



KONDITIONI TRENING

MIHAJLO KOSTIĆ · NIŠ · SRBIJA

Fitness Testing for Basketball

Name: _____ Height: _____ cm Weight: _____ kg Age: _____ Team: _____

| | Tests | Results | | | Score (0-5) |
|-----|-----------------------------------|---------|----|----|-------------|
| 01. | Counter Movement Test | cm | cm | cm | |
| 02. | Squat Jump Test | cm | cm | cm | |
| 03. | Abalakov Test | cm | cm | cm | |
| 03. | Counter Movement Test (Left leg) | cm | cm | cm | |
| 04. | Counter Movement Test (Right leg) | cm | cm | cm | |
| 05. | Repeat Jumps Test _____ | | | | |
| 06. | 5 m Sprint Test | s | s | s | |
| 07. | 10 m Sprint Test | s | s | s | |
| 08. | 20 m Sprint Test | s | s | s | |



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| | Tests | Results | | | Score (0-5) |
|-----|--|------------|---|----------------------|-------------|
| 09. | Lane Agility Drill | | s | | s |
| 10. | Sit and Reach Test | cm | | cm | cm |
| 11. | Push Ups Test (60 s) | repetition | | | |
| 12. | Sit Ups Test (60 s) | repetition | | | |
| 13. | 300 Yard Shuttle Run | | s | | s |
| 14. | Yo-Yo Intermittent Recovery Test Level ____ | | m | VO ₂ max= | ml/kg/min |

Comment: