

PHYSICAL FITNESS TEST FOR M. P. STATE MENS HOCKEY ACADEMY PLAYERS

Date :- 26 / 06 /2025

S. N.	Name of Players (Boarding/Day Boarding)	Age	Height in (Cms.)	Weight in (Kg)	Flexibility (Sit & Reach)	Agility Test	1 Min. Sit ups	Speed 30 mts. Flying Start	S. Endurance (600 mts run)	Yo- Yo Test	Remark
1.											
2.											
3.											
4.											
5.											
6.											
7.											
8.											
9.											
10.											

Signature



PLAYERS SELECTION PARAMETERS



Event Name:	
Date:	
Selector Name:	
Venue:	

S. No.	PLAYERS DETAILS					PARAMETERS (RATE OUT OF 5)					GOALKEEPER SPECIFIC PARAMETERS (RATE OUT OF 5)			Remarks			
	Players Name	Team	Shirt No.	Date of Birth	Playing Position	Speed	Endurance	Ball Control	Passing	Shooting	Tackling	Team Player	Agility		Anticipation	Decision Making	Team Players
1																	
2																	
3																	
4																	
5																	

Note: Rate the players on a points scale from 1 to 5. (5 is the maximum points a player can get). Please see Reference sheet Annexure A for Parameters definition and Score Specification.

Score Specification	
Score	Meaning
5	Excellent
4	Very Competent
3	Competent & signs of Potential
2	Some skills observed
1	Limited skills observed

Parameter's definitions
1. Speed- It is the rate at which a player covers a specific distance. It allows the player to win races to the ball, create space on the pitch and ultimately produce a higher number of goal-scoring opportunities.
2. Endurance- It is the ability of an athlete to withstand external physical pressures over time. A good endurance base will help a player with the repetitive series of high-intensity movements and exercises required to play a high-level game.
3. Ball Control- It is an essential skill to maintain possession of the ball from the opposition and, if done quickly, gives the player more time to make the correct next decision.
4. Passing- It is the movement of the ball from one player to another, usually by a motion of the stick. It is essential for the players to have the ability to accurately and strategically advance the ball.
5. Shooting- Shooting requires a tight grip on the top of the stick and a swift backswing in order to take a shot on the ball. This skill is done with a varying degree of power and form.
6. Tackling- It is a manoeuvre to intercept the ball from an opponent to gain ball possession.
7. Team Player- Using that synergy, players can make snap decisions about where to pass the ball and when to rely on their teammates.
8. Agility- It is the ability to rapidly change body direction, accelerate, or decelerate, turning & pivoting deep knee bend.
9. Anticipation- It is the ability to quickly and accurately predict the outcome of an opponent's action before that action is completed.
10. Decision Making- It is referred to as the art of choosing a particular technique, action, or tactic which is of benefit to the team.