

# PHYSICAL TESTS

## PHYSICAL AREA

Laterality test (eye, hand, hip, foot)

Jumps

Back throw of the weighted ball

Rope jumping

Reaction to optical stimuli

Juggler

Differentiation and control

Sprints (10 mt, 20 mt)

Shuttle run 4x5 mt (open stance, neutral stance, forehand, backhand)

Grab and throw

Orientation in space

Balance



## TACTICAL-TECHNICAL AREA



Video shooting tie-break (11 points)

## VIDEO ANALYSIS AREA



Match analysis

Video analysis

## MENTAL AREA



10 ball test

Physical, technical and mental self-efficacy questionnaire

# PHYSICAL TESTS

## MEDICAL AREA

Competitive fitness visit  
Echocardiogram  
Standard clinical analyses  
Eye examination



## NUTRITIONAL AREA

Body composition test  
Dietary history



## ORTHOPAEDIC-PHYSIOTHERAPY AREA

Single squat leg  
Flex e Ext spinal column  
Shoulder girdle movement dysfunctions  
Transverse and oblique abdominal tests  
Glute/femoral activation timing



## OPTOMETRIC AREA



Dominances  
Perceptual PPC  
Postural PPC  
Dynamic visual acuity

## EQUIPEMENTS AREA

Racquet and string compatibility  
Check string tension  
Speed, accuracy and consistency in shots



## GNATHOLOGICAL AREA

Static arch occlusion  
Dynamic arch occlusion  
TMJ assessment

