

Mr. PA Football's Virtual Showcase Instructions

Step 1-Register online at <http://pashowcase.com/>

Step 2-Perform, video, and record the results of the tests. Do not video into the sun.

Pro Agility Shuttle (5-10-5) (3-cones necessary): Place Three marker cones in a straight line, five yards apart. Take a three-point stance at the middle cone. Start by going either to the right or left direction. On the signal 'Go', turn and run five yards to the right side and touch the line with your right hand. Then run 10 yards to your left and touch the other line with your left hand, then finally turn and finish by running back through the start/finish line at the middle cone. The player is required to touch the ground at each turn.

Time _____

Broad Jump (measuring tape necessary): The athlete stands behind a line marked on the ground with feet slightly apart. A two-foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. You should attempt to jump as far as possible, landing on both feet without falling backwards. The measurement is taken from the take-off line to the nearest point of contact on the landing (back of the heels).

Distance _____

3-Cone Drill (3-cones necessary): Place three marker cones to form an "L." with cones at the corner (Cone 2) and at each end (1&3), 5 yards apart. The athlete starts in a three-point stance next to Cone 1. On the signal 'Go', run to Cone 2, bend down and touch a line with your right hand. Then turn and run back to Cone 1, bend down and touch that line with your right hand. Then run back to Cone 2 (Corner) and around the outside of it, weave inside Cone 3, then around the outside of Cones 3 and 2 before finishing at Cone 1.

Time _____

40-Yard Dash (4-cones necessary): The test involves running a single maximum sprint over 40 yards. Place two cones at the start line, measure 40 yards, and two cones at the finish line, five yards apart. Do a thorough warm up, including some practice starts and accelerations. Start from a comfortable stationary 3-point stance position. Your front foot must be on or behind the starting line. This starting position should be held for 3 seconds prior to starting, you may lean across the starting line, and no rocking movements are allowed. The athlete should continue running hard past the finish line.

Time _____

Step 3-Upload videos to your Twitter profile and tag #mrpafootballsc

Step 4-Once the testing drills are completed please fill out the Profile Report online at:
<http://pashowcase.com/>