

Physical Competence & Developing Robustness

Development Stage Goals

1. Developing the fundamentals of movement
2. Building the basics establishing the capacity to train

Desired Outcome

On progression from this stage, athletes should have achieved a level of physical robustness and competence as assessed by the physical competences.

The focus here needs to be on the development of mechanical efficiency. On progression from this stage athletes should be able to demonstrate good training capacity

Physical Competence Assessment - DRP Level

	Expert	Proficient	Novice
Total Score out of 35	>29	28 – 21	<21

Exercise	Desirable	Above Average	Average	Below Average	Poor
Trunk Integrity					
Prone Hold (Forearms) >60 seconds	60	59-50	49-40	39-30	<30
Lateral Hold (Forearms) >30 seconds	30	34-30	29-25	24-20	<20
General Body Function					
Overhead Squat (Kickboard) x2 reps	5	4	3	2	1
Lower Body Function					
Double Leg Squat parallel x5 reps (Bodyweight hands in front)	5	4	3	2	1
Lunge Forward & Return x5 reps each leg	5	4	3	2	1
Landing Skills					
Double Leg Jump >30cm	5	4	3	2	1
Upper Body Function					
Push up (Chest to floor) >5 reps (Girls) > 10 (Boys)	5	4	3	2	≤1

Test Criteria & Coaching Notes

Exercise 1: Prone Hold – Forearms

	Desirable	Above Average	Average	Below Average	Poor
	5	4	3	2	1
	Time (sec)				
>60 sec	60	59-50	49-40	39-30	<30

Marking Criteria

- From Forearms and Toes
- Head in neutral position - looking down
- Gluteus activated
- Lower Abdomen 'drawn in' and braced
- Shoulder Blades retracted – 'down and back'
- Body in line
- Athletes will stop when posture becomes distorted or excessive tremors occur
- Athletes are asked to stop if they feel any pain
- Time the athlete in the correct position



Typical errors in technique – incorrect technique – do not continue

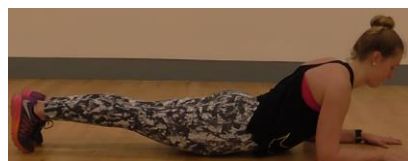
Poor alignment - Hips too high



Poor alignment – Back rounded



Poor alignment – Hips low



Exercise 2: Lateral Hold - Forearm (L&R)

	Desirable	Above Average	Average	Below Average	Poor
	5	4	3	2	1
	Time (sec)				
>30 sec	30	29-25	24-20	19-15	<15

Marking Criteria

- From Forearm and Feet
- Free Arm in line with body
- Body in line - Shoulder Blades 'down & back'
- Gluteus activated
- Lower Abdomen 'drawn in' and braced
- Support Arm at 90° to the body
- Athletes will stop when posture becomes distorted or excessive tremors occur
- Athletes are asked to stop if they feel any pain
- Time the athlete in the correct position



Typical errors in technique – incorrect technique – do not continue

Poor alignment – Hips too high



Poor alignment – Hips low



Poor alignment – loss of straight line at the hips

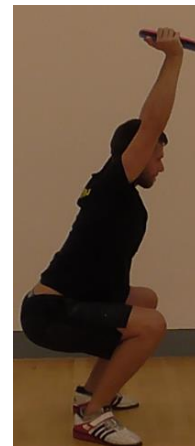


Exercise 3: Overhead Squat (Hands over mid-Foot)

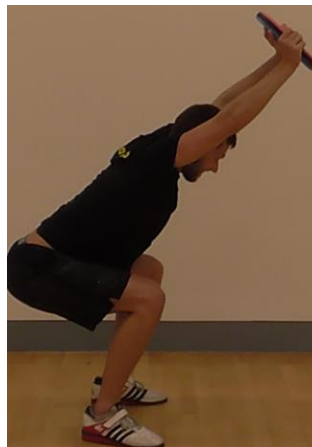
Overhead Squat x2 reps	Desirable	Above Average	Average	Below Average	Poor
	5	4	3	2	1
	Hands over mid foot				
	Mid-foot to 10cm	11-20cm	21-30cm	31-40cm	>40cm
	Depth				
	< Parallel/heels down		>90/Heels up		
	Ankle, knee hip alignment				
	← Knees don't collapse in/hips don't swing to one side			Knees collapse in/Hip swing to one side →	

Marking Criteria

- Kickboard overhead, arms straight
- Arms in line with ears
- Hands just outside shoulder width
- Head up / Chest up
- Feet shoulder width apart and facing forward
- Heels down throughout all reps
- Hands above mid-foot
- Knees tracking toes



Typical errors in technique – incorrect technique – do not continue



Exercise 4: Bodyweight Double Leg Squat with Arms Ahead

Double Leg Squat x5 reps	Desirable	Above Average	Average	Below Average	Poor
	5	4	3	2	1
	Trunk alignment				
	Back of neck aligned with mid-foot	1-10cm	11-20cm	21-30cm	>30cm
	Depth				
	← Parallel/heels down			>90/Heels up	
	Ankle, knee hip alignment				
← Knees don't collapse in/hips don't swing to one side			Knees collapse in/Hip swing to one side →		

Marking Criteria

- Athlete holds arms ahead for balance
- Athlete slowly sits back into a squat position with the thighs parallel to the floor
- Head up, chest up, straight back, butt out
- Heels must stay in contact with the ground at all times
- Trunk stays as upright as possible with neck aligned above toes
- Check the depth of the squat and the quality of the posture



Typical errors in technique – incorrect technique – do not continue

Poor posture - Loss of trunk alignment. Insufficient depth



Poor alignment - Loss of Ankle, Knee & Hip alignment



Poor alignment - Hips and Knees too far forward. Heels up

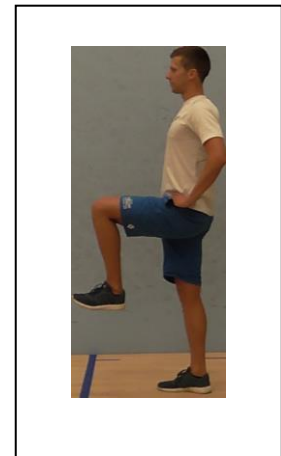
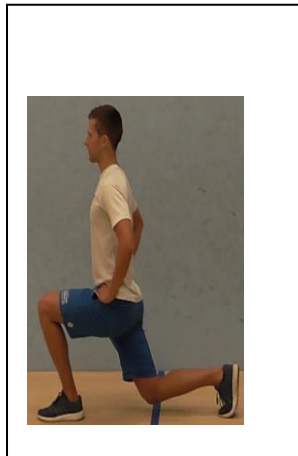
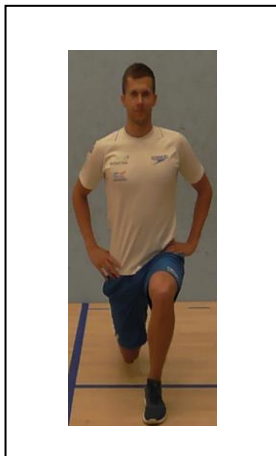


Exercise 5: Forward Lunge and Return

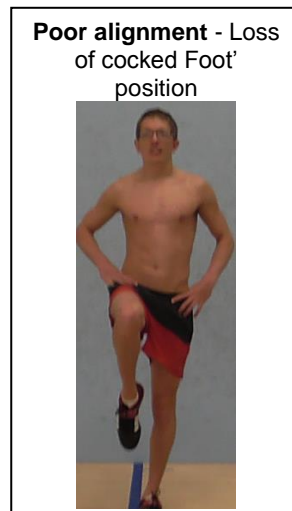
Forward Lunge and Return	Desirable	Above Average	Average	Below Average	Poor
		5	4	3	2
	Ankle, knee, hip & trunk alignment				
x5 reps	← No distortion to kinetic chain			Distortion at ankle/knee/hip/trunk →	

Marking Criteria

- Athlete steps forward so that lead thigh is parallel to the floor
- Head up, chest up
- Front knee should be above front foot
- Athlete pushes back to standing position and repeats on the other leg
- Ankle, knee and hip aligned, with hips square
- Trunk remains upright
- Check the efficiency and balance of the 'return' step
- 5 repetitions each leg



Typical errors in technique – incorrect technique – mark from scoring tables



Exercise 6: Double Leg Jump

Double Leg Jump x5 reps >30cm	Desirable	Above Average	Average	Below Average	Poor
	5	4	3	2	1
	Triple extension				
	Back of neck aligned with mid-foot	1-10cm	11-20cm	21-30cm	>30cm
	Triple flexion				
	← Lands in a quarter squat position			Lands with straight legs or bounces out of squat →	
	Ankle, knee hip alignment				
← Knees don't collapse in/hips don't swing to one side			Knees collapse in/Hip swing to one side →		

Marking Criteria

- Feet up to start line
- Use arms for greater propulsion
- Land with head up, chest up, butt out
- Mark jumping and landing efficiency

Start



Landing

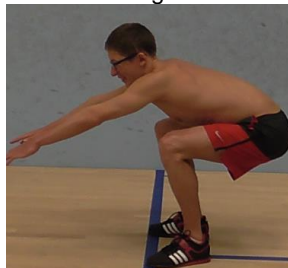


Landing

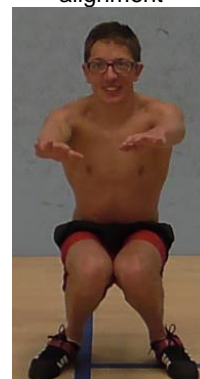


Typical errors in technique – incorrect technique – do not continue

Poor alignment - Loss of trunk alignment



Poor alignment - Loss of ankle, knee and hip alignment



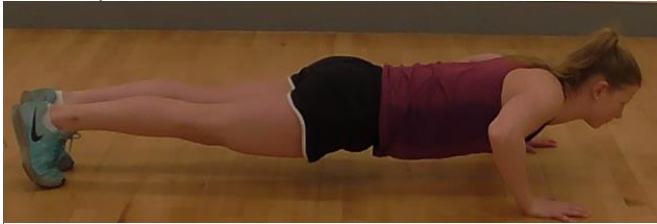
Exercise 7: Push Up – Chest to floor

Push Up – Chest to floor	Desirable	Above Average	Average	Below Average	Poor
>5 reps	5	4	3	2	1
	Reps				
	10	9-8	7-5	4-2	1 or less

Marking Criteria

- Athlete sets the shoulder blades down and back and supports the weight on hands and feet. Hands placed in a comfortable position, fingers forward
- Gluteus remains contracted
- Lower abdomen ‘drawn in’ and braced
- Lower the chest to floor and return
- Trunk remains fixed and straight at all times

Correct position from side

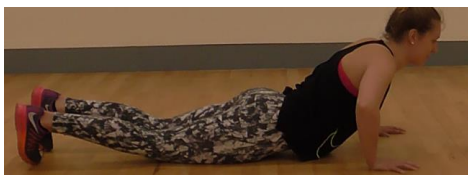


Correct position from front



Typical errors in technique – incorrect technique – do not continue

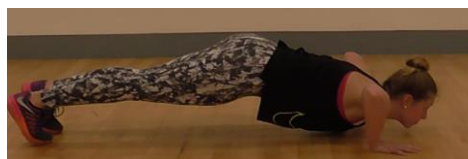
Poor alignment - Collapsed Hips



Poor alignment - Loss of Head alignment



Poor alignment - Hips too high



Protocols

- 1. Test and Variations**
 - This document outlines the procedure for carrying out physical competency assessment for DRP.
- 2. Physical Capacity to be Tested**
 - Movement Quality
- 3. Equipment Requirements**
 - Stopwatch
 - Tape Measure
 - Kickboard
- 4. Limitations**
 - As this is a subjective assessment of movement quality every effort should be made to ensure that the same assessor is present for reassessment.
 - It is possible that any initial improvements may be due to a learning effect
- 5. Test Protocol**
 - At the start of the assessment the assessor should give an explanation of the rationale and underlying principles of the movement screening.
 - Athletes should strive for perfection in each rep, highlight that there is one chance i.e. a stumble on first rep will not be accepted and scored accordingly.
 - Before each exercise, concise explanations and demonstrations should be provided.
 - Assessors are permitted to advise athletes of adjustments to correct form however, must make note of inconsistent form for scoring.
- 6. Criteria for disqualification of an attempt**
 - Athletes are allowed to continue only when they are able to correct their form. If unable to make appropriate adjustments to major deficiencies in form they should be withdrawn from the exercise.
- 7. Data Collection**
 - All data collected during testing should be collated by TM and kept for re-assessment on Day2.