

56 pushups - good
46 pushup - average
36 pushup - below average
26 pushups – poor

The above are a standard for 17-18 year olds.

Agility Test – T Drill

Cones are positioned to form a “T”. Cone 1 is positioned 10 yards from cone 2, cone 3 and 4 are positioned 5 yards to the left and right of cone 2. Players start with hand on cone 1 – they then proceed to sprint to cone 2 and touch it, shuffle to the right and touch cone 3, shuffle all the way to cone 4 and touch, shuffle back to cone 2 and touch it, backpedal to cone 1 and backpedal past it. Rest 3-5 minutes – repeat. Record best score. Clock starts on first movement and stops when last cone is passed.

Vertical Jump

Standing with your feet flat and standing with good posture raise your dominant arm up and reach as high as you can against the wall – mark the point at your fingertips with chalk or other means. Once you have your reach marked, jump from the spot where you marked your reach and jump and touch a spot above your reach. The measurement between your reach and your touch after your jump is your measured vertical. Record your vertical.

Compare your vertical to MLB players:

36 inches – excellent
32 inches – Above average
28 inches – Average
25 inches – below average
22 inches - poor