

# Fitness Testing: Netball Bronco

## Netball is an endurance power-based sport.

This means that players rely on both aerobic (oxygen reliant) and anaerobic fitness in the duration of the game. Fitness testing helps both players and coaches understand what the team is capable of.

## Why Test?

### Mistakes happen when players fatigue.

Community Netball engages many different people, each of which have different motivations to play, different skills, and different levels of fitness. Fitness testing can help you as a coach to understand how to train and play your players in a way that improves performance and minimises the risk of injury.

## The Netball Bronco - A Netball specific aerobic fitness test

NSDWU Bronco
Section A: Strengthening
Section B: Running
<b>Bronco Test</b>
Section C: Dynamic Prep
Section D: Netball Specific Prep

- Takes approximately 5 minutes total.
- At training the Bronco can be run as part of the warm-up.
- Testing should be repeated no more than every 4-6 weeks.



## Netball Bronco vs Yo-yo Intermittent Recovery Test

Bronco Time (minutes)	Estimated Yo-yo (score)
3.05 - < 3.00	19 - 20
3.12 - 3.05	18 - 19
3.20 - 3.12	17 - 18
3.32 - 3.20	16 - 17
3.45 - 3.32	15 - 16
3.55 - 3.45	14 - 15
> 4.00	14 or less

- There is a strong relationship between the Bronco and the Yo-yo.
- The Bronco test can be used to indicate Yo-yo scores.
- These tests look at slightly different fitness qualities and one should not be used in place of the other in performance pathways.

# Bronco Testing Protocol

1. All players start on the baseline.
2. On "GO!" the tester will start the timer and players will run six continuous full court shuttles as fast as they can.
3. Each players time will be recorded when they pass the baseline after completing their sixth shuttle.

Starting on the baseline, run to the first transverse line and back to the baseline, then turn and run to the second transverse line and back to the baseline, then turn and run the whole court and back to the baseline. This is one repetition that will be repeated six times.

## Equipment:

- Stopwatch
- Netball Court

**Note:** Testing should be repeated every 4-6 weeks to keep track of player progress.

## Did you know?

Position	Metres run in a game at club level	Expected level at New Zealand Secondary School - Yo-yo	Expected level at New Zealand Secondary School - Bronco
C	4724	18.1 - 19.5	< 3.08
WD	3411	17.4 - 18.7	< 3.13
WA	3733	17.4 - 18.7	< 3.13
GD	3534	16.8 - 18.2	< 3.21
GA	3841	16.8 - 18.2	< 3.21
GS	1650	15.6 - 17.1	< 3.38
GK	1651	15.6 - 17.1	< 3.38

See [NetballSmart.co.nz](http://NetballSmart.co.nz) Preparation programme for some fitness ideas

