



## **Effective Yo-yo Testing for Umpires**

The Yo-Yo Test measures your VO<sub>2</sub> Max which is the maximum rate at which the heart, lungs, and muscles can effectively use oxygen during exercise. The Yo-Yo Test is used as a way of measuring a person's individual aerobic capacity and it's how Netball New Zealand measures the fitness of its umpires.

The Yo-Yo Test is not easy, but there are ways in which you can prepare to give yourselves the best chance to prepare.

### **Be Fit**

The best way to be ready for the test is to get as fit as you possibly can. Before commencing any rigorous training programme, it is recommended you consult with a fitness expert.

### **Warm-up**

Warming-up properly ensures that your body is ready for the test and reduces the risk of injury. Spend some time going through some gentle jogging, dynamic stretching and ease into some gentle turns like those you will encounter during the test. Get your blood pumping and your muscles warm, but avoid doing anything so vigorous that it wears you out for the actual test!

### **Turn Efficiently**

Repetitive turning is what makes the test difficult compared to running the same distance in a straight line. This makes turning technique important. An efficient technique can save distance and the number of steps you take during the test.

**Run in a straight line and place one foot on the line when you turn.** Every cm saved during the test adds up. If you can reduce the distance travelled during the test you will have a little more energy before you have to stop.

**Make sure your turning technique is efficient.** Dip into the turn as you approach the line, and then push back in the direction in which you came. Try to keep your stride length even and not shuffle into the turn. Turn on the spot and try not to perform wide arcing turns.

**Practice turning off different feet.** Some people prefer to turn using the same foot. Some people turn with a different foot each time so that each leg fatigued equally and stress was not placed on one leg. Trial different approaches and settle on what works best for you.

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## **Prepare Well**

Get your body ready for the test by making sure that you are properly hydrated, have eaten a light meal approximately 1-2 hours before the test and have had enough sleep.

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## **Don't give up**

The Yo-Yo Test is a mental test as much as a physical test. Don't give up!

You **will** want to quit. If your mentality is to be stopped as opposed to stopping when you think you have had enough, you might surprise yourself.

When you want to quit, challenge yourself to run just one more shuttle or to keep going until the next person pulls out.

## **Pace yourself**

Don't focus on the other runners. Focus on your own test.

You may want to get ahead of the beeps, particularly early. There is nothing to gain by being ahead, you will only tire yourself unnecessarily. Conserve your energy by meeting the beeps each time.