

## M.P. All District Trial Tests Detail

### **Fitness Tests: -**

- 30 Meter Sprint
- Shuttle Run

### **Skill Tests: -**

- Zig-Zag Dribbling
- Square Passing Drill – Accuracy, Efficiency, Passing & Receiving
- Small Area Games – 5 vs 5 or 7 vs 7
- T-Test (For Goalkeepers)

## Final Trial Tests Detail

### **Fitness Tests: -**

- 600 Meter Run
- 30 Meter Sprint
- Shuttle Run
- Broad Jump
- Vertical Jump
- Height Measurement
- Weight Measurement
- Sit Up
- Push Up

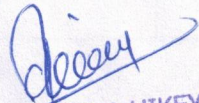
### **Skill Tests: -**

- 3D Skills
- Passing Accuracy – 25 Meter and 50 Meter (Hit, Push, Scoop, Sweep)
- 11 vs 11 Match Play
- T-Test (For Goalkeepers)

**Date: 09 July 2026 to 11 July 2026**

**(Place :- Dist. Sport Complex, Kampoo, Gwalior)**

- Selected players from all districts
- Players from other states

  
VANDANA UIKEY  
Hockey Coach (K.I.E.C.)  
Women Hockey Academy  
District-Gwalior (M.P.)

**Required Documents for All: -**

- Birth Certificate
- Aadhar Card
- Passport Size Photographs (2)
- Trial Application Form
- Domicile Certificate
- Educational Certificate
- Sports Achievement Certificates



**(Vandana Uikey)**  
Hockey Coach (KISCE)  
Women Hockey Academy, Gwalior