

SPRING LAKE PARK BOYS SOCCER

Fitness Test

Yo-Yo Intermittent Recovery Test - Level 1

*All athletes participating in high school boys' soccer will attempt this test.
It measures the repeated sprinting, recovery, and endurance demands needed for soccer.*

How the Test Works

Run: Athletes run 20 meters out and 20 meters back, following the audio beeps.

Recover: After each shuttle, athletes have a brief 10-second active recovery period.

Increase: The pace gradually becomes faster as the test continues.

Finish: The test ends when an athlete fails twice to reach the line before the beep or stops voluntarily.

How to Prepare

- Build fitness gradually before tryouts; do not wait until the final week.
- Include interval running, repeated short sprints, and change-of-direction work.
- Train 3 - 4 days per week while allowing recovery days.
- Practice running to an audio pace rather than sprinting every shuttle.
- Arrive well-hydrated, rested, and properly fueled.

Health and Safety

- Athletes should not test while sick, injured, or experiencing chest pain, dizziness, or unusual shortness of breath.
- Tell the coaching staff before testing about injuries, medical restrictions, or needed accommodations.
- Athletes may stop at any time if they feel unsafe (Health and safety come first).

Scoring

Scores are recorded by the last fully completed level and shuttle.

(For example, a score of 17.8 means the athlete completed the eighth shuttle of Level 17)

Minimum Program Level	Level 15.5+
Varsity Level	Level 17.5+
High-Performance Level	Level 18.5+

Important: Meeting the varsity level allows an athlete to be considered for varsity; it does not guarantee a varsity roster position. Coaches also evaluate technical skill, tactical understanding, effort, attitude, teamwork, and positional needs.

TRYOUT WEEK TESTING & PLAYER SAFETY POLICY

Every athlete will attempt the Yo-Yo fitness test on the first day of tryouts.

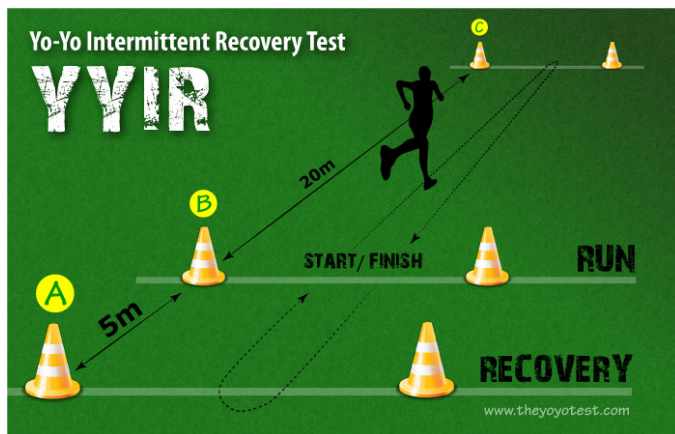
- **Daily retesting:** Athletes who do not reach the program minimum level of 15.5 will rerun the test each day of tryout week until they reach the minimum level.
- **End-of-week status:** If a player has not passed the minimum level by the end of tryout week, that player may continue participating in team practices but will not be eligible to play in games.
- **Why this policy exists:** This is for player-safety. Soccer involves repeated high-speed running, quick recovery, and sustained physical effort. The minimum standard helps coaches determine whether an athlete is physically prepared for game competition.

Our goal is not to cut athletes from the program. We want every player to have a place to develop while also protecting each athlete's health and safety. Players who need more time to meet the standard will remain part of the program through practices while building the fitness needed for safe game participation.

PRACTICE WITH THE YO-YO TEST AUDIO

Athletes are encouraged to practice with the same paced audio format used during the test

[Click here to play the Yo-Yo Intermittent Recovery Test](#)
Level 1 audio



Yo-Yo Test Recording Sheet

Yo-Yo Intermittent Recovery Test Level 1

For more information, see <https://www.theyoyotest.com/>

Level	5.1	00:32							
Level	9.1								
Level	11.1	11.2	01:49						
Level	12.1	12.2			12.3				
Level	13.1	13.2	13.3	13.4	04:09				
Level	14.1	14.2	14.3	14.4					
Level	15.1	15.2	15.3	15.4	15.5	15.6	15.7	15.8	06:43
Level	16.1	16.2	16.3	16.4	16.5	16.6	16.7	16.8	
Level	17.1	17.2	17.3	17.4	17.5	17.6	17.7	17.8	09:16
Level	18.1	18.2	18.3	18.4	18.5	18.6	18.7	18.8	
Level	19.1	19.2	19.3	19.4	19.5	19.6	19.7	19.8	11:51
Level	20.1	20.2	20.3	20.4	20.5	20.6	20.7	20.8	
Level	21.1	21.2	21.3	21.4	21.5	21.6	21.7	21.8	14:24
Level	22.1	22.2	22.3	22.4	22.5	22.6	22.7	22.8	
Level	23.1	23.2	23.3	23.4	23.5	23.6	23.7	23.8	16:53
Level	24.1	24.2	24.3	24.4	24.5	24.6	24.7	24.8	
Level	25.1	25.2	25.3	25.4	25.5	25.6	25.7	25.8	19:20
Level	26.1	26.2	26.3	26.4	26.5	26.6	26.7	26.8	
Level	27.1	27.2	27.3	27.4	27.5	27.6	27.7	27.8	21:42
Level	28.1	28.2	28.3	28.4	28.5	28.6	28.7	28.8	
Level	29.1	29.2	29.3	29.4	29.5	29.6	29.7	29.8	24:07
Level	30.1	30.2	30.3	30.4	30.5	30.6	30.7	30.8	
Level	31.1	31.2	31.3	31.4	31.5	31.6	31.7	31.8	26:26
Level	32.1	32.2	32.3	32.4	32.5	32.6	32.7	32.8	
Level	33.1	33.2	33.3	33.4	33.5	33.6	33.7	33.8	28:49
Level	34.1	34.2	34.3	34.4	34.5	34.6	34.7	34.8	

Name: _____

Goal: _____

Score: _____

Minimum Program Level:

Complete Level 15.5

Varsity Level:

Complete Level 17.5

The goal is to arrive at tryouts prepared to compete safely and consistently.

Coaches encourage athletes to use the test as motivation and as one part of their overall development.

Questions? Contact the Spring Lake Park Boys Soccer coaching staff.

