

START HERE

Test. Record. Repeat.

A practical DIY kit for your club: six simple field tests, a formula-driven Excel workbook and a clear starting point for your next test day.

BRING

Cones, measuring tape, stopwatch, footballs, a flat non-slip testing area, a safe run-off space and a copy of the workbook.

A coach to lead. A recorder to keep things moving.

1 Set up consistently

Complete the Guide tab: club, dates, surface, weather, timing method and recorder. Measure every layout. Keep the same setup for a retest; record any change.

2 Prepare your players

Use a coach-led warm-up and practise each movement before recording. Test only when players are ready for the activity. Provide recovery between attempts; allow at least 2–3 minutes after hard sprint or shuttle efforts and longer when needed. Stop if a player feels pain or unwell. Youth groups need adult supervision.

3 Keep it simple

Record up to three valid attempts per timed or jump test; one set of six shots. Keep the same number of attempts on a retest. Leave missed or invalid attempts blank and explain them in Station notes.

DIY 1.0 is an original club protocol, not a validated test battery. Hand-timed scores and this broad jump do not produce GymLive electronic-testing ratings.

STATIONS 01 + 02

Straight-line speed.

10m and 30m sprints · seconds · lower is better



1 Measure two separate courses

Mark start and finish lines exactly 10m apart, then repeat the setup at 30m. Leave clear space beyond the finish to slow down. Use separate runs; do not invent a 10m split from a 30m stopwatch result.

2 Use one timing rule

Player starts still, front foot behind the start line, then goes when ready. The timer stands side-on at the finish, starts on the player's first movement and stops when the torso crosses the finish line. Use the same timer and rule for every player and retest.

3 Record the attempt

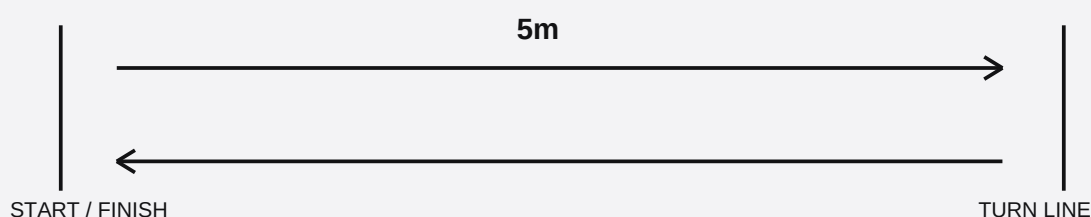
Enter seconds in the 10m sprint or 30m sprint row. The workbook takes the lowest valid time. A stumble, false start or timing error is invalid: leave that attempt blank and note the reason. Allow recovery before repeating.

Hand timing includes human reaction error, especially over 10m. Do not compare these values with timing-gate benchmarks or interpret small changes as proven improvement.

STATIONS 03 + 04

Turn. Control. Return.

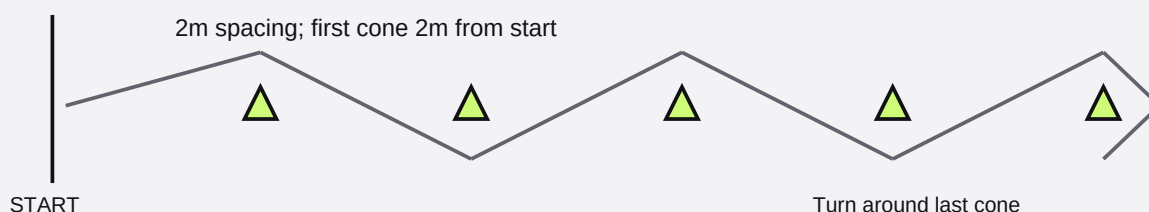
3 5m out-and-back shuttle



From a standing start, run to the 5m line, place one foot on or beyond it, turn and return. Time first movement to torso crossing the start line. Choose the turning foot during practice and keep it the same for every attempt and retest. Record the lowest of up to three valid times in seconds.

This is a simple 10m shuttle, not the standard 505 test. Missing the turn line makes the attempt invalid.

4 Out-and-back slalom



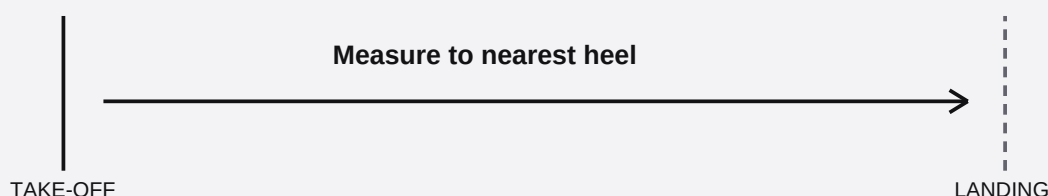
Place five cones in a straight line at 2m intervals. Start with player and ball behind the line, 2m before cone one. Dribble past the right of cone one, alternate sides, go around cone five, then weave back through the same gaps. Finish when the ball fully crosses the start line; the player must stay in control.

Time from first ball movement. Use the lowest of up to three valid times. A missed cone, ball out of control or changed route is invalid. Keep ball size, surface and route consistent.

STATIONS 05 + 06

Jump. Aim. Record.

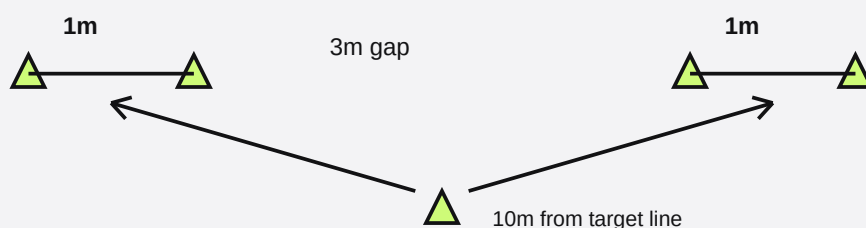
5 Standing broad jump



Stand with both feet behind the line. Jump forward from two feet, with arm swing allowed, and land on both feet. Measure from the take-off line to the nearest heel, perpendicular to the line, in whole centimetres. Keep the best of up to three valid jumps. Falling back, stepping over the line or an unstable landing makes the attempt invalid.

This DIY power measure is a horizontal broad jump. Do not enter jump-mat height or countermovement-jump results in this row.

6 Shooting: six attempts



Create two 1m target gates with a 3m gap between their inside cones. Mark a central shooting point 10m from the target line. Take six stationary-ball shots, alternating left and right gate (three each), with the preferred foot. Count a hit only when the ball crosses the intended gate on the ground without touching a cone. No goalkeeper.

Enter total hits (0–6) in Attempt 1 only; leave Attempts 2 and 3 blank. Workbook accuracy = hits / 6. A coach may shorten the distance for the group; record it in Guide and use the same distance on a retest.

MAKE THE NUMBERS USEFUL

Your workbook, explained.

1 Scores

Add up to 30 names or player aliases and age groups in amber cells. Keep the assigned IDs unchanged. Six results and a recorded-test count appear automatically after you enter attempts. “Check log” means an input needs correction; it is not a player rating.

2 Test log

Each ID has six rows. Enter valid attempts in amber cells. Best times use MIN; broad jump uses MAX. Shooting uses Attempt 1 divided by six. Formula cells are unprotected for flexibility: edit amber cells only, and keep a blank master copy.

3 Compare a retest

Save a new workbook for each test day. Enter the earlier best result in Previous best, in the raw unit shown. For shooting, enter earlier hits out of six, not a percentage. Keep the same protocol, method, conditions and number of attempts. A positive Improvement means better performance.

EXAMPLES

Sprint: 2.50s → 2.00s

+20.0% improvement

Jump: 180cm → 195cm

+8.3% improvement

Shots: 3/6 → 4/6

+16.7 percentage points

Use results to start a coaching conversation, not to rank talent or predict injuries. This workbook has no age-based norms or overall score. GymLive's full service adds electronic timing, jump equipment, a managed test day and generated player reports.

Background: [Football Australia — Exercise Testing](#). Station layouts here are DIY 1.0 adaptations; the source does not validate this battery. Full service: gymlive.app/event.