

Volleyball Canada Combine Testing Protocols



Height

With the athlete's shoes off, heels, upper back, and back of head flat against a wall, a flat object will be used to mark the top of the athlete's head on the wall. This mark will be measured from the floor to determine the athlete's height.

Wingspan

With the athlete's heels, upper back, and back of head flat against a wall, the athlete will reach out with both arms as wide as possible. The spot where each middle finger can reach and maintain contact will be marked and measured for the athlete's wingspan.

Two-Hand Reach

With the athlete's shoes on, they will stand facing the wall and reach as high as possible with both hands. The spot where each middle finger can reach and maintain contact will be marked and measured for the athlete's two-hand reach.

One-Hand Reach

With the athlete's shoes on, they will stand perpendicular the wall and reach as high as possible with their dominant hand. The spot where the middle finger can reach and maintain contact will be marked and measured for the athlete's one-hand reach.

Counter-Movement Jump - PUSH Band

The athlete will simultaneously flex their hips, knees, and ankles in a downward fashion to the ground and then forcefully jump vertically, aiming for maximum height. While wearing a PUSH band, the athlete will then drop to a depth within their "normal" jump technique. This should be a "normal" jump within their context. The athlete will "absorb" their landing by flexing their hips, knees, and ankles, while maintaining this landing positing for a two seconds in a stable stance.

10/5 Reactive Strength Index (RSI) - PUSH Band

The athlete will stand upright, with their feet shoulder-width apart and their hands on their hips. While wearing a PUSH band, the athlete will jump vertically while keeping their hands on their hips. They will jump for 10 repetitions as fast as they can, immediately jumping after landing for each jump. The athlete will "absorb" their landing by flexing their hips, knees, and ankles, while maintaining a good rhythm.

Block Touch - PUSH Band

The athlete will stand upright, with their feet shoulder-width apart and their hands in front of their chest and palms facing forward. While wearing a PUSH band and without swinging their arms, the athlete will simultaneously flex their hips, knees, and ankles in a downward fashion to the ground and then forcefully jump vertically, aiming for maximum height. The athlete will reach their hands together as if they were blocking. The palms must remain in view and be facing outwards for the entire movement. The athlete will "absorb" their landing by flexing their hips, knees, and ankles, while maintaining this landing positing for a two seconds in a stable stance.

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Spike Touch

The athlete will position themselves at the desired distance from the Vertec device and complete a full spike approach while touching the highest possible point on the Vertec device. The athlete will then be given feedback as to where to position their start in order to achieve maximum height. Jumps are performed until three consecutive attempts are missed, with 15-20 seconds rest between each jump. The highest point touched will be recorded.

Pro Agility

The athlete will ready themselves in the three-point position with their lead leg on the start line and feet shoulder width apart. The lead foot will determine which direction the athlete should travel. I.e. if the participant is going right, their right foot will be on the start line, left foot on the mid line, and their right hand would be on the ground between their feet. They will accelerate maximally forward three meters, touch the line with their lead foot, change direction and run six meters, touch the line with their lead foot, change direction and run three meters to the finish line. The athlete will complete a minimum of two efforts in each direction.

Serve Velocity

The athlete will serve from their preferred location along the baseline, hitting their preferred serve. If they have both jump float and spike serve, then two rounds may be acceptable. The athlete will make eight serves, with the top three being recorded. The athlete will be given adequate rest between each serve. A coach will be standing on the opposite baseline holding a radar gun and recording the maximal velocity.

Attack Velocity

The athlete will hit a high-ball set from a setter from the three-meter line. The ball must land in the back four meters of the court and four meters from the sideline. The athlete will make eight spikes, with the top three being recorded. The athlete will be given adequate rest between each serve. A coach will be standing in the cross-court corner holding a radar gun and recording maximal velocity.