

NAME: _____

AGE: _____

10	20	40

Notes: _____

VJ	5 Hops	5/10/2005

BOYS

10 Yard Split

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	2.10	1.95	1.85	1.75
Good	2.15	2.00	1.90	1.85
Average	2.20	2.05	1.95	1.90
Below Average	2.30	2.15	2.10	2.05

20 Yard Split

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	3.50	3.15	3.05	2.95
Good	3.60	3.30	3.15	3.10
Average	3.80	3.50	3.35	3.30
Below Average	4.10	3.80	3.70	3.60

40 Yard Dash (hand timed)

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	5.8	5.3	4.8	4.7
Good	6.2	5.6	5.2	5.0
Average	6.6	5.9	5.6	5.3
Below Average	7.0	6.3	6.0	5.6

Vertical Jump

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	16	21	25	28
Good	15	19	23	27
Average	13	17	21	25
Below Average	11	14	19	23

5 Hop Test

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	32	36	43	46
Good	29	34	39	43
Average	26	31	35	39
Below Average	24	28	30	34

5/10/5 Agility Drill

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	5.2	5.0	4.7	4.5
Good	5.6	5.3	5.0	4.8
Average	6.1	5.8	5.4	5.2
Below Average	6.5	6.3	5.9	5.5

GIRLS

10 Yard Split

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	2.10	1.98	1.90	1.85
Good	2.15	2.00	1.95	1.90
Average	2.20	2.05	2.00	1.95
Below Average	2.35	2.20	2.15	2.10

20 Yard Split

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	3.5	3.3	3.2	3.1
Good	3.6	3.4	3.3	3.2
Average	3.8	3.6	3.5	3.4
Below Average	4.1	3.8	3.7	3.7

40 Yard Dash (hand timed)

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	5.8	5.5	5.4	5.3
Good	6.2	5.9	5.7	5.6
Average	6.6	6.3	6.2	6.1
Below Average	7.0	6.7	6.6	6.5

Vertical Jump

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	16	18	20	22
Good	15	16	17	19
Average	13	14	15	17
Below Average	11	13	14	16

5 Hop Test

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	32	35	38	40
Good	29	33	35	36
Average	26	29	32	33
Below Average	24	25	26	28

5/10/5 Agility Drill

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	5.2	5.0	4.9	4.7
Good	5.6	5.4	5.3	5.0
Average	6.1	5.9	5.8	5.4
Below Average	6.5	6.3	6.1	5.9