



**PHYSICAL TESTING BENCHMARKS  
DEVELOPMENT PROGRAMME LEVEL  
NZTD/NZSS**

PROTOCOL	BENCHMARK	SILVER FERNS STANDARD
<b>POWER/ELEVATION</b>		
Broad Jump (cm)	210cm	>250cm
Vertical Jump (cm)	45cm	>65cm
<b>STRENGTH</b>		
MCS- BODY WEIGHT ROUTINE		
<b>SPEED</b>		
5-0-5	<2.45s	<2.29s
5m	<1.1s	<1.00s
10m	<1.8s	<1.70s
40m	7.75s	<6.95s
<b>AEROBIC</b>		
Yo-Yo	GS 15.5	18.1+
	GA 16+	18.6+
	WA 16.5+	19.2+
	C 16.5+	20.1+
	WD 16.5+	18.6+
	GD 16.5+	18.6+
	GK 15.5+	17.6+