



PENN STATE FOOTBALL



# VIRTUAL COMBINE



CLICK PLAY BUTTON TO  
VIEW INSTRUCTIONAL VIDEO



## Prospects and Coaches,

The best way for college coaches to evaluate prospective student-athletes is to see them perform live and in-person, but often times this is not an option. Our goal here is to provide prospects with detailed instructions on how to best showcase their talents to college coaches when in-person evaluation opportunities are not available. In this instructional packet and accompanying videos, we demonstrate how prospects and high school / junior college coaches can work together to properly film prospects performing measurements, testing and drills that college coaches value in the evaluation process. Please follow these instructions and demonstrations as closely as possible to allow college coaches the best footage for evaluation purposes.

## Guidelines

- ***Please be sure to follow all federal, state and local COVID-19 guidelines***
- Please be sure to take all necessary health and safety precautions
- Please be sure to properly warmup and hydrate
- Please wear the same shorts and shirt throughout the entire measurement and testing process
  - This will allow college coaches to identify and recognize you more easily
- Testing should be performed on a **turf football field**
  - This will provide you with the fastest and most consistent surface and it will provide college coaches with the assurance of accurate distances
- All testing videos and pictures should be submitted in their raw form (**do NOT edit or combine**)

## Getting Started

- Print one copy of this instructional packet which includes step by step instructions, list of required materials and two height charts
  - Be sure to select “**Print Actual Size**” and “Print One Sided”
  - Be sure to **verify the accuracy of the height charts** using your 10-30 foot tape measure
- Save instructional packet to your phone so you can reference the instructions and videos while testing
- Watch the Full Instructional Video prior to beginning the virtual combine process and then rewatch each individual video prior to filming that event

## Instructional Videos (Click to Watch)

- [Full Instructional Video](#)
- [Introduction Video](#)
  - [Height Video](#)
  - [Weight Video](#)
  - [Hand Video](#)
  - [Arm Video](#)
  - [Wingspan Video](#)
  - [Bench Video](#)
  - [Broad Jump Video](#)
  - [Triple Broad Jump Video](#)
  - [40 Yard Dash Video](#)
  - [Pro Agility Video](#)
  - [Flexibility Drills Video](#)
  - [Submission Process Video](#)

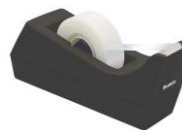
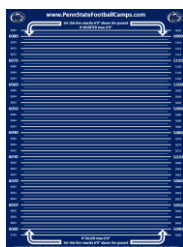
## Submission Process (No Cost Involved)

- The Submission Process should be completed using the same phone in which the testing videos and pictures were filmed to allow for direct upload
- Upload speeds will be impacted by the quality of your WiFi Network so you may want to consider completing the Submission Process while connected to a school, business or coffee shop WiFi Network
- The Submission Process must be completed all at one time so be sure to have everything you need
- Click on the following link to complete the Submission Process (if you are unable to open the link you may need to create a Gmail account to allow for the upload of files required by the Google Submission Form)

[Google Submission Form](#)



## Height



## Weight



**Hand  
Arm  
Wingspan**



## Bench



**BJ**  
**3xBJ**



## 40 Pro Agility



## Drills Submission



**PENNA STATE TESTING CARD**

Sending's Date (Month/Day/Year) \_\_\_\_\_

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Birth Date (Month/Day/Year) \_\_\_\_\_

Toddler Handle: \_\_\_\_\_

HS/SCCO Name: \_\_\_\_\_

HS/SCCO State: \_\_\_\_\_

HS/SCCO Graduation Year: \_\_\_\_\_

Preferred College Position (Circle One Only)

QB PR WR TE OLC OF DT DE LB S CB X P K FS

**Scouting Records**

Height: \_\_\_\_\_ ft \_\_\_\_\_ in

Weight: \_\_\_\_\_ lb \_\_\_\_\_ in

Hand: \_\_\_\_\_ ft \_\_\_\_\_ in

Arm: \_\_\_\_\_ ft \_\_\_\_\_ in

Wingspan: \_\_\_\_\_ ft \_\_\_\_\_ in

Reach: \_\_\_\_\_ ft \_\_\_\_\_ in

\_\_\_\_\_ ft \_\_\_\_\_ in

\_\_\_\_\_ ft \_\_\_\_\_ in



Set this line exactly 6'0" above the ground  
If SHORTER than 6'0"

6082		6002
<b>6080</b>		<b>6000</b>
6076		5116
6074		5114
6072		5112
<b>6070</b>		<b>5110</b>
6066		5106
6064		5104
6062		5102
<b>6060</b>		<b>5100</b>
6056		5096
6054		5094
6052		5092
<b>6050</b>		<b>5090</b>
6046		5086
6044		5084
6042		5082
<b>6040</b>		<b>5080</b>
6036		5076
6034		5074
6032		5072
<b>6030</b>		<b>5070</b>
6026		5066
6024		5064
6022		5062
<b>6020</b>		<b>5060</b>
6016		5056
6014		5054
6012		5052
<b>6010</b>		<b>5050</b>
6006		5046
6004		5044
6002		5042
<b>6000</b>		<b>5040</b>
5116		5036

If TALLER than 6'0"  
Set this line exactly 6'0" above the ground



Set this line exactly 6'0" above the ground  
If SHORTER than 6'0"

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<b>6080</b>		<b>6000</b>
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<b>6000</b>		<b>5040</b>
5116		5036

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Set this line exactly 6'0" above the ground



# WARMUP INFORMATION



## Bench Press Warmup

- Decide on 135, 185 or 225 lb. rep test based on your strength level
- Perform proper warmup sets
  - 135 lb. Warmup:
    - 65 lbs. x 8 reps
    - 95 lbs. x 5 reps
    - 115 lbs. x 3 reps
  - 185 lb. Warmup:
    - 95 lbs. x 8 reps
    - 135 lbs. x 5 reps
    - 165 lbs. x 3 reps
  - 225 lb. Warmup:
    - 135 lbs. x 8 reps
    - 185 lbs. x 5 reps
    - 205 lbs. x 3 reps

## Field Testing Warmup

- If you have a warmup routine that you like you should use it before starting field testing
- Otherwise follow the general warmup plan detailed below before starting field testing
- Dynamic Warmup
  - Power skips for height 2 x 20 yards
  - Backpedal 2 x 20 yards
  - Shuffle with arm swing 2 x 20 yards
  - High knees 2 x 10 yards
  - Backwards knee up & out skip 2 x 20 yards
- Dynamic Flexibility
  - Frankensteins 1 x 15 yards
  - Walking quad 1 x 15 yards
  - Front Lunge 8 steps each leg
  - Hamstring Scoops 1 x 15 yards
  - Lateral Lunge 8 steps each leg
- Static Flexibility
  - Stationary squat 20 seconds
  - Three-way seated hamstring 20 seconds each way
  - Butterfly groin stretch 20 seconds
  - Lying quad 20 seconds each leg
  - Standing stationary RDL 20 seconds
- Activation
  - Tuck Jumps 1 x 6 reps as high as possible
- Active Warmup
  - Striders 4 x 30 yards (50% / 60% / 70% / 80%)
- Broad Jump Warmup (to be done after General Warmup and before Broad Jump)
  - 3 practice reps of broad jump with built up intensity for every rep
- Triple Broad Jump Warmup (to be done after Broad Jump and before Triple Broad Jump)
  - 2 submaximal practice reps of triple broad jump with focus on technique and landing
- 40 Yard Dash Warmup (to be done after Triple Broad Jump and before 40 Yard Dash)
  - 3-Point Stance Starts 2 x 10 yards (80% / 100%)
  - Buildup 1 x 40 yards (85%)
  - Flying 20 1 x 50 yards (15 yards easy > 20 yards full > 15 yards easy)
  - Buildup 1 x 40 yards (90%)
- Pro Agility Warmup (to be done after 40 Yard Dash and before Pro Agility Testing)
  - Practice Pro Agility 4 x Pro Agility (Walk Thru / 60% / 80% / 95%)



# PENN STATE TESTING CARD



Today's Date (Month/Day/Year): \_\_\_\_\_

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Birth Date (Month/Day/Year): \_\_\_\_\_

Twitter Handle: \_\_\_\_\_

HS/JUCO Name: \_\_\_\_\_

HS/JUCO State: \_\_\_\_\_

HS/JUCO Graduation Year: \_\_\_\_\_

Preferred College Position (Circle ONE Only):

QB RB WR TE OGC OT DT DE LB S CB K P LS

## Testing Results

Height: \_\_\_\_\_ BJ: \_\_\_\_\_ ft. \_\_\_\_\_ in.

Weight: \_\_\_\_\_ 3xBJ: \_\_\_\_\_ ft. \_\_\_\_\_ in.

Hand: \_\_\_\_\_ 40-A: \_\_\_\_\_

Arm: \_\_\_\_\_ 40-B: \_\_\_\_\_

Wingspan: \_\_\_\_\_ PA-A: \_\_\_\_\_

Bench: \_\_\_\_\_ lbs. \_\_\_\_\_ reps. PA-B: \_\_\_\_\_