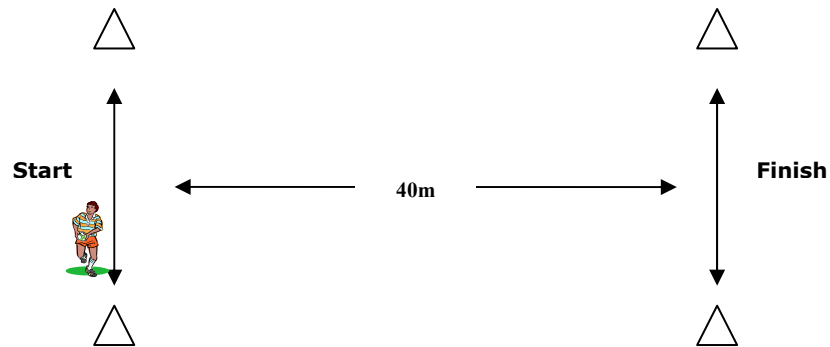


Fig 1

### 2. Agility

**Equipment:** tape measure, marker cones, agility poles, 2 x tackle bags, rugby ball, stopwatch.

**Procedure:** The player accelerates from the start and makes a tackle on Bag A using the right shoulder. On regaining his/her feet they pick up the rugby ball and weave through the agility poles to score a try along the start/finish line. They then make a tackle on Bag B using the left shoulder. On regaining his/her feet they sprint to the finish line. The timer is to stand at the finish line and react to the movements of the player to start the timing.

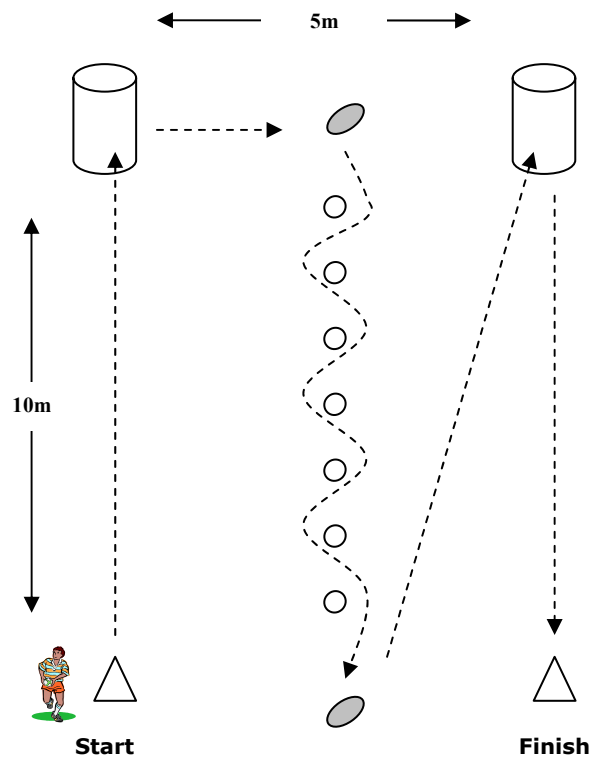
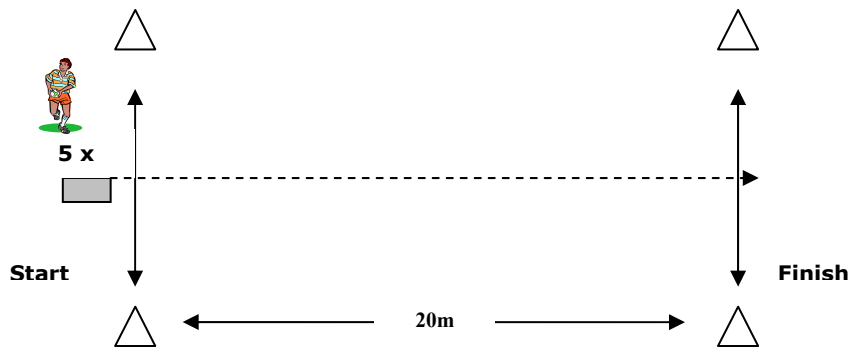


Fig 2

### 3. Muscular Endurance

**Equipment:** tape measure, marker cones, 5 x 25kg powerbags, stopwatch.

**Procedure:** The player picks up a 25kg bag in a safe manner (to be demonstrated) and carries it as quickly as possible to a point 20m away. He/she then sprints back to collect a second bag. This is repeated until all 5 bags have been moved from the start line to the finish line. The timer is to stand at the finish line and react to the movements of the player to start the timing.

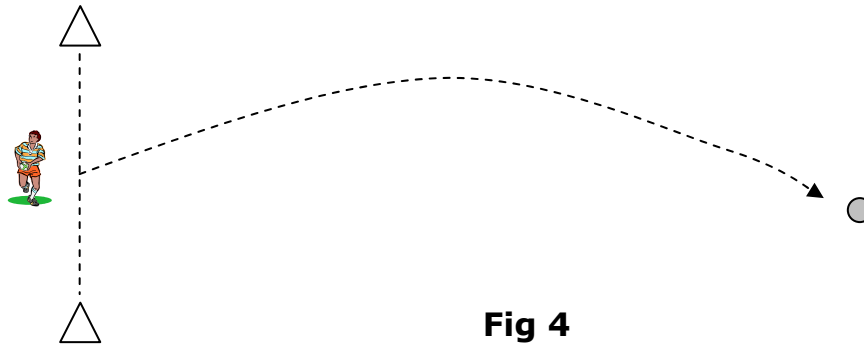


**Fig 3**

### 4. Power

**Equipment:** tape measure, marker cones, 5kg jellyball.

**Procedure:** The player stands with his/her feet shoulder width apart holding a 3kg jellyball. Using a 2-handed throw they propel the ball over their head and behind them as far as possible. The point the ball lands is marked with a marker cone. The player is allowed 3 attempts with the furthest throw being recorded.

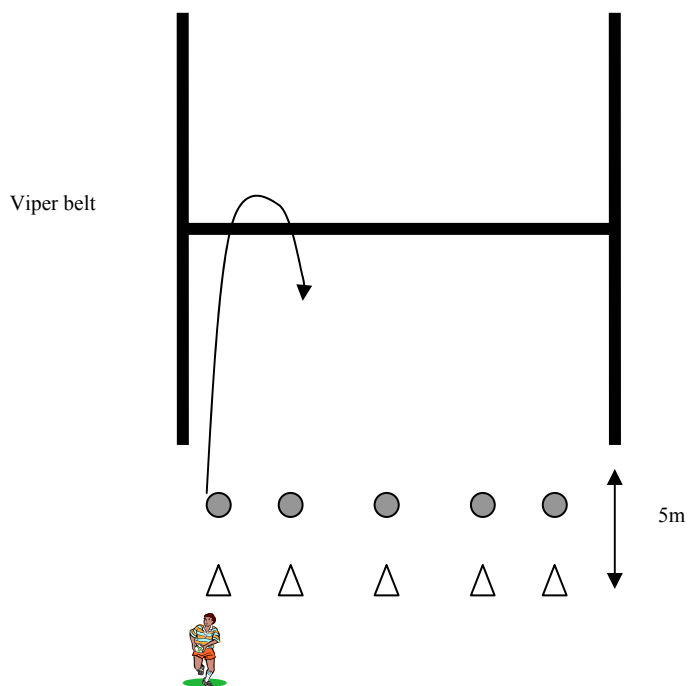


**Fig 4**

### 5. Lineout Relay

**Equipment:** 5 x 3kg jellyballs, rugbyposts with crossbar, marker cones

**Procedure:** The player starts in a prone position 5m away from the crossbar. He/she then gets up quickly, accelerates towards the first ball, picks up and propels the ball up and over the crossbar. This is repeated 5 times. Should the ball not cross the bar a 2 second penalty point is added to their time. The timer is to stand at the finish line and react to the movements of the player to start the timing.



**Fig 5**



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### 6. Technique

**Equipment:** scrum sled with power gauge.

**Procedure:** The player engages against the machine on the command of the tester (using **Crouch, Touch (withdraw arm), Pause, Engage**). There are two elements to the test, technique and power. The player is allowed three engagements, with the highest power score counting. The power score is then multiplied by the number of key technical factors they consistently display across all 3 engagements to give a combined Technique score (e.g. 200kg power x 3 key factors gives a combined score of 600) The key factors are as follows:

1. Active feet (weight forward, positioned on the balls of the feet)
2. Vertical thigh
3. Square hip and shoulder
4. Flat back
5. Head up & eyes open