**Fitness Testing Rationale**

The purpose of fitness testing in Gaelic games is to quantify, assess and monitor the aspects of fitness that are deemed relevant to the games. Some of the useful functions of fitness testing are as follows;

* To identify strengths & weaknesses of squad and individuals within the squad;
* To guide development of individual and squad training;
* To assess effectiveness of squad based sessions;
* To assess adherence and/or effectiveness of individual training programmes;
* To help identify any weaknesses that may lead to injury if not addressed;

The specific tests carried out are;

* Height & Weight – Assessed mainly for ongoing monitoring purposes;
* Flexibility (Sit & Reach) – Measures flexibility of lower back and hamstrings. Poor results may indicate a higher likelihood of muscle injuries;
* Lower Body Power (Vertical Jump) – An important indicator of ability to perform a number of activities relevant to Gaelic games, including ability to jump, running power over the 1-5 metres and kicking distance;
* Upper Body Power (Medicine Ball Throw) – An important indicator of ability to perform a number of activities relevant to Gaelic games, including breaking / making a tackle / shoulder charge and striking;
* T-Test (Agility) – This test assesses the ability to move at speed, as well as changing direction quickly and efficiently. The test closely replicates the movement often required during all Gaelic games disciplines;
* 10m / 20m Sprint (Speed) – This test assesses individual speed in a straight line sprint. Basic speed is an important factor in Gaelic games. This test will allow a coach to assess if a player is naturally fast or if this is an aspect of fitness that may need to be addressed.
* Bleep Test (Endurance) – A club level match lasts 60 minutes, during which an individual will perform many skills requiring many aspects of physical fitness. However, the one aspect of fitness that will be required by all players is CV Endurance. The bleep test remains the Gold Standard field assessment of CV fitness.

**Fitness Testing Results Explained**

The subject squad will have performed a series of 6 tests, plus height and weight assessment. The tests will have gathered details on individual physical condition, speed & agility and endurance relevant to performance.

You have been provided with a results spreadsheet that has reported and analysed all results. The report has 4 separate sheets that you can use to assist with coach analysis and player feedback. The content of each sheet s detailed below, including notable aspects that you should be aware of;

1. **Overall Results Sheet – Blue Tab**

All results have been typed into this sheet, with a team average for each test also calculated. Column A represents player performance *relative to the team average* across the range of tests, where 6 is the best possible grade and 0 the weakest grade. Individuals have then been ranked based on their grade. Column L has identified potential area(s) for improvement for each player.

In each of the columns representing the results of a test, the best result has been highlighted in green, while the weakest has been highlighted in red.

1. **Conditioning Graphs – Red Tab**

There are 3 graphs that represent team performance in the conditioning tests, more specifically, flexibility, lower body power and upper body power. Included in the graphs is an ‘average line’ to allow you to accurately assess where each individual has performed relative to the rest of the group.

1. **Speed Graphs – Green Tab**

There are 2 graphs that represent performance in the speed and agility tests. As above, an ‘average line’ has been included for ease of comparison between players.

1. **Endurance Graph – Yellow Tab**

There is a single graph to represent performance in the endurance test (Bleep Test). The graph is based on levels completed, i.e. if a player recorded a result of Level 12 Lap 5, the graph will show level 12 for this player. Again, the ‘average line’ is included for ease of comparison of each player against overall team performance.