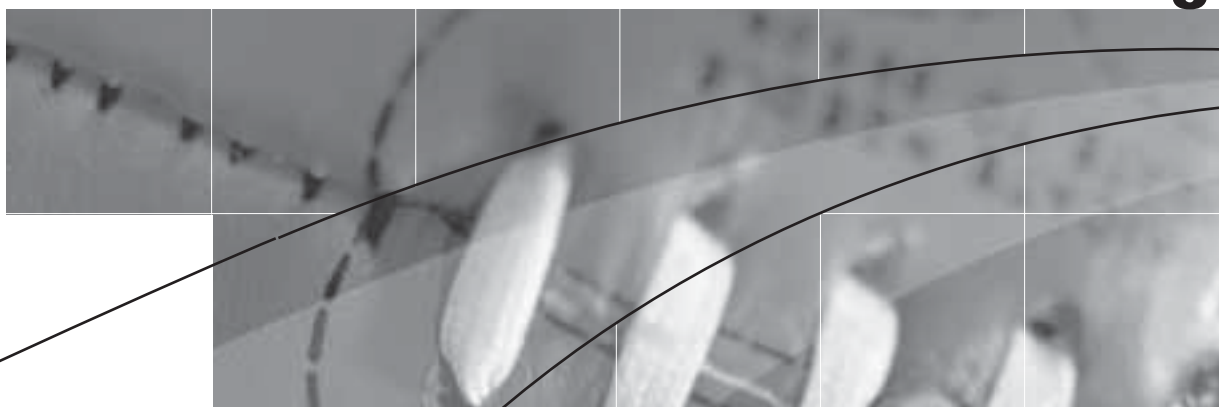




Skill testing



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Appendix 5 – Skill testing

AFL Auskick skill testing – primary school

Skill Level	Tests
Aussie Footballer	<p>Dribble the ball along the ground with the hands in a zig-zag fashion between markers over 10 metres.</p> <p>Run fast for 10 metres and pick up a stationary football with two hands on both sides of the body.</p> <p>Handball a football.</p> <p>Mark on the chest a football tossed from three metres.</p> <p>Punt kick a ball from five metres with preferred foot through a goal.</p>
Tacker Award	<p>Run quickly for 40 metres, touching the ball to the ground every 10 metres on alternative sides of the body.</p> <p>Run, roll a football down in front and then pick it up again while running.</p> <p>Run and jump up to grab with two hands a ball held overhead by an adult.</p> <p>Run for 40 metres bouncing a football every 10 metres.</p> <p>Mark in the hands in front of the body (rather than on the chest) a ball tossed from five metres.</p> <p>Kick a drop punt with the preferred foot for seven metres. Kick a punt with the non-preferred foot for six metres.</p>
Mini Footballer	<p>Kick a punt with the preferred foot for 10 metres. Kick a drop punt with the preferred foot for nine metres.</p> <p>Kick a punt with the non-preferred foot for eight metres.</p> <p>Handball a football with the right and left hands two metres to a stationary partner.</p> <p>Mark a football kicked from 10 metres.</p>
Bronze Footballer	<p>Kick a drop punt with the preferred foot for 14 metres and with the non-preferred foot for 10 metres while running forward.</p> <p>Mark a ball over the head which has been kicked from 10 metres.</p> <p>Handpass a ball two metres to another player while running together then reverse the direction and repeat with the alternate hand.</p> <p>Run 75 metres bouncing a football with alternate hands every 15 metres in under 18 seconds.</p> <p>Demonstrate a side bump against a stationary opponent while going for the ball.</p>
Silver Footballer	<p>Kick a torpedo punt with the preferred foot for 20 metres.</p> <p>Kick a drop punt with the preferred foot for 18 metres.</p> <p>Mark a football on the chest and above the head from 15 metres.</p> <p>Foot pass to a teammate running quickly towards the kicker over 18 metres.</p> <p>Kick at least six goals out of 10 shots from 18 metres.</p> <p>Punch a ball tossed from five metres out of the air with a fist.</p> <p>Perform a side step around a stationary opponent.</p>
Gold Footballer	<p>Kick a torpedo punt with the preferred foot for 25 metres.</p> <p>Kick a drop punt with the preferred foot for 23 metres.</p> <p>Kick a punt with the non-preferred foot for 20 metres.</p> <p>Run 75 metres bouncing a football with alternative hands every 15 metres in under 15 seconds.</p> <p>Pass the ball with the non-preferred foot to a player.</p>
Platinum Footballer	<p>Kick three goals out of five kicks with the preferred foot from 25 metres.</p> <p>Kick three goals out of five kicks with the non-preferred foot for 20 metres.</p> <p>Perform a 'rocket' handball over 10 metres to a teammate with alternative hands.</p> <p>Spoil from behind an opponent attempting an overhead mark from a kick from 20 metres.</p> <p>Perform a one-handed pick up of stationary ball and immediately handball to a teammate 10 metres away.</p> <p>Tackle a stationary player correctly from behind and from side on.</p>



Skill testing assessment sheet (primary school)

Instructor:

Date:

Name	Level attempted	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Activity 7	Comments

Skills testing – secondary school

Test	Explanation	Scoring System	Total	Rating
Stationary handball	Five handballs on each hand. Score according to where the ball hits the target.	Use markings on handball target. The hole = 10 points. Maximum score = 100 points	100	10
Stationary goal kick	Five kicks on each foot from 25 metres out.	Two points for a goal, one point for a behind. Maximum score = 20 points	20	10
Accuracy kick	Five kicks on preferred foot at a target marked on the wall from 20 metres. Score according to where the ball hits.	Use markings on handball target. The hole = 10 points. Maximum score = 50 points	50	10
Pick up a rolling ball	Ten attempts at picking up a rolling ball.	1 grab = 3 points, 2 grabs = 2 points, 3 grabs = 1 point.	30	10
High kick and mark	Five kicks either foot and mark the ball overhead.	Two points for each one grab mark overhead, one point for a chest mark.	20	10
Pick up and handball	Ball rolled, picked up and handballed at the target at five metres – five times with each hand.	Use markings on handball target. The hole = 10 points. Maximum score = 100 points	100	10
Running goal kick	Ball rolled, picked up and kicked on the run 30 metres out. Five kicks on the run.	Two points for a goal, one point for a behind.	10	10
Pick up and bounce	Pick up the ball and bounce five times. One point for every completed bounce. Five attempts.	One point for every completed bounce and one grab.	25	10
Running mark	Five attempts at marking the ball on the run kicked from 20 metres.	Two points for each mark.	10	10
Distance kicking	Five attempts with left and right foot. Measure the distance.	10m = 1 point, 20m = 2 points, 30m = 3 points, 40m = 4 points, +50m = 5 points.	50	10

Skill testing – assessment sheet (secondary school)

Test	Explanation		1	2	3	4	5	Total score
Stationary handball	Five handballs on each hand. Score according to where the ball hits the target.	R						/100
		L						
Set goal kick	Five kicks on each foot. Two points for a goal, one point for a behind.	R						/20
		L						
Accuracy kick	Five kicks on preferred foot at a target marked on the wall. Score according to where the ball hits.							/50
Pick up a rolling ball	Ten attempts at picking up a rolling ball. 1 grab = 3pts, 2 grabs = 2pts, 3 grabs = 1pt.	R						/30
		L						
High kick and mark	5 kicks either foot and mark the ball overhead. Two points for each one grab mark overhead, one point for a chest mark.	R						/20
		L						
Pick up and handball	Ball rolled, picked up and handballed at the target five times each hand.	R						/100
		L						
Running goal kick	Ball rolled, picked up and kicked on the run. Five kicks on the run. Two points for a goal, one point for a behind.							/10
Pick up and bounce	Pick up the ball and bounce five times on the run. One point for one grab pick up and for every completed bounce. Five attempts.							/25
Running mark	Five attempts at marking the ball on the run. Two points for each mark.							/10
Distance kicking	Five attempts on left and right foot Measure the distance. Scale for distance is 10m = 1pt, 20m = 2pts, 30m = 3pts, 40m = 4pts, +50m = 5pts.	R						/50
		L						
Total score								

AFL Draft Camp testing

The following is the list of categories used to test players at the AFL Draft Camp each year. Some of these tests could be used in the Sport Education Program to develop a profile of each player for team selection.

Category	Test	Description
Fitness	Speed Agility Vertical jump Endurance	<ul style="list-style-type: none"> • Standing start with measurements taken at 5m, 10m, 20m. • Player starts in a standing position and weaves in and out of obstacles. • This can be measured as a standing or running vertical jump. • The 20 metre shuttle run 'beep test' is used to measure the player's endurance. • Three-kilometre run.
Physical	Height Weight Skinfolds Flexibility Handspan Arm length	<ul style="list-style-type: none"> • Height is measured in bare feet expressed in centimetres. • In kilograms in shorts. • Not required for AFL Sport Education. • Sit and reach test. • Width of right hand outstretched on flat surface. Measure the distance between the outside of the thumb to the outside of the little finger. • Point of shoulder to the tip of the little finger.
Psychomotor	Decision making Reaction time Peripheral Awareness	<ul style="list-style-type: none"> • Not required for AFL Sport Education.



Players warming up prior to testing activities at the AFL Draft Camp.

Tabloid Sports Day – scorecards

Activity 1: Stationary handball

- Three handballs at a target using each hand from five metres.
- Score according to where the ball hits the target.
- Use the markings on the target: Hole = 10 points.
- Record each participant's score and add for team total.
- Maximum score = 60 points.

Name	Right hand			Left hand			Total
Team total							

Activity 2: Stationary goal kick

- Three kicks at goals using each foot from a distance of 20 metres.
- Two points for a goal, one point for a behind.
- Record each participant's score and add for team total.
- Maximum score = 12 points.

Name	Right foot			Left foot			Total
Team total							



Activity 3: Pick up & bounce

- Pick up, bounce and catch three times over a distance of 15 metres.
- One point for every completed bounce and catch.
- Three attempts.
- Maximum score = 9 points

Name	Attempt			Total
	1	2	3	
Team Total				

Activity 4: 20-metre shuttle ('beep' test)

- Students are given a level and ranking as they drop out of the test.
- Last student out will be ranked number one.
- Add student levels to obtain an overall team ranking.

Name	Level achieved	Student ranking
Team total		



Overall Scorecard

Activity	Team 1 Name	Team 2 Name	Team 3 Name
1. Stationary handball			
2. Stationary goal kick			
3. Pick up & bounce			
4. 'Beep' test 20-metre shuttle			
Total points			
Overall position			

Top of the box – team score.
Corner – team placing for the activity.

Scoring example	6 3	12 1	8 2
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