

# **Fitness Tests for Soccer**

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The following fitness tests are routinely conducted by the US Women's National Team (WNT). The fitness tests are done throughout the season (i.e., preseason, midseason and postseason) to determine one's athletic ability and general physical fitness. Once a beginning point has been established, reasonable and appropriate goals can be set for each individual player.

## **Classes of Tests:**

- **Tests of Athleticism (Athletic Ability)**
  - Sit-Ups
  - Push-Ups
  - 20 Yard "Pro" Agility Run
  - 20 and 40 Yard Sprint
  - 40 Yard Technical Test
  
- **Tests of Fitness (Physical Fitness)**
  - 300 Yard Shuttle Run
  - Vertical Jump
  - 3 Hop Test
  - Beep or Yo-Yo Test

## **Fitness Tests for Soccer:**

- **Sit-Ups**

One minute timed test. Partner holds down feet and hands are locked behind the head. Start in the up position and elbows must touch the knees and shoulders must touch the ground each repetition. Keep record.

- **Push-Ups**

One minute timed test. Start in the up position with head and feet in a straight line. Chest must touch the ground and return to fully extended elbows each repetition. Keep record.

- **20 Yard "Pro" Agility Run**

Start with 3 cones each spread out representing 0 yards, 5 yards and 10 yards. Begin by straddling the 5 yard cone (sideways) and sprinting to the 10 yard cone, back to the 0 yard cone and to the 5 yard cone to finish. Take the better of two times. Keep record.

- **20 and 40 Yard Sprint**

Need two timers. Begin with a standing start and start time on the player's first movement. Time the split at the 20 and 40 yard marks. Take the best of three times. Keep record.

- **40 Yard Technical Test**

Begin with four cones. First cone (A) represents the starting point. The second cone (B) is placed 10 yards directly in front of the first cone. The third cone (C) is placed 5 yards to the left of the second cone and the fourth cone (D) is placed 5 yards to the right of the second cone. Player begins in a standing position and time begins on their first movement. Player sprints from cone "A" to cone "B", then sidesteps to cone "C", then sprints to cone "D", the sidesteps back to cone "B", the finishes with a backward sprint to cone "A". Keep record.

- **300 Yard Shuttle**

Start with 2 cones 25 yards apart. Have players run individually or in small groups. Have them run 6 laps back and forth for time, then rest for 5 minutes and have them repeat. Record the average time of the two. Keep record.

- **Vertical Jump**

Need a Vertek or wall with chalk and tape measurer. Player begins by taking one step to a two foot jump (takeoff). Knock Vertek or mark chalk on wall. Record the best of three jumps. Keep record.

- **3 Hop Test**

Standing long jump with three reciprocal jumps (no stops). Measure from the start to the closest heel. Record the best distance of three trials. Keep record.

- **Beep or Yo-Yo Test**

Need a beep or yo-yo test tape or CD and a boom box. Test is conducted by players running from one cone to the next and back (typically 15 yards apart), in a certain amount of time (beeps). Time between beeps is gradually increased until rhythm is broken by the player. Player is allowed one warning for not making the cone by the respective beep, the second time the players' test is completed and the number of repetitions is recorded. Keep record.