



GCYL COMBINE PREPARATION PROGRAM

I. 10 AND 40 YARD DASH

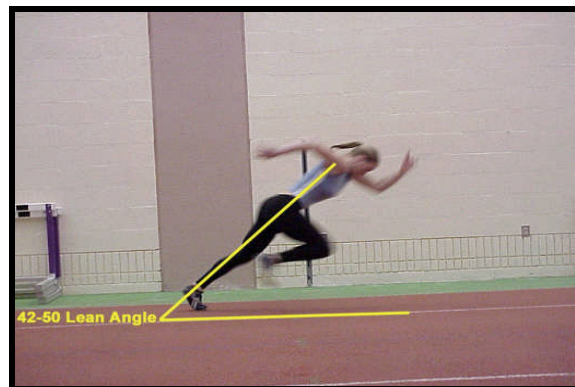
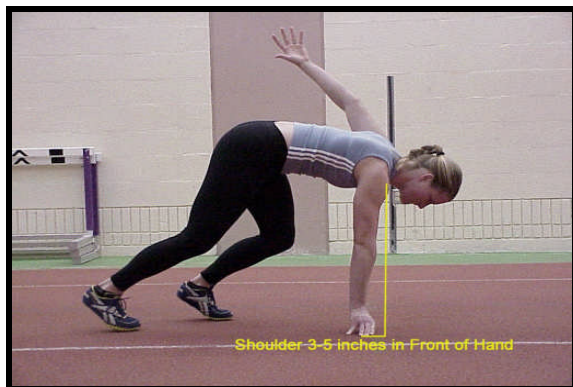
The forty yard dash is one of the most important numbers that scouts will look at. The forty yard dash indicates your overall straight ahead speed

Test Procedures

1. Start in a 3 point stance.

Start Tips

1. Narrow stance.
2. Front foot approximately 16 inches behind start line.
3. Back foot 5 inches behind front heel.
4. Front shin at 45 degree angle.
5. Free arm up and behind body
6. Hips above shoulders
7. Weight on hand and ball of front foot.
8. Head down
9. Rise smoothly from the start – do not stand up suddenly.



II. SHORT SHUTTLE AGILITY RUN

The short shuttle run tests your agility, quickness, balance and footwork.

Test Procedure

1. Start in a 3 point stance.
2. Run to the right 5 yards and touch the line with your right hand.
3. Reverse direction and run 10 yards to the left and touch the line with your left hand.
4. Reverse direction and sprint five yards thru the start / finish line.
5. Repeat two trials - one to the right and one to the left.

Start Tips

1. Feet are 18 to 24 inches apart.
2. Start with hand opposite of starting direction on the line.
3. First step should be short with the right leg opening up.
4. Stay low as you run the first 5 yards

Running and Finishing Tips

1. Move in a straight line.
2. Use feet to prepare for the turns – break down.
3. Do not spin you body at the turns.
4. Stay low.

III. VERTICAL JUMP

The vertical jump is used to assess your leg strength and explosive power.

Test Procedure

1. Start in standing position with feet flat on the ground.
2. Reach up with dominant hand and touch the slats.
3. No steps are permitted prior to the jumps.
4. Jump up and touch the highest slat possible.
5. Two jumps are permitted with the highest jump recorded.

Jump Tips

1. Swing arms prior to jump to build momentum.
2. Jump straight up; do not arch your back when you jump.
3. Tap slats with fingers, do not swing arms at slats.