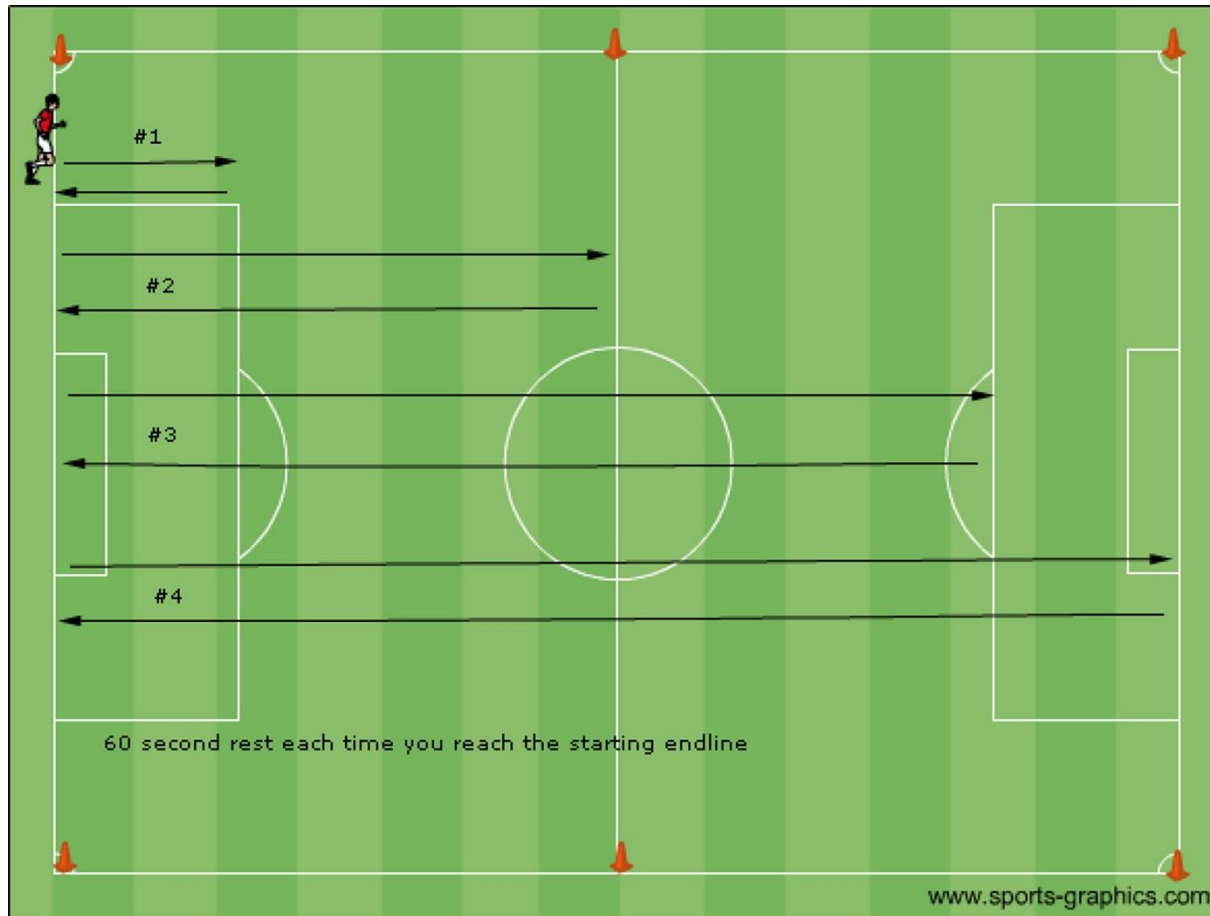


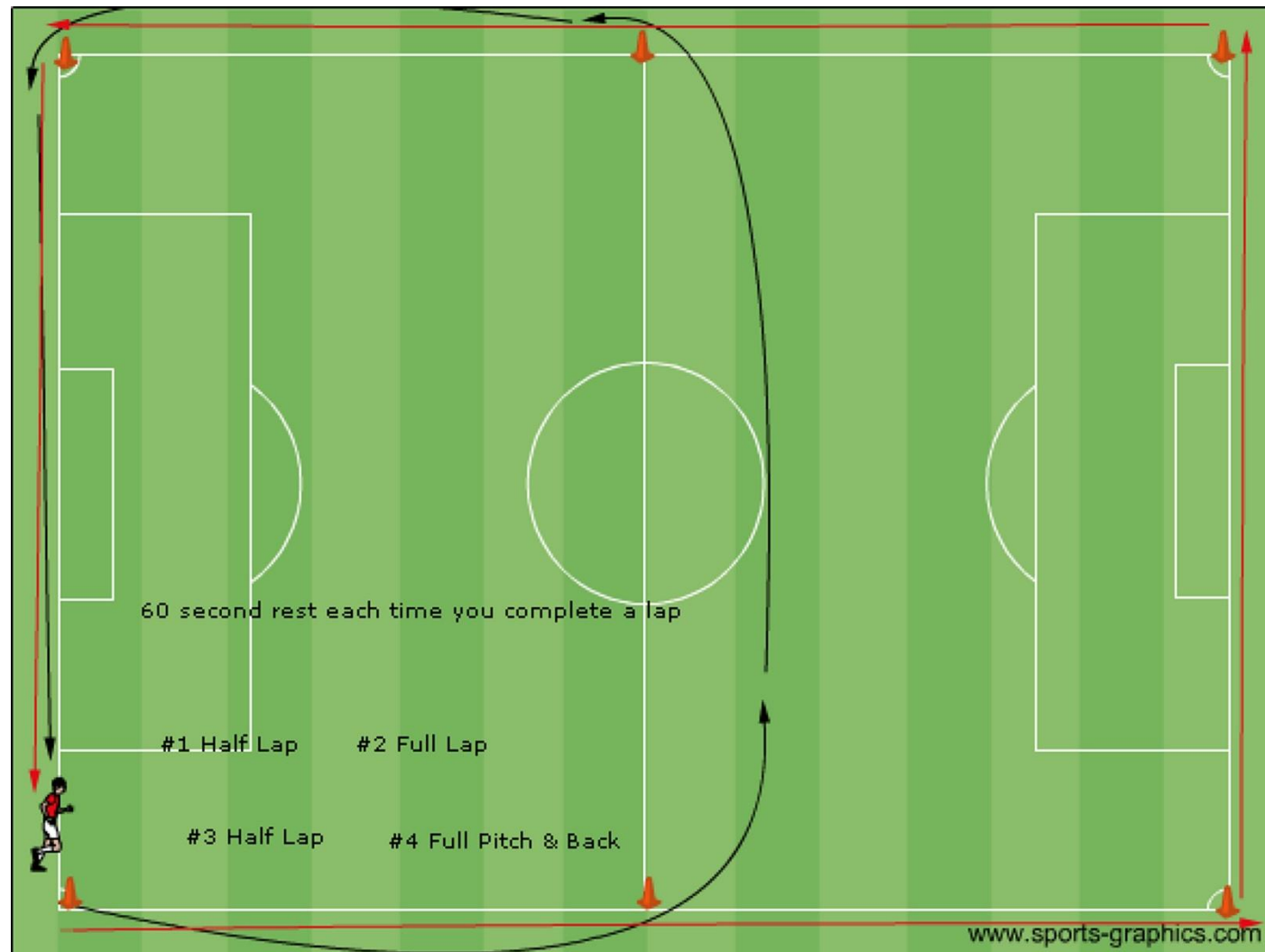
Soccer Fitness Test

Time the run. You are looking for improvement in your time each time you are tested. Do not test more than once per week.

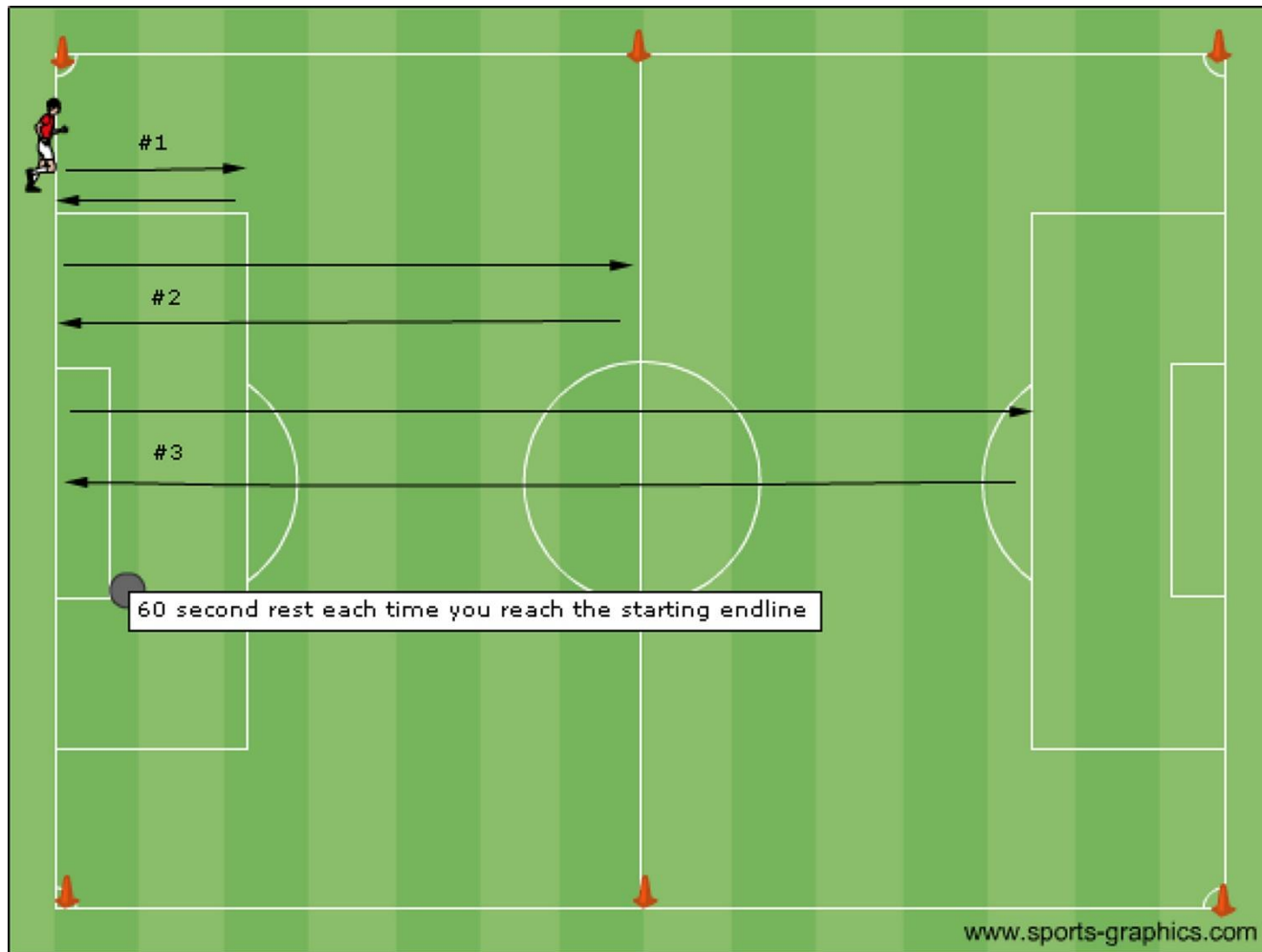


Start on the end line
Top of the 18 yard box and back-rest 60 sec.
Half Field & back-rest 60 sec.
Top of the opposite 18 yrd box & back-rest 60 sec.
Full field & back-rest 60 sec.
Half Field lap-rest 60 sec.
Full Field Lap-rest 60 sec.
Half Field Lap-rest 60 sec.
Full field & back-rest 60 sec.
Top of the 18 yard box & back-rest 60 sec.
Half Field & back-rest 60 sec.
Top of the opposite 18 yrd box & back-stop the clock and subtract 10 minutes for rest time.

Soccer Fitness Test



Soccer Fitness Test



Stop the clock when the player crosses the end line
Subtract 10 minutes off the time for the recovery minutes