

**KNZ General Fitness and Skill Test**  
**monitoring for the New Zealand**  
**National korfball Squad.**

**Contains**  
**Running sheet**  
**Monitoring sheet**  
**Notes for Monitors & Master timer– Process.**  
**Player requirements.**

**This is to be read well advance of the test date, it is recommended that it is walked through by the master timer and two guinea pigs also.**

**V1.1. Controlled by Tim Asby KNZ national coach.**



## Monitoring Sheet

<b>Runs</b>	<b>2 km phase 2</b>	<b>1 km – phase 9</b>
<b>time</b>		
<b>Split times if recorded</b>		
<b>Shuttle test</b>	<b>Phase 4</b>	<b>Phase 11</b>
<b>Shuttle set 1 - split</b>		
<b>- final</b>		
<b>Shuttle set 2 - split</b>		
<b>- final</b>		
<b>Shuttle set 3 - split</b>		
<b>- final</b>		
<b>Shuttle set 4 - split</b>		
<b>- final</b>		
<b>Shuttle set 5 - split</b>		
<b>- final</b>		
<b>Shuttle set 6 - split</b>		
<b>- final</b>		
<b>Penalties</b>	<b>Phase 5</b>	<b>Phase 12</b>
<b>Amount scored</b>		
<b>Amount taken</b>		
<b>Percentage</b> (work out later)		
<b>Running in shots</b>	<b>Phase 7</b>	<b>Phase 14</b>
<b>Amount taken</b>		
<b>Amount scored</b>		
<b>Percentage</b> (work out later)		

## **Notes for Monitors & Master timer– Process.**

### **To be read well advance of test.**

---

#### **People referred to in this document**

##### Master Timer –

The role of this person is to monitor the time overall. They have the overall control of the test. It is felt that this person should be charged with the role of being in charge effectively.

They will require the following equipment:

Copy of the running programme

A timer to run continuously through out the test.

A whistle.

A tape measure (capable of measuring 5 metres as a minimum, 20m is optimal..)

---

##### Player monitors (referred to as monitors)

For every player being tested there should be one person assigned to monitoring them. It is their job to take and record the individuals' times, shooting records etc as required by the individual phases.

The process below further outlines each phase.

They will require the following equipment each:

Stopwatch capable of recording split/lap times to a tenth of a second. (Most mobile phones will be capable of doing this.)

Running sheet so they know where they are at.

Monitoring Sheet for recording results

Pen for use with the above.

---

##### Equipment for test

Stopwatch as described above.

Tape measure described above.

6 floor markers per player

1 korf per player

1 ball per player

---

#### **Process.**

1. Prior to the event, a 1km lap or 2km & 1 km running path needs to be measured. It is recommended to get a bicycle with a computer on it to measure the distance. It is important that the distances are measured accurately to ensure correct replication across the country. Use of a running track will negate the requirement of a manual measure.
2. Phase 7 and 14 require the monitor to feed a running in shot. If the monitor doesn't know how the process of a running in shot is taken it is recommended to demonstrate to the monitors before hand so that they can feed effectively.
3. Monitors are to be assigned to players and briefed before the hours period starts.
4. Court set up. (phase 1)  
There is a ten minute period in which the court can be set up. This is a relatively small amount of time for this so expediency is required.  
The master timer and monitors can do this, measuring out one court then mirroring the layout to ensure accuracy of distances. The posts are to be set facing the rear for the penalty shooting. If court hire is longer than the hour then there will be more time to do this.
5. The players will use phase 1 to warm up. It is required that they warm themselves up (players at this level should be able to do this themselves) in groups or individually rather than being led by a coach.

6. Players will be given a one minute warning for the start of phase 2 (2km run) by the Master Timer. The Master timer will start their clock going at the beginning of the phase 2. Their clock will not be stopped during the whole test.
7. The player monitors will start their timers at the same time. If the players are running laps then it is recommended that the lap times be recorded along with the final time (probably 1 km time usefull)  
Phase 2 is 14 minutes long. If players complete the phase before this time they get a longer break. This theory continues through out the whole test.
8. The players must be in place for the third phase at 16 minutes. Each Shuttle set starts on the minute. The Master timer will indicate to the players when they have 30 seconds to start time, 10 seconds to start time, then a whistle will be blown to indicate the start of each shuttle set.
9. The shuttles are run as per the fitness document – players have to go past each marker (either running round or touching the ground for example) 0 to 1 to 0 to 2 to 0 to 3 to 0.  
Monitors are to time each shuttle set along with the split time at the end of shuttle 2 (i.e. 0-1-0-2-0). Recording times to a tenth of a second if possible  
If necessary this test can be changed to suicide shuttles if it is felt players are not pushing themselves (as a punishment after the test only 30 second sets – less recovery time – otherwise identical). Monitors please refer to the player requirements also.
10. Players will move immediately to the penalty spots to start phase 5 (penalties). The rest time left within the final shuttle set is adequate to get to the penalty spot if court set up is as shown.
11. Phase 5 is the penalty taking test. Players will take ten penalties in one minute – no more. Monitors will record how many are scored. Both monitor and player can rebound.  
The Master timer will give a 30 second time call and a 10 second time call and a whistle at the end.
12. Players have 1min 30 break, during this period monitors are to turn the posts through 180 degrees to be facing the '0' marker.
13. The master timer shall give a 30 second time warning before the start of the 7<sup>th</sup> phase (running in shots) then at ten seconds and 5 seconds. The start shall be indicated by the blow of a whistle. monitors shall record how many shots are taken and how many shots are scored (counting 1 from 1, 1 from 2, 2 from 3, etc seems to work well)  
The monitors shall also act as the feed and rebound for this drill.  
Both styles of feed (Either passing the ball or taking it out of the feeder's hands) are acceptable.
14. Players then get a 4 minute break during which time the posts are to be spun through 180 dgrees to face marker '4' ready for the 12<sup>th</sup> Phase
15. Players then repeat the above phases, starting with a 1 km run instead of a 2km. Monitors record the same information and the master timer blows the whistle and calls at the same periods.

---

### **General Notes**

It is preferable to do the test indoors to negate the impact of weather. Note it is acceptable to have the run or the whole thing outside.

In the event of bad weather the master timer shall decide whether to postpone. If the event carries on then this should be noted on the monitors sheets.

In the event that it does rain and an outside track is being used in conjunction with an indoor court then players should bring a second pair of shoes to stop the spread of moisture indoors.

## Player requirements

---

### 2km run as part of this test

#### Boys

Under 10 minutes: expected  
10 – 11 minutes: acceptable, but should improve.  
11 – 14 minutes: need to improve.  
14 minutes and over – unacceptable.

#### Girls

Under 11 minutes: expected  
11-12 minutes: acceptable, but should improve.  
12 – 14 minutes: need to improve.  
14 minutes and over: unacceptable.

---

### 1km run as part of this test

#### Boys

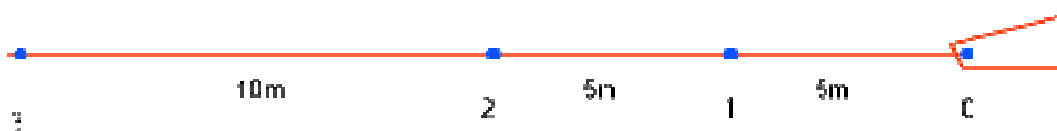
Under 4.45 minutes: expected  
4.45 – 5.30 minutes: acceptable, but should improve.  
5.30 – 8 mins: need to improve.  
8 minutes and over: unacceptable.

#### Girls

Under 5.15 minutes: expected  
5.15 - 6 minutes: acceptable, but should improve.  
6 – 8 mins: need to improve.  
8 minutes and over: unacceptable.

---

### Shuttle test.



Set four cones in a straight line.  
Cone zero is the start point  
Cone 1 should be 5m from the start cone  
Cone 2 should be 10m from the start one  
Cone 3 should be 20m from the start cone

To complete one shuttle set you must, in a continuous sprint:  
Sprint from the start cone to cone 1 and back, then  
Sprint from the start cone to cone 2 and back, then  
Sprint from the start cone to cone 3 and back.

Each shuttle must be completed within a minute. You will begin a new shuttle set at the start of every minute. Therefore your rest period depends on how fast you complete the shuttle. Set i.e if completed in 20 secs you have a 40sec rest before the next shuttle set

It is expected that all players are able to finish each shuttle set under 25 seconds.

Split times will be taken after the end of shuttle 2 of the shuttle set (0-1-0-2-0) to help gauge acceleration and top speed differently.

Players are to go past each marker with a part of their body.

The test is to gauge a player's speed within a stop-start environment.

If necessary this test will be repeated at the end as suicide shuttles (30 sec shuttle sets rather than one minute) if it is felt players are not pushing themselves.

---

### Penalties

1 minute to take 10 penalties.

You will hear a 30 & 10 second warning before time ends. The Master Timer whistle starts & stops the phase.

Ultimate goal is to achieve 100% scored Less than 50% is unacceptable. The statistics may also be used to identify penalty takers.

---

### Running in shots.

Score as many shots as you can in 1min 30secs.

Players are to run round markers 0,4 and 5 to ensure correct follow-through.

Scoring percent will be worked out alongside amount taken and amount scored. Start and stop on the whistle, no time warnings during phase.