



## 2010 U.S. Army National Combine Combine Testing Information

Combine tests consist of body measurements, physical tests and position-specific drills. Physical tests are used to determine a player's size, speed, quickness and strength. Position drills allow players to demonstrate their ability in fundamental skill areas necessary for their position.

### Body Measurements

- Height
  - Height and weight measurements determine a player's size. Height is measured to 1/8th of an inch accuracy.
- Weight
  - Weight is measured to the nearest pound.
- Reach Measurement
  - Highest reach is measured with one arm fully extended over head (dominant arm).
- Body Photo
  - The body portrait provides a visual image of a player's body type and build. Players are photographed from the front only.

### Physical Tests

- 40 Yard Dash
  - The 40 yard dash is a measure of straight ahead speed. Each player runs twice. Two times are recorded for each run.
- 20 Yard Short Shuttle (5-10-5)
  - The 20 yard short shuttle is a measure of quickness. Each player is timed twice, once to the left and once to the right. Both times are recorded.
- Vertical Jump
  - The vertical jump is a measure of lower body strength. The test is conducted using the Vertec measuring device. Each player jumps twice. The highest jump is scored.
- 185lb. Bench Press (optional and conducted during registration – Friday, January 8, 2010)
  - The 185 pound bench press is a measure of upper body strength. Each player completes as many repetitions as possible.

### Position Drills

- Quarterback
  - QB's throw to TE's, RB's and WR's during 1-on-1 pass coverage.
- Running Back/Linebacker
  - RB's run routes against LB's in 1-on-1 pass coverage.
- Tight End
  - TE's run routes against LB's in 1-on-1 pass coverage.
- Wide Receiver/Defensive Back
  - WR's run routes against DB's in 1-on-1 pass coverage.
- Offensive/Defensive Line
  - OL/DL perform agility drills and 1-on-1 pass block vs. pass rush.

**\*NOTE:** All Combine athletes are required to bring their own cleats for the Field Turn surface.