



Acceleration

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14

NBA COMBINE TESTING

ATHLETE RESULT COMPARISON

How did you compare?
What can you work on?

Name	Year of Test	Age	No Step Vertical Jump (Inches)	No Step Vertical Jump (cm)	Maximum Vertical Jump (Inches)	Maximum Vertical Jump (cm)	No Step Total Jump (cm)	Lane Agility (Seconds)	3/4 Court Sprint (Seconds)
Male Results									
Michael Jordan	1984	21	-	-	46	116.84	-	-	-
Blake Griffin	2009	20	32	81.28	35.5	90.17	347.98	10.95	3.28
DeMar DeRozan	2009	20	29	73.66	38.5	97.79	334.01	11.88	3.31
James Harden	2009	20	31.5	80.01	37	93.98	342.9	11.1	3.13
Patrick Mills	2009	21	27.5	69.85	33	83.82	311.15	10.87	3.1
Stephen Curry	2009	21	29.5	74.93	35.5	90.17	321.31	11.07	3.28
Joe Ingles	2009	22	26	66.04	31	78.74	332.74	10.66	3.3
Kawhi Leonard	2011	20	26	66.04	-	-	-	11.45	3.15
Damien Lillard	2012	22	34.5	87.63	-	-	-	11.15	3.34
Donovan Mitchell	2017	21	36.5	92.71	-	-	-	11.53	3.01
Australian Male Average	2021	14	21.92	55.67	-	-	317	12.62	3.83
Australian Male Average	2021	15	25.34	64.10	-	-	314	12.09	3.44
Female Results									
Pro Basketball, Las Vegas Average	2015	18+	-	-	-	-	-	10.83	3.6
Australian Female Average	2021	13	17.56	44.6	-	-	280	13.96	4.08
Australian Female Average	2021	15	19.17	48.7	-	-	277.3	13.56	3.91

Contact Acceleration to Work on Your Basketball Goals

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