

## PISTE – PERFORMANCE TEST 2024

### GENERAL INFORMATION:

The aim is to determine physical performance and the level of training. Neither understanding of the game nor the level of the player's technical and tactical training should be determined with the performance test.

Simple tests will be made that are objective and provide a direct comparison of swimming and eggbeater performance. Regarding the required material, we can provide you with specific, low-priced suggestions. These exercises will remain identical in the coming years and we will work to publish comparable results for each age category online as soon as possible already after the first run. The tests must be completed in this order: 1. 100-meter crawl, 2. 8 \*25-meter crawl, 3. Ball overhead, 4. Jumps to the crossbar and 5. 200-meter mixed.

FIELD PLAYER	EXECUTION REGULATIONS	GOALKEEPER	EXECUTION REGULATIONS
<b>100-METER CRAWL</b>	Start from the starting block and any turn.	<b>100-METER BREASTSTROKE</b>	Start from the starting block. No flip turns.
<b>8*25-METER CRAWL</b>	Push off from the wall and swim 8 times a 25m crawl sprint. The pure swimming time is measured without the breaks. Start times: U13=35 seconds, all others 30 seconds.	<b>8*25-METER BREASTSTROKE</b>	Push off from the wall and swim 8 times a 25m breaststroke sprint. The pure swimming time is measured without the breaks. Start times: U13=45 seconds, U15=40 seconds. U17/19=35 seconds
<b>200-METER MIXED</b>	Swim this distance as fast as possible: start by pushing off from the wall in the water, 25m butterfly (one breaststroke kick per arm stroke), 25m crawl sprint, 25m 1/1 high (see frame training plan video), 25m water polo crawl (crawl with head above water). <a href="#">Watch video.</a>	<b>200-METER MIXED</b>	Swim this distance as fast as possible: start by pushing off from the wall in the water, 25m butterfly (one breaststroke kick per arm stroke), 25m crawl sprint, 25m 1/1 high (see frame training plan video), 25m water polo crawl (crawl with head above water). <a href="#">Watch video.</a>

SUPPLIERS



NOSERGROUP

PARTNERS



SWISSLOS



<p><b>BALL OVER HEAD</b></p>	<p>The ball must be held with two hands from the side, not from below and touch a bar with the ball as long as possible. The distance between the bar and the water surface is one third of your wingspan. As soon as the ball no longer touches the bar, the time stops. Maximum time 3 min. Weight of the ball: U13=1kg, U15=3kg, U17/19=5kg, Ball diameter 20-25 cm <a href="#">Watch video.</a></p>	<p><b>BALL OVER HEAD</b></p>	<p>The ball must be held with two hands from the side, not from below and touch a bar with the ball as long as possible. The distance between the bar and the water surface is one third of your wingspan. As soon as the ball no longer touches the bar, the time stops. Maximum time 3 min. Weight of the ball: U13=1kg, U15=3kg, U17/19=5kg, Ball diameter 20-25 cm <a href="#">Watch video.</a></p>
<p><b>JUMPS TO THE CROSSBAR</b></p>	<p>Make as many jumps as possible between the markings on the crossbar. Always touch the mark with one hand. The markers are at the same distance as your wingspan. The number of jumps per time is counted. U13=30 seconds, U15=45 seconds and U17/19=1 minute <a href="#">Watch video.</a></p>	<p><b>JUMPS TO THE CROSSBAR</b></p>	<p>Make as many jumps as possible between the markings on the crossbar. Always touch the mark with one hand. The markers are at the same distance as your wingspan. The number of jumps per time is counted. U13=30 seconds, U15=45 seconds and U17/19=1 minute <a href="#">Watch video.</a></p>

#### FREQUENTLY ASKED QUESTIONS:

1. **Question:** How is the "ball over head test" executed?

**Answer:** Simple training hurdles from sports lessons can be used. One side can be fixed at the correct height with a ruler and the other side is left out, leaving a stick at the correct distance above the water to which the ball is held from below.

Example hurdle: [Schulsportmaterial.ch - 1-Set Hürden Multifunktional](https://www.schulsportmaterial.ch)

2. **Question:** Which medicine balls should be used?

**Answer:** The ball diameter corresponds to the diameter of a size 5 water polo ball. 1 kg balls are available as water polo balls and most clubs have them. You can find inexpensive medicine balls that meet the criteria via the link: 3kg/5kg ball: [Sport-Thieme Slamball kaufen - Sport-Thieme.ch](https://www.sport-thieme.ch/de/Produkt/3kg-5kg-Slamball)

3. **Question:** Will the body measurements still be taken?

**Answer:** Yes, as in previous years.

4. **Question:** How do I attach markings to the crossbar for the "Jumps to the crossbar"?

**Answer:** The best way is to use ski straps (see link), which are durable, do not slip and are inexpensive.  
Ski straps: : [Klettband Ski | WEDZE | Decathlon.ch](https://www.klettband.ch/de/WEDZE)

5. **Question:** How should the goalkeepers turn in the 100m breaststroke?

**Answer:** With a sideways turn, a two-handed finish is not mandatory...but faster.