

**ULADZISLAU ZANKAVETS**  
**THE ENCYCLOPEDIA**  
**OF TESTING**

**The Monograph**



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The Encyclopedia of Testing contains testing protocols used in modern professional sport. It allows practitioners to select the tests that suit their coaching philosophy and match their current resources. The application of the principles outlined in the book, will make it possible to objectively assess performance of athletes, compare its level with planned one, optimally individualize training loads in order to increase the effectiveness of the training process.

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# TABLE OF CONTENTS

## PREFACE

## INTRODUCTION

## *SECTION 1. FUNDAMENTALS OF SPORTS METROLOGY*

### **CHAPTER 1. Metrology of testing**

- 1.1 Introduction to the subject of sports metrology
  - 1.1.1 Fundamentals of integrated control metrology
  - 1.1.2 Managing the athletes' training process
  - 1.1.3 Types of control
- 1.2 Fundamentals of measurement theory
  - 1.2.1 Measurement scales
- 1.3 Measurement accuracy
  - 1.3.1 Systematic and random measurement errors
  - 1.3.2 Absolute and relative measurement errors
- 1.4 Basic test requirements
  - 1.4.1 Standardization of measurement procedures
  - 1.4.2 Test reliability
  - 1.4.3 Intrasubject variability
  - 1.4.4 Interrater variability
  - 1.4.5 Test validity
  - 1.4.6 Criterion-referenced validity of a test
  - 1.4.7 Security
- 1.5 Fundamentals of valuation theory
  - 1.5.1 Application of assessment scales in practice
    - Standard scale
    - Percentile scale
    - The GSOLIFKa scale
  - 1.5.2 Evaluation of the battery (complex) of tests
- 1.6 Evaluation standards
  - 1.6.1 Types of evaluation standards
  - 1.6.2 Suitability of evaluation standards
- 1.7 Methods of quantitative assessment of qualitative indicators
  - 1.7.1 The method of expert assessments
  - 1.7.2 Survey
- 1.8 Periodization of testing in hockey

### **Conclusion**

### **Reference**

## ***SECTION 2. ANALYSIS OF COMPETITIVE AND TRAINING ACTIVITIES***

### **CHAPTER 2. Analysis of competitive activity**

- 2.1 Statistics of the International Ice Hockey Federation (IIHF)
- 2.2 Corsi Statistics
- 2.3 Fenwick Statistics
- 2.4 PDO statistical indicator
- 2.5 FenClose Statistics
- 2.6 Assessment of the quality of competitive activity of the player (QoC)
- 2.7 Assessment of the quality of competitive activity of the line partners (QoT)
- 2.8 Analysis of the preferential use of the hockey player

### **CHAPTER 3. Analysis of technical and tactical preparedness**

- 3.1 Analysis of the effectiveness of technical and tactical actions
- 3.2 Analysis of the volume of technical actions performed
- 3.3 Analysis of the variability of technical actions
- 3.4 Assessment of tactical thinking

### **CHAPTER 4. Evaluation of competition and training load**

- 4.1 Evaluation of external load
- 4.2 Evaluation of internal load

### **CHAPTER 5. Analysis of training performance**

**Conclusion**

**References**

## ***SECTION 4. ASSESSMENT OF PHYSICAL DEVELOPMENT AND FUNCTIONAL CONDITION MONITORING***

### **CHAPTER 6. Assessment of physical development**

- 6.1 Methods for determining body composition
- 6.2 Anthropometric methods
  - 6.2.1 Method of measuring body length and weight
  - 6.2.2 Measurement of girths
  - 6.2.3 Caliperometry
    - 6.2.3.1 Methodological recommendations
    - 6.2.3.2 Formulas for estimating body fat mass
- 6.3 Biophysical method – bioimpedance analysis
  - 6.3.1 Physical basis of the method
  - 6.3.2 Methods of integral research
    - 6.3.2.1 Interpretation of the research results
  - 6.3.3 Regional and multi-segment methods of body composition assessment

- 6.3.4 Method safety
- 6.3.5 Reliability of the method
- 6.3.6 Body composition of elite hockey players
- 6.4 Comparison of the results obtained by bioimpedance analysis and caliperometry
- 6.5 Method based on measurement of body density and volume – aerial plethysmography
  - 6.5.1 Measurement procedure
- 6.6 Muscle fibers composition

## **CHAPTER 7. Functional condition monitoring**

- 7.1 Classical methods of athletes' functional condition monitoring
  - *Subjective assessment of load tolerance*
  - *Orthostatic test*
  - *The method of current monitoring of the condition of athletes P.A. Anokhin and L.D. Giessen*
    - *The level of urea in the blood*
- 7.2 Monitoring of the athlete's condition and readiness using the Omegawave technology
  - 7.2.1 Practical implementation of the Omegawave technology
    - 7.2.1.1 Readiness of the central nervous system
    - 7.2.1.2 Readiness of the cardiac system and the autonomic nervous system
    - 7.2.1.3 Readiness of the energy systems
    - 7.2.1.4 Readiness of the neuromuscular system
    - 7.2.1.5 Readiness of the sensorimotor system
    - 7.2.1.6 Overall readiness
  - 7.2.2. Results

### **Conclusion**

### **References**

## ***SECTION 4. PSYCHOLOGICAL TESTING***

### **CHAPTER 8. The basis of psychological testing**

- 8.1 Classification of methods
- 8.2 The structural components of a hockey player's personality
  - 8.2.1 Sports orientation, anxiety and the level of aspiration
    - *Experimental technique of Yu. Yu. Palaim*
    - *Conditions for effective training by B.J. Cretti*
    - *Spielberger's state-trait anxiety questionnaire*
    - *The Four-way test of J. Taylor*
    - *Assessment of the level of aspiration by F. Hoppe's*
  - 8.2.2 Assessment of typological properties and characteristics of temperament
    - *G. Eysenck personality inventory*
    - *The lank test of character traits and temperament*

- 8.2.3 Characteristics of individual aspects of the athlete's personality
  - *The differential diagnostic technique*
  - *M. Zuckerman's sensation seeking scale*
  - *D.Ya. Raygorodsky's method of measuring the rigidity*
  - *The Holmes and Rahe stress scale*
- 8.3 Complex personality assessment
  - *R. Cattell's 16 personality factors questionnaire*
  - *S.R. Hathaway and J.C. McKinley's Minnesota multiphasic personality inventory test*
- 8.3.1 Projective techniques
  - *Rosenzweig picture frustration study*
- 8.3.2 Analysis of the characterological characteristics of the athlete and coach
  - *An indicative questionnaire by V. Smekal and M. Kucher*
  - *G.V. Lozova's method of studying the success of professional activity*
  - *S. Dellinger's psycho-geometric test*
- 8.4 Investigation of the athlete's personality in the system of public relations
- 8.4.1 Sociometry and team evaluation
  - *F.E. Fiedler's LPC questionnaire (adopted by Yu.L. Khanin)*
  - *S.E. Seashore's Group Cohesion Index (adapted by the LNIIFC)*
- 8.4.2 The relationship between a coach and an athlete
  - *Y. Khanin and A. Stambulova's "coach-athlete" scale*
- 8.4.3 Group assessment of personality
  - *The Marlowe-Crowne social desirability scale (adopted by Yu.L. Khanin)*
  - *T. Leary interpersonal relationship test*
- 8.4.4 Psychological stability and reliability of the athlete
  - *Assessment of general psychological stability*
  - *V.E. Milman's psychological reliability questionnaire*
- 8.4.5 Methods of assessing willpower
  - *S.M. Shingaeva's self-assessment of willpower*
  - *S.A. Budassi self-esteem test (adopted by Yu. Ya. Kiselyov)*
- 8.5 Investigation of mental processes
- 8.5.1 Sensation and perception
  - *K.K. Platonov's method of determining the lower threshold of visual sensation*
  - *A method of determining the lower threshold of tactile sensation*
  - *A method of determining the threshold of mass difference*
  - *A method of determining the threshold of auditory sensation*
  - *Assessment of line length perception*
  - *The "Compass" technique for assessing the perception of spatial features*
  - *The "Clock" technique for assessing the perception of spatial features*
  - *Assessment of the accuracy of perception of time intervals*
- 8.5.2 Attention
  - *Attention span*
  - *Stability of attention*
  - *Distribution of attention*

### 8.5.3 Memory

- Short-term memory assessment
- Semantic memory assessment
- Visual memory assessment
- Working memory assessment
- Patterns of memory assessment

### 8.5.4 Features of thinking

- *The "Quantitative relations" test*
- *Raven's progressive matrices*

## 8.6 Mental conditions

### 8.6.1 Emotional states

- *The WAM questionnaire (well-being, activity, mood)*
- *Mood assessment*
- *R. Frester's stress symptom test*
- *Yu.Ya. Kiselyov's "Thermometer" test for an athlete's emotional state*

*assessment*

### 8.6.2 Neuropsychiatric stress

- *The sources of difficulties in the main areas of life questionnaire*
- *The Giessen test*
- *K. Hock and H. Hess' behavior questionnaire*

### 8.6.3 The Luscher color test

## 8.7 The main causes of errors in psychodiagnostic research

## **Conclusion**

## **References**

# ***SECTION 5. PHYSICAL TESTING***

## **CHAPTER 9. The problem of feedback in training management in modern professional hockey**

- 9.1 Subjects
- 9.2 Attitude to the testing
- 9.3 The testing battery
- 9.4 An approach to the testing results analysis
- 9.5 Conclusion

## **CHAPTER 10. The functional movement screen**

- 10.1 Mobility
- 10.2 Stability
- 10.3 The functional movement screen
  - 10.3.1 Evaluation criteria
  - 10.3.2 Interpretation of results
  - 10.3.3 Tests
    - *Squatting*
    - *Stepping*
    - *Lunging*

- *Reaching*
- *Leg raising*
- *Push-up*
- *Rotary stability*

#### 10.3.4 The functional movement screen protocol

### **CHAPTER 11. Strength abilities**

#### 11.1 Metrology of strength abilities

#### 11.2 Tests to assess strength abilities

##### 11.2.1 Absolute strength testing

##### 11.2.1.1 Absolute strength testing using a dynamometer

- *Deadlift*
- *Upper body flexor and extensor muscles*
- *Grip strength*

##### 11.2.1.2 Absolute strength testing using maximal external load

- *1 repetition maximum testing protocol*
- *Barbell deadlift*
- *Barbell back squat*
- *Barbell bench press*

##### 11.2.1.3 Strength testing using submaximal external load

##### 11.2.2 Speed-strength and power testing

##### 11.2.2.1 Speed-strength and power testing using a barbell

- *Barbell clean*
- *Myotest and Keiser bench press*

##### 11.2.2.2 Speed-strength and power testing using a med ball

- *Standing med ball throw*
- a) *Standing med ball chest throw*
- b) *Standing med ball side throw*
- c) *Standing med ball between the legs throw*
- d) *Standing med ball overhead throw*
- e) *Standing med ball overhead backward throw*
- *Kneeling med ball throw*
- *Sitting med ball throw*

##### 11.2.2.3 Speed-strength and power testing using a cycle ergometer

- *The maximal anaerobic power output test*
- *The Wingate test*
- *The Wingate test for upper body*

##### 11.2.2.4 Speed-strength and power testing using other equipment

- *The Margaria test*
- *The isokinetic trunk rotation test*

##### 11.2.2.5 Speed-strength and power testing using jumps

- *Broad jump*
- *Triple jump*
- *Five-jump*
- *Ten-jump*



- *Single leg broad jump*
- *Single leg lateral jump*
- *Vertical jump*
- a) *Abalakov jump*
- b) *Vertical jump using a tape*
- c) *Vertical jump using the Vertec*
- d) *Vertical jump using the Myotest or a jumping platform*
- 1) *Squat Jump*
- 2) *Squat Jump with extra weight*
- 3) *Countermovement Jump*
- 4) *Abalakov Jump*
- 5) *Drop jump*
- 6) *Repetitive jump*
- *Repetitive “Pogo” jump using the Myotest or a jumping platform*
- 11.3 Specific strength abilities of a hockey player testing
  - *A puck shot speed*

## **CHAPTER 12. Speed abilities**

- 12.1 Metrology of speed abilities
- 12.2 Tests to assess speed abilities
  - 12.2.1 Reaction speed testing
    - 12.2.1.1 Simple reaction time testing
      - *A laboratory test using a chronoreflexometer*
      - *The reaction timer*
      - *The “ruler”*
    - 12.2.1.2 Recognition reaction time testing
      - *The Batak light board reaction test*
      - *Lower body speed of reaction*
    - 12.2.1.3 Speed of response to a tactical situation testing
    - 12.2.1.4 Speed of reaction to a moving object testing
  - 12.2.2 Speed of a single movement testing
  - 12.2.3 Maximum frequency testing
  - 12.2.4 Speed testing involving multijoint actions
    - 12.2.4.1 Acceleration testing
      - *5 meters sprint*
      - *20 meters sprint*
    - 12.2.4.2 Maximal speed testing
      - *30 meters sprint using timing gates*
      - *30 meters flying sprint*
  - 12.2.5 Deceleration testing
    - *Speed of deceleration*
- 12.3 Specific speed abilities of a hockey player testing
  - *27.5 meters on-ice sprint skating forward / backwards*

- 30 meters on-ice sprint skating forward / backwards with / without the puck

- 36 meters on-ice sprint skating forward / backwards with / without the puck

12.3.1 Anaerobic-alactic power testing

12.3.2 Anaerobic-alactic capacity testing

- 1 lap sprint on a hockey rink

- 1 lap sprint with transition from skating backwards to skating forward on a hockey rink

- The Bridgestone NHL fastest skater test

12.4 Specific speed abilities of a hockey goaltender testing

12.4.1 Goaltender's reaction speed testing

- Reaction speed test

12.4.2 Goaltender's skating speed testing

- 18 meters on-ice sprint skating forward / backwards

- 15 meters on-ice sprint skating forward / backwards

## CHAPTER 13. Endurance

13.1 Metrology of endurance

13.2 Tests to assess endurance

13.2.1 The direct method of endurance testing

13.2.1.1 Speed endurance and anaerobic-alactic capacity testing requiring maximal effort

- Speed of the PCr level restoration

- The Running Based Anaerobic Sprint Test (RAST)

- Index of fatigue during sprint

13.2.1.2 Body parts endurance testing requiring maximal effort

- Push-up

- Dip

- Sit-up

13.2.1.3 Speed endurance and anaerobic-glycolytic power testing requiring maximal effort

- Shuttle run

- 300 / 400 meters sprint

- 3 × 400 meters sprint

- The Szogy-Cherebetiu 1 minute test

- The PWCmax 6' test

- 500 meters rowing

13.2.1.4 Speed endurance and anaerobic-glycolytic capacity testing requiring maximal effort

- The Henman shuttle test

- The Cross-fit test

13.2.1.5 Strength endurance testing requiring maximal effort

- Barbell back squat

- Hip sled (machine)

- *“Pistol” squat*
- *Isometric squat*
- *Barbell bench press*
- *Push-up*
- *Pull-up*
- *Bench barbell row*
- *Isometric pull up*
- *Sit up*
- *Crunch*
- *Sitting leg flexion-extension*
- *Frontal “plank”*
- *Side “plank”*
- *The Biering-Sorensen test*

13.2.1.6 VO<sub>2</sub> max and aerobic endurance testing requiring maximal effort

- *The Cooper test*
- *1.5 miles (2.4 km) run*
- *The Multistage shuttle test (MST-20)*
- *The Nowacki test*

13.2.1.7 Lactate threshold and aerobic endurance testing requiring maximal effort

- *The laboratory test*

13.2.1.8 Onset of blood lactate accumulation and aerobic endurance testing requiring maximal effort

- *The Conconi test*
- *The onset of blood lactate accumulation test*
- *The constant load test*
- *The incremental load test*

13.2.1.9 Aerobic endurance testing requiring maximal effort

- *The critical power test*
- *The Cunningham and Faulkner test*
- *2 km rowing*

13.2.2 The indirect method of endurance testing (submaximal)

- *3 km run maintaining 160 bpm heart rate*
- *The Letunov test*
- *The PWC<sub>170</sub> test*
- *The Astrand test*
- *The Harvard step-test*

13.3 Specific endurance of a hockey player testing

- *Skating on-ice shuttle run 5 × 54 meters*
- *Skating on-ice shuttle run 12 × 18 meters*
- *The skating multistage aerobic test (SMAT)*
- *The 8-minute skating test*

13.4 Specific endurance of a hockey goaltender testing

- *Skating on-ice shuttle run 10 × 10 meters*

**CHAPTER 14. Flexibility**

- 14.1 Metrology of flexibility
  - 14.1.1 Factors affecting flexibility
- 14.2 Tests to assess flexibility
  - *The shoulder joint flexibility test*
  - *The spinal column flexibility test*
  - *The hip joint flexibility test*
  - *The knee joint flexibility test*
  - *The ankle joint flexibility test*

**CHAPTER 15. Coordination abilities**

- 15.1 Metrology of coordination abilities
  - 15.1.1 Coordination abilities classification
  - 15.1.2 Criteria for coordination abilities assessment
- 15.2 Tests to assess coordination abilities
  1. *3 × 10 meters shuttle run*
  2. *Triple somersault*
  3. *Sitting tennis ball throw (distance emphasis)*
  4. *Sitting tennis ball throw (accuracy emphasis)*
  5. *A basketball dribbling with changes of direction of movement*
  - 15.2.1 Coordination of movement testing
    - *The Y Balance test*
    - *Coordination of movement testing using a coordination meter*
  - 15.2.2 Balance testing
    - *The static and dynamic equilibrium test*
    - *The Romberg test*
    - *The flamingo test*
  - 15.2.3 Accuracy of estimating movement parameters testing
    - *Accuracy of estimating range of motion*
    - *Accuracy of estimating the level of effort*
    - *Accuracy of estimating the level of effort in jumping*
    - *Accuracy of estimating time intervals*
  - 15.2.4 Coordination abilities in their complex manifestation testing
    - *4 × 9 meters shuttle run*
    - *Coordination abilities index*
    - *The Nikonov test*
    - *The pro agility test*
    - *10 × 5 meters shuttle run*
    - *The t-test*
    - *The Balsom agility test*
    - *The 3-cone shuttle drill test (L-drill)*
    - *The Illinois agility test (IAT)*
    - *The square agility test*
    - *The cross agility test*
    - *The Edgren side step test (ESST)*

- 505
- *The quadrant jump test*
- *The hexagon jump test*
- *The wall pass test*
- 15.3 Tests to assess specific coordination and technical abilities of a hockey player
  - 15.3.1 Tests to assess skating and stickhandling technique of a hockey player
    - 15.3.1.1 Crossover skating technique testing
      - *On-ice crossover skating forward / backwards with / without the puck over the face-off circle*
      - *On-ice skating "8"*
    - 15.3.1.2 On-ice change of direction ability of a hockey player testing
      - *54 meters on-ice zig-zag skating with the puck*
      - *On-ice zig-zag skating with / without the puck*
    - 15.3.1.3 On-ice turn technique of a hockey player testing
      - *The tight turns test*
    - 15.3.1.4 On-ice forward to backwards skating transition testing
      - *On-ice transition from backwards to forward skating*
      - *On-ice transition from forward to backwards skating with change of direction*
      - *On-ice zig-zag skating*
    - 15.3.1.5 On-ice stickhandling technique of a hockey player testing
      - *The on-ice high-speed stickhandling test*
    - 15.3.1.6 Specific coordination abilities of a hockey player in their complex manifestation testing
      - *On-ice zig-zag skating with / without the puck*
      - *The IIHF agility test*
      - *The on-ice short zig-zag skating with / without the puck test*
      - *The on-ice stickhandling test*
  - 15.3.2 Tests to assess deceleration and change of direction ability
    - *The on-ice stop and start test*
    - *9 – 18 – 9 meters on-ice shuttle run*
    - *6 × 9 meters on-ice shuttle run*
  - 15.3.3 Tests to assess shooting and passing accuracy
    - 15.3.3.1 On-ice shooting accuracy testing
      - *On-ice shield accuracy shooting*
      - *On-ice accuracy shooting with time limit*
      - *On-ice accuracy forehand / backhand shooting*
      - *The draftkings NHL accuracy shooting*
      - *The IIHF on-ice accuracy shooting test*
      - *The on-ice accuracy shooting in motion test for forwards*
      - *The on-ice accuracy shooting in motion test for defencemen*
    - 15.3.3.1 On-ice passing accuracy testing
      - *The passing technique test*
      - *The on-ice accuracy forehand / backhand passing in motion test*

15.4 Tests to assess specific coordination and technical abilities of a hockey goaltender

15.4.1 On-ice shuffle technique testing

- *4 × 2.5 meters on-ice shuffle shuttle*

15.4.2 On-ice t-push technique testing

- *14 meters on-ice zig-zag t-push*

15.4.3 On-ice slide technique testing

- *The on-ice sliding test*

- *The on-ice multiple sliding test*

- *The on-ice Y test*

15.4.4 On-ice rebound control testing

- *The on-ice rebound control test*

15.4.5 Specific coordination abilities of a hockey player in their complex manifestation testing

- *The “iron cross”*

- *The complex test*

## **CHAPTER 16. Interconnection between various physical abilities on- and off-ice**

16.1 Interconnection of speed, speed-strength and strength abilities of hockey players on-ice and off-ice

16.1.1 Research methodology

16.1.2 Results

16.2 Interconnection of various coordination abilities of hockey players

16.2.1 Research methodology

16.2.2 Results

## **CHAPTER 17. Testing recommendations**

17.1 Optimal testing battery for general and specific physical abilities assessment

17.2 Data analysis

17.2.1 Training periodization planning based on the competition schedule

17.2.2 Testing protocol design

17.2.3 Individualization

17.2.4 Training progress monitoring and evaluation of efficiency of the training program

**Conclusion**

**References**

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**NOTES**