

BENCHMARK SCORECARD

Four times a year, same tests, same order. You are only ever competing with your own last number.

ATHLETE

GRADE

SEASON

BASELINE
Week 4 · August

WINTER
Week 22 · December

PRE-SEASON
Week 30 · February

IN-SEASON
Week 43 · May

TEST	BASELINE WK 4	WINTER WK 22	PRE-SEASON WK 30	IN-SEASON WK 43
1. WALL BALL, STRONG HAND Catches in 60 seconds. Count only clean catches.				
2. WALL BALL, WEAK HAND Catches in 60 seconds, off hand only.				
3. LONGEST JUGGLING RUN Most consecutive catches before a drop. Best of 3 tries.				
4. LINE HOPS Two-footed hops over a line in 20 seconds.				
5. STANDING BROAD JUMP Distance from toe line to back of heel. Best of 3.				
6. PLANK HOLD Time until form breaks, not until it hurts.				
7. PIPE-TO-PIPE SHUFFLES Full crossings in 30 seconds. Feet never cross.				
8. DROP-CATCH REACTION Catches out of 10 drops, before the first bounce.				
9. STANCE HOLD Time held with all four callouts intact.				

HOW TO USE THIS CARD

Test on the Saturday your email tells you to, in the order listed, warmed up and fresh. Write the number down the same day, while it is still fresh — not from memory next week. If you joined the program partway through the year, start at whatever benchmark comes next — the blank columns behind you are not a deficit, they are just weeks you were not here yet.

BENCHMARK REFLECTION

Numbers are half the picture. Fill this in on the same day you test.

AFTER EACH BENCHMARK

QUESTION	BASELINE	WINTER	PRE-SEASON	IN-SEASON
Which number moved the most?				
Which one surprised you?				
One thing to work on next				
Best save you remember this block				
Sessions you showed up for (out of 6/week)				

YEAR IN ONE SENTENCE

A WORD ABOUT THE NUMBERS

Some benchmarks go down. That happens during growth spurts, busy competition stretches, and weeks where life got loud, and it is not a sign anything is wrong. The number that matters most is not on this page: it is how many days you showed up. That one only ever goes up.