



FLOORBALLING

# FITNESS TESTING

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BY FLOORBALLING





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# INTRODUCTION

This Ebook serves as an introduction to fitness testing in floorball.

At the same time, we have selected 2 tests to start with, which are easy to perform and evaluate and do not require specialized tools or expensive equipment. So these are simple tests that you can use almost at the level.

# HEALTH AND RECOMMENDATION

Compare yourself only. Your progress is important. Use comparison with others as motivation and a goal you want to get closer to.

It is advisable to include fitness testing only after quality Stage 1 (see Ebook Off-season), when we have activated the body, muscles, ligaments and reached operating temperature. If you perform fitness testing without prior quality preparation, you risk injury or insufficient results.

**Before you start the actual testing, first read the entire Ebook carefully.**



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# ORDER AND PREPARATION OF TESTS

The 2 tests that we will introduce and describe are LONG JUMP and YOYO INTERMITTENT RECOVERY TEST LEVEL 2

If you are going to do the tests on one day, it is important to do the tests in this order:

1. Long jump
2. YoYo intermittent recovery test level 2.

The main reason is the fact that the YoYo test is a heavy cardio test, during which muscle energy reserves will be exhausted, and a possible change in the order of the test would cause a deterioration of the result in the long jump. The second equally important reason is the fact that we always perform strength, explosive and speed tests (as well as exercises) at the beginning of the training unit. On the one hand, the musculoskeletal system is rested and full of strength, and on the other hand, the energy reserves in the muscles are at their maximum, and thus you can achieve a better result in these tests.



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# LONG JUMP

## WHY DO WE TEST?

By jumping from a standing position we test the **explosive power of the lower limbs**.

## WHAT WE NEED?

Non-slip surface

Band + tape

Tool (floorball stick) for accurate measurement

The document in which we record the results on the page 11.

## HOW DO WE TEST?

The jump takes place from a slight standing astride (roughly the width of the pelvis), when

the tips of the feet lightly touch the designated rebound line..

Before the rebound, the player squats slightly and grabs with

the upper limbs, then rebounds with both feet at the same

time and is allowed to help himself by swinging his arms

forward. The resulting length is measured with a tape measure

from the rebound line to the player's heel to the point of the

rebound (the heel that is closer to the rebound line) and is

given in centimeters. You have three attempts, and the best

one is evaluated.



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# LONG JUMP

## INVALID ATTEMPTS

- Stepped on the rebound line
- When you jump, you touch the ground with your hands
- When you jump, you take a step forward

## FINAL RECOMMENDATIONS

It is shown that test familiarity can impact results, meaning individuals that are unfamiliar with the test procedure may achieve less than optimal scores. Consequently, test familiarisation is highly recommended.

Clothing and footwear – incorrect clothing and/or footwear could easily lead to sub-maximal efforts and therefore worthless data.

Individual effort – Sub-maximal efforts will result in inaccurate scores.



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# LONG JUMP

## SCOREBOARD

The results are compiled and calculated from male players of the Czech Super League and male national team of the Czech Republic.

Below 240 cm	Bellow league average
240– 274 cm	Good league average
275 cm +	International elite



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# YOYO INTERMITTENT RECOVERY TEST LEVEL 2 (YYIR 2)

## WHY DO WE TEST?

The Yo-Yo Intermittent Recovery Test Level 2 was developed to **examine an athlete's capacity to perform intense intermittent aerobic exercise with a large anaerobic component.** This form of the Yo-Yo test is commonly used to measure the aerobic capacity of elite and professional adult athletes. It has been shown to be a valid and reliable predictor of high-intensity aerobic capacity and VO2 max amongst athletes from various sports and competition levels.

## WHAT WE NEED

Non-slip surface

Marking cones

Distance 30m (measuring tape) – (the width of the floorball court is 20m)

YYIR2 audio

Audio player with loudspeaker (volume of speaker is particularly important)

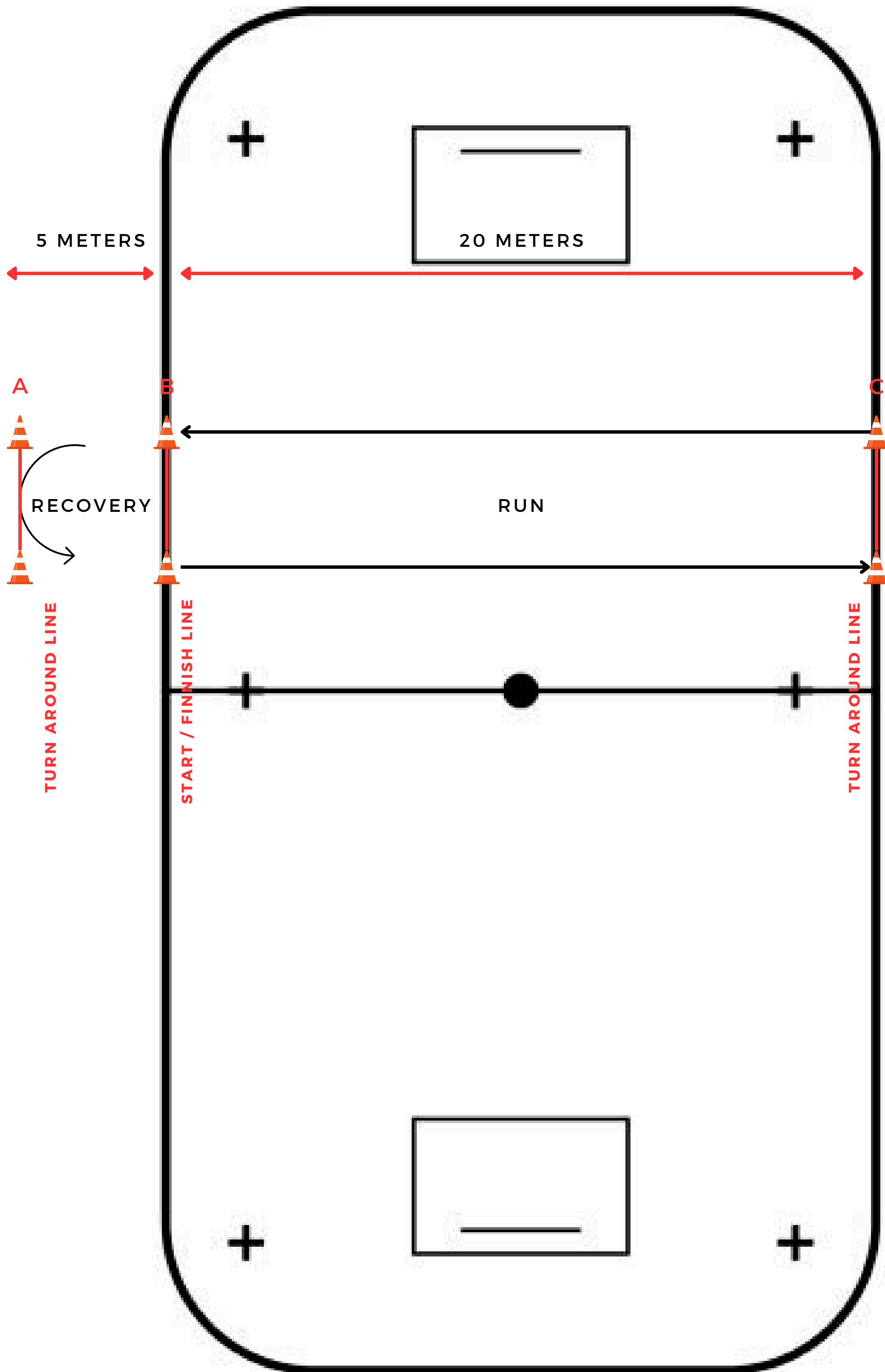
Recording sheet

Officiator recording the number of shuttles completed



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## YOYO INTERMITTENT RECOVERY LEVEL 2 SET UP





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# YYIR 2

## HOW DO WE TEST?

Participants begin the test from cone B.

When instructed by the audio player by "GO", they must run towards cone C (this must be reached before the following beep signal - "HALF WAY") and immediately return to cone B before the next signal.

Once cone B is reached, participants then have a 10-second recovery period in which they must jog from cone B towards cone A, and then back to cone B before the commencement of the next shuttle.

In this test, the participants are only allowed two consecutive failed attempts before they are withdrawn from the test. That being if the individual fails to reach cone C and back to cone B in the allocated time, one failure is issued. If this happens a second consecutive time, then they are eliminated.

Once withdrawn from the test, the individual's score must be recorded in the record document on page 11

This audio test has 67 levels and can last up to 21 minutes. However, it is highly unlikely that anyone will finish it.



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# YYIR 2

## EVALUATION OF RESULTS

We can evaluate YYIR2 in 3 ways.

1. Meters run. To calculate total distance, the simplest method is to record the number of shuttles completed by the participant and then multiply that number by 40 (40 = 2 x 20m shuttles [the run from cone B to cone C = 20m, then run back from cone C to cone B = 20m]).

2. Finished level. Simply the last recorded level you completed! So the level at which you were disqualified and did not catch up is not counted.

3. VO2max. Although the YYIR2 has been shown to be a moderately reliable predictor of VO2max it is advised to use the test for what it was originally developed for – identifying an individual's ability to repeatedly perform high-intensity aerobic work, which has proven to be a more sensitive measure of changes in performance than VO2max. Regardless, for those who wish to use this method, the equations for calculating VO2max are below:

YYIR2 test:  $\text{VO}_2 \text{ max (mL * kg}^{-1} \text{ * min}^{-1}) = \text{IR2 distance (m)} \times \mathbf{0.0136 + 45.3}$

e.g. if you passed 15 levels. 15 times 40 (20m + 20m / 1 level) = 600m.

600 times 0.0136 + 45.3 = 53.46 VO2max.



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# YYIR 2

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# YYIR 2

## SCOREBOARD

The results are compiled and calculated from male players of the Czech Super League and male national team of the Czech Republic.

Level 22 and bellow

Bellow league average

Level 23-27

Good league average

Level 28+

International Elite



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# RECORD DOCUMENT

NAME:

BIRTH DATE:

DATE	1-LONG JUMP	2-LONG JUMP	3-LONG JUMP	YYIR2	VO2MAX



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# WARM UP

## WARM UP BEFORE TESTING

Before we start testing, it is important to perform a quality warm-up. Use the video database of exercises, which you can find in the full section:

Jogging 3 min

Myofascial release 3 min

Mobility 5 min

Dynamic stretching 5 min

Athletic alphabet 5 min



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# FITNESS TESTING

Now that you have your results recorded, it's important to save them and work with them over time to see how you're improving on the tests and whether your training program is effective.

The more trained the athlete, the smaller the shift in the tests, in the order of units of percent. On the contrary, the shift is significant for beginners or undertrained individuals.

We have now completed **STAGE 1** and **FITNESS TESTING**. These stages are followed by **STAGE 2** of anatomical adaptations.

To be continued...