

# MATMEN WRESTLING CLUB

## MAT-KIDS/YOUTH PHYSICAL TESTING

Name of Athlete: \_\_\_\_\_ DATE: \_\_\_\_\_

The physical requirements consist of 7 basic physical skills complementary to the sport of wrestling. These activities are intended to help wrestlers with their specific fitness goals. **They incorporate; SPEED, AGILITY, CARDIOVASCULAR and MUSCULAR ENDURANCE, STRENGTH & FLEXIBILITY**

Each activity will last a total of 60 seconds. **All 7 activities must be performed in an 11-minute period.** They must be performed in the sequence below. **The athlete attempts to pass 5 out of 7.**

	Required	5 weeks Date of Test	10 weeks Date of Test
Forward Hand Springs Over Partner	16		
Forward Hand Springs Alone	16		
Back Arching Flips Over Partner	14		
Back Arching Flips Alone	14		
<b>One Minute Rest</b>			
Sprawls	25		
Knee Sprints	4 lengths		
<b>One Minute Rest</b>			
Power Hops	4 lengths		
Sprints	10 lengths		
<b>One Minute Rest</b>			
Firemen's Lifts with Partner	10 each side		
Squat Hold	1 minute		
<b>SCORE: Out of 7</b>		<u>7</u>	<u>7</u>

Comments:

Coach's Signature: \_\_\_\_\_