



# Cobras Footyfit Program - Tests Explanation

*By Dean Casamento*

## TEST 1: The 30meter Bounce Test

### Setup

- Mark out 30 meters. If needed to allow for space mark out a 10 meter track or 15 meter track.
- Have a timer ready.

### Instructions

1. Starting with the preferred hand, then the non-preferred hand, bounce the ball as many times as possible over the 30 meter distance within the time frame below -
  - U/9 - U/10 - 12 seconds
  - U/11-U/13 - 10 seconds

Aim - Bounce the ball as many times as you can over 30m within the given time frame.

Record your scores and add to the Cobras Footyfit Test Recording Sheet or share on WhatsApp Page.

## TEST 2: The Double Over Head

### Setup

- Find an open space as best you can.

### Instructions

1. Starting with your preferred foot, kick the ball up into the air that is approximately double the length of your body for 60 seconds.
2. Repeat the same with your non-preferred foot.
3. Record your results

Aim - Kick the ball double overhead as many times as you can in 60 seconds.

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## TEST 3: The Handball Retrieve

### Setup

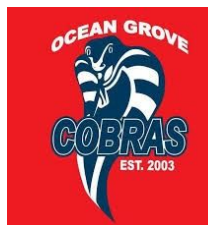
- Find a wall that you can handball against.
- With chalk draw a circle on the wall that is approximately the size of a large dinner plate.
- Mark out your handball line. The line that you must stay behind when handballing.
  - a. U/9 - U/10 : 2 big adult steps off the wall
  - b. U/11 - U/13 : 3 big adult steps off the wall
- Have a timer ready.

### Instructions

1. Start with your preferred hand, stand behind your handball line or marker.
2. Turn your timer on and as quick as you possibly can handball the ball as close to the target (chalk circle) and get the ball back.
3. Quickly get back behind your handball line and do it again.
4. Continue until 10 handballs have been completed.
5. Rest for 60 seconds then do exactly the same on your non-preferred hand.
6. Record your time

Aim - As quick as you can handball and retrieve the football 10 times.

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## TEST 4: Hit The Target

### Setup

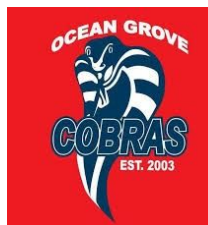
- Find a wall that you can handball against.
- With chalk draw a circle on the wall that is approximately the size of a large dinner plate.
- Mark out your handball line. The line that you must stay behind when handballing.
  - a. U/9 - U/10 : 2 big adult steps off the wall
  - b. U/11 - U/13 : 3 big adult steps off the wall

### Instructions

1. Start with your preferred hand, stand behind your handball line or marker.
2. Taking your time, handball 10 times aiming to land the football inside the circle.
3. Repeat on your non-preferred side.
4. Scoring - 1 Point every time the ball lands within the circle. **NO POINTS SCORED IF FOOTBALL TOUCHES THE LINE OF THE CIRCLE.**
5. Record your score

Aim - Scores as much as you can by handballing inside the circle.

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## TEST 5: COBRAS FOOTYfit Fitness Test

### Setup

- Two markers 3 meters (3 big adult steps) apart.
- The TEST - Carried out in this specific order
  1. **5 X PUSHUPS - Toes for U/13 | Knees for U/9-U/12**
  2. **10 X SQUATS**
  3. **10 X 3meter agility runs**
  4. **5 x Single Leg Hops (Left foot then right foot)**

### Instructions

1. Complete the above test exercises in the specific order.
2. Refer to Cobras Footyfit Fit Test Video for specific exercise technique.
3. U/9-U/10 complete 3 Rounds | U/11-U/13 complete 5 Rounds

Aim - Complete the Cobras Footyfit Fitness test as quick as you can.

Record your scores and add to the Cobras Footyfit Test Recording Sheet or share on WhatsApp Page.

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