

2020 National Combine

The **SAT**®

the Standardized Athlete Test

- **What.**
- **How.**
- **Why.**

It's On You®



**ZYBEK
Sports**

**USPTO Serial 87192776
USPTO Serial 5348885**



SAT[®] Standardized Athlete Test What.

- ◎ Measures Athleticism. Not skills.
- ◎ Same as Professional Football.

Same Tests:

- 40 Yard Dash
- ProAgility
- 3 Cone
- Broad Jump
- Vertical Jump
- Power Pushup*

Same Procedures:

- Position Start for 40
- Same 3 cone
- Max Vertical

Same Equipment:

- Electronic Timing
- Flag for Vertical Jump

*Power Pushup
replaces bench press



SAT[®] Standardized Athlete Test How.

◎ Timed Tests:

- Block the sensor.
- When coach says “It’s on you” – Go when you are ready.
Your time starts when you leave the line.

◎ Broad Jump:

- Position toes behind the line; jump / stationary landing.
- Athlete ID Scanned / Distance Scanned

◎ Vertical Jump:

- Jump from stationary position.
- Athlete ID scanned / Height Jump entered.




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SAT[®] Standardized Athlete Test Why.

◎ Know how you compare [here:](#)




2020 National Combine




SAT[®]

The Standardized Athlete Test

Produced by






Steven Bua
SAT[®] Results

Steven Bua	LB				
PVMHS	Class				
Peabody, Massachusetts	2021				
Height:	5' 11"				
Weight:	178 lbs				
Wing Span:	6' 2"				
Reach:	7' 2"				
Hand Span:	8.25"				
Test Dates:	January 4, 2019				
Facility:	Alamodome				
Location:	San Antonio, TX				
Surface / Conditions:	Artificial Turf / Indoors				
Test Systems:	ZybekSports.com				

Power Index

208




■ =Event ■ =Professional

	Test	Athlete ¹ Performance	Event Average	Event Rank	Number tested
Speed	10 yard dash	1.837	1.865	282	534
	20 yard split	3.028	3.052	297	534
	40 yard split	5.196	5.244	294	534
Power	Vertical Jump	36.0	29.9	43	516
	Broad Jump	112	101	65	532
Agility	5-10-5	4.327	4.776	31	534
	3 Cone		7.937		532

Notes

- (1) Best result for athlete at event
- (2) Average and rank for all athletes at event
- (3) Power index is a composite athlete index.
Red zone: range of athletes at event.
Blue zone: range of professional athlete.



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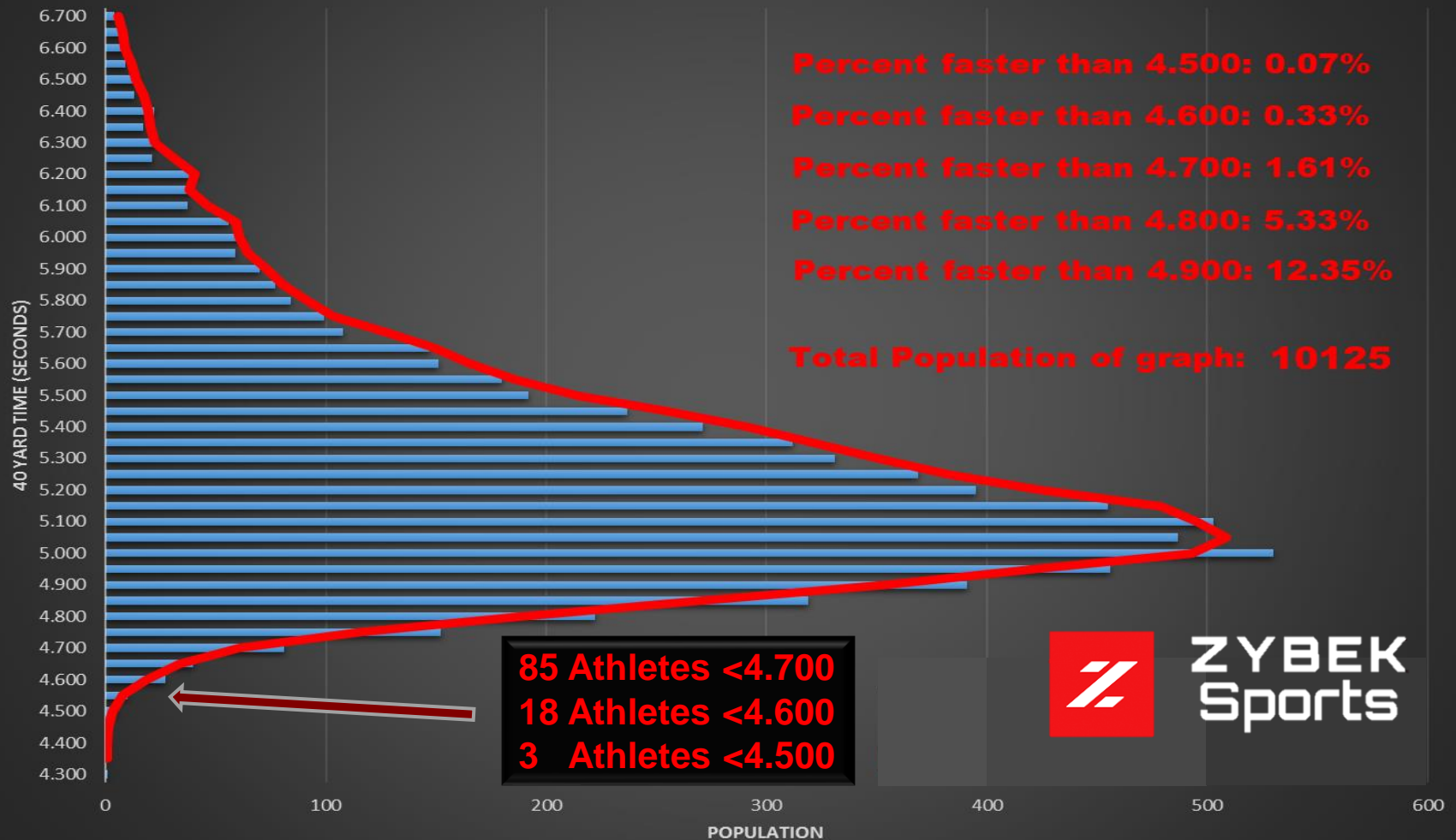
www.zybeksports.com @ZybekSports

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SAT[®] Standardized Athlete Test Why.

◎ Know how you compare World Wide:

40 Yard Dash - Population Tested at Series



SAT[®] Standardized Athlete Test Why.

© Know how you can get better:

Jersey 1 v. Jersey 2

Army Combine 1/4/2013 10/20/40 yard results

Jersey # 1 Group Gold 12 Position: WR

Name: ██████████

Rank:	10 Yard	20 Yard	40 Yard
Event Rank (out of 521)	381	324	238
Position Rank (out of 86)	78	70	66

Time Results:	Athlete Time	Event Average	% of Average
10 Yard time	1.883	1.823	103%
20 Yard time	2.995	2.991	100%
40 Yard time	5.05	5.127	98%

Army Combine 1/4/2013 10/20/40 yard results

Jersey #: 2 Group: Gold 11 Position: WR

Name: ██████████

Rank:	10 Yard	20 Yard	40 Yard
Event Rank (out of 521)	29	20	21
Position Rank (out of 86)	4	4	8

Time Results:	Athlete Time	Event Average	% of Average
10 Yard time	1.664	1.823	91%
20 Yard time	2.746	2.991	92%
40 Yard time	4.701	5.127	92%



The power of the data

It's On You[®]

SAT[®] Standardized Athlete Test Why.

- ◎ Know how you can get better:

Jersey 1 v. Jersey 2

From the data - we know:

Jersey 1: 'Passed' 12 WR's before the 40.

Prescription: work on start.

Jersey 2: 'Was passed' by 4 WRs before 40.

Prescription: work on top-end speed.

Jersey 2 finished 0.351 seconds before Jersey 1

SAT[®] Standardized Athlete Test Why.

◎ Know how you can get better:

Jersey 1 v. Jersey 2

Army Combine 1/4/2013

10/20/40 yard results

Jersey #: 1 Group Gold 12 Position: WR

Name:

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It's On You™

SAT[®] Standardized Athlete Test Why.

Notes:

- ◎ The Real Time in the 40:
 - “Slower” Time with Fully Automated Timing
- ◎ The SAT[®]
- ◎ It's On You[®]
- ◎ Watch for email.

SAT[®] Standardized Athlete Test Why.

- ◎ Small Differences in measured performance
.....can make a big difference in a career.
- ◎ Be proud you have made it to this event.
The resources here can make a big difference.
- ◎ Details on optional Expanded Athlete Analysis
 - ➔ Where you are.
 - Know: ➔ Where you want to be.
 - ➔ Where you dream to be.
- ◎ Use every tool you have to build your future.