

WELSH NETBALL ASSOCIATION SPORTS SCIENCE SUPPORT

TARGETS FOR FITNESS TEST RESULTS U19 & U17 AGE GROUPS

Fitness Parameter	Test	Under 19			Under 17		
		Off Season	Pre Season	Pre Competition	Off Season	Pre Season	Pre Competition
Aerobic Endurance	Multi Stage Fitness Test (level)	> Level 10	> Level 11	> Level 11	> Level 8	> Level 9	> Level 10
Power	Vertical Jump (cm)	>25	>30	>35	>20	>25	>30
Muscular Endurance	Netball Pass (number/min)	>45	>47	>50	>43	>45	>47
Agility	555's (s)	<3.8	<3.6	<3.5	<4.0	<3.7	<3.5
Speed Endurance	6 × 40 m	<9	<7	<5	<10	<7	<5