

Endeavor Performance Training Assessment

Name_____ Date_____

Age_____ Years Playing_____ Team_____

Height_____ Weight_____ Writing Hand_____ Shooting Hand_____

Functional Movement Screen

Test	Left	Right
Deep Squat		
Hurdle Step (Step Leg)		
In-Line Lunge (Front Leg)		
Shoulder Mobility (Top Hand)		
Active Straight Leg Raise		
Trunk Stability Push-Up		
Rotary Stability		
Total		

Range of Motion Assessments

	Left		Right	
	Internal Rotation	External Rotation	Internal Rotation	External Rotation
Hips Flexed				
Hips Extended				
Glenohohumeral				

Craig's Test: Left_____ Right_____

Quadruped Rock: Hip Flexion Angle_____ Limitation: ☐ Anterior ☐ Posterior

Prone Forearm Push-Up: Scapular Winging ☐ Left ☐ Right

Self-Myofascial Release

Foam Roll

- ☐ Hip Flexor
- ☐ Outside Thigh
- ☐ Front Thigh
- ☐ Inner Thigh
- ☐ Butt
- ☐ Inside Shoulder Blade
- ☐ Outside Shoulder Blade
- ☐ 3-Way Upper Back Extensions

Med Ball

- ☐ Chest
- ☐ Outer Back Thigh

Lacrosse Ball

- ☐ Bottom Foot
- ☐ Outer Back Lower Leg

Lifting Technique

- ☐ Reverse Lunge
- ☐ Push-Up
- ☐ Pull Through
- ☐ Low Pulley Row

Broad Jump: 1st_____ 2nd_____

Comments: _____