



Soccer Conditioning Monthly

Produced for the world's most innovative soccer coaches

Issue 1 Skills and Fitness Testing



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Philosophy: Developmentally Specific Training

As the players progress through our U10 to U18 age groups, it is important to have a very clear view of the big picture. We have developed the following model to guide our players through each stage of physical, technical and tactical development. To provide a clear picture of how we progress our players, you can look at the model below shown here in 3 separate pictures to highlight specific areas of our developmental model. The bottom 4 triangles make up our “foundational” blocks in this model, this is where everything starts, and although our attention may shift to other areas, we never really lose focus of these 4 categories. The next level is made up of our “connector” blocks that form the peak of larger triangles (drawing from the 2 smaller foundational triangles below). Moving up the pyramid we have our 3rd level, or “peaking” blocks, that form peaks of even larger triangles as they draw from 2 connector blocks and 3 foundational blocks. The following will show you how we use this to design our program and progress our players through the each age specific curriculum.

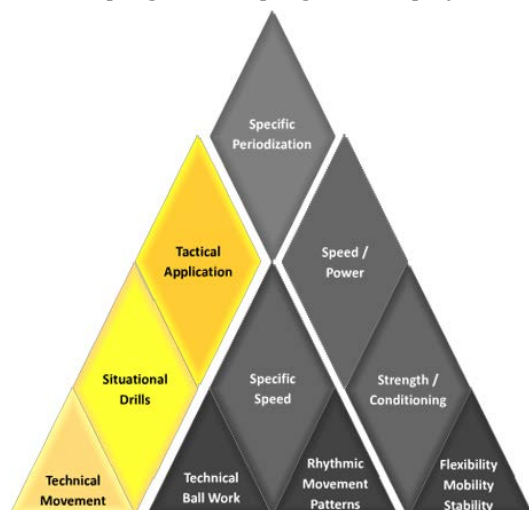


Figure 1: Practices & Games

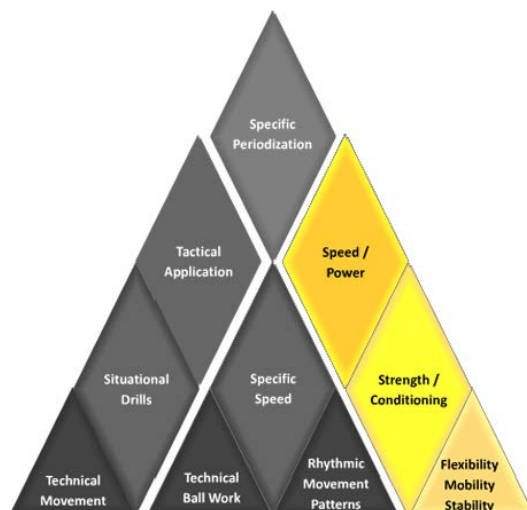


Figure 2: Off-Field Athletic Development

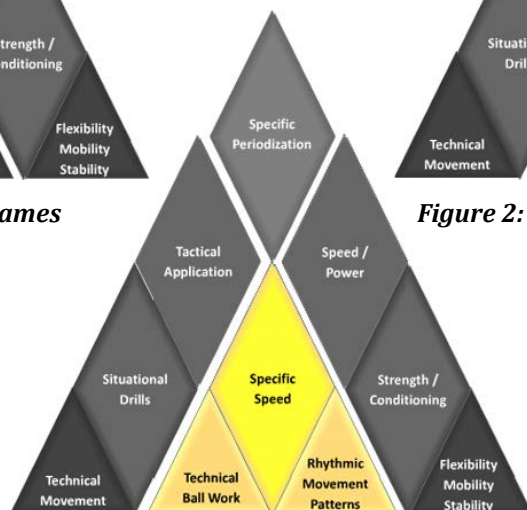


Figure 3: Functionally Integrated Training

In Figure 1 (on the left) you can see the highlighted left side of the triangle. This represents the sport specific technical and tactical development side, and covers those specific qualities of athleticism learned through team practices, scrimmages and games:

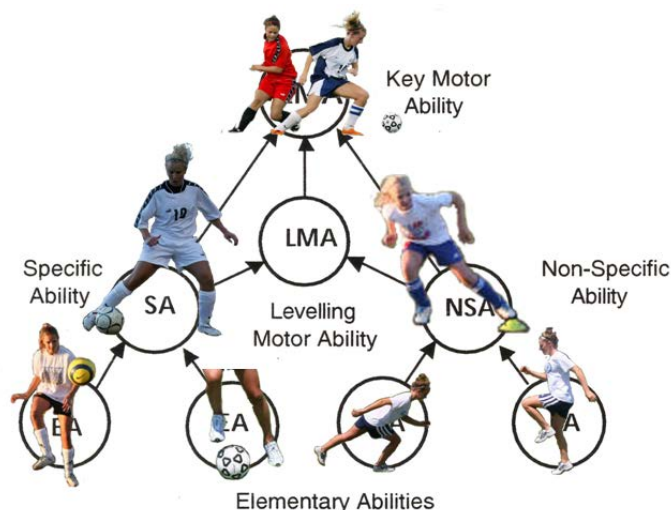
1. **Technical Movement** – This “foundational” block teaches how players move together on the field (formations, how they communicate, position specific responsibility, etc.)
2. **Situational Drills** – This “connector” block bridges technical movement with tactical application using staged drills that break the game down to promote the development of a specific skill set.
3. **Tactical Application** – This “peaking” block of development provides the environment for players to apply their skills in game situations, developing a greater understanding of how and when.

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In Figure 2 (on the right) you can see the highlighted right side of the triangle, which represents the physical development side, or the non-specific qualities of athleticism:

1. **Flexibility, Mobility and Stability** – This “foundational” block prepares the body to be able to get into and out of athletic positions with balance and control.
2. **Strength and Conditioning** – This “connector” block is an essential bridge between Flexibility, Mobility, Stability and Speed/Power and is where the player builds the physical tools to play at a high level
3. **Speed and Power** – This “peaking” block builds off a strong and stable foundation and prepares the body to reach its explosive potential.

Figure 3 (in the middle) represents the bridging aspects that bring these two sides together. The 2 “foundational” blocks actually go hand in hand as they merge **Rhythmic Movement Patterns** with **Technical Ball Work**. This all builds into the centerpiece of our model labeled **Specific Speed** or **Game Speed**. This is the primary “connector” piece that combines aspects of all the areas that touch its borders. The Game Speed model shown here (on the right with players) shows a better picture of how we develop Game Speed. The program is built on a foundation of Elementary Abilities like simple passing, receiving and quick foot drills with the ball (left side) and rhythmic movement patterns of balance, strength and form running patterns.



On the left side of the **Game Speed model** above, the elementary technical abilities progress into sport specific ability or speed with the ball at your feet. In this section of the Game Speed Test, we assess the player's foundations, dribbling, moves/turns and passing. On the right side of this model you have the elementary rhythm and movement based skills that progress into non-specific agility and quickness (speed and agility off the ball). The Game Speed Test uses timed sprints and change of direction drills to assess this aspect. These two sides are then merged together at the top of the pyramid, as the player learns to integrate the reactive components of player vs. player speed and agility with their sport specific technical skills in specific situations (1v1 drills, 2v2 games, partner passing drills, etc.).

When we list our 10 types of speed (see list on the right), the last 3 types involve speed with a ball or speed against other players. This is game speed, and it can be the most fun (and impacting) portion of your training program if you follow this simple progression. Using this model we prepare all 10 types of speed beginning with anticipation and progressing to game speed.

We know that at practice, players are going to do drills that involve speed with a ball or speed against other players. But these drills are set up or develop a technical, tactical or situational outcome, and quite often are not about developing the movement based skill, quickness or reaction that many players lack. This can become information overload to a young player who is lacking the basic skill to react to situations instinctively. Repetitions could be limited due to many players at different technical levels, bad passing or frequent breaks for tactical education by a coach. The Game Speed Program develops these areas to create a more confident player who is ready to react with speed and technical efficiency to any situation.

10 TYPES OF SPEED:

Anticipation
Perception
Reaction
Acceleration
Deceleration
Change of Direction
Change of Pace
Speed Against Another Player
Speed with a Ball
Speed with a Ball Against Another Player

Progressions: Testing and Inter-Level Testing

A New Model for Game Speed in Soccer:

In today's club system it seems like every club has a different system or philosophical approach to player development. Some focus on the technical development model in which they create aggressive, attacking players who have great "foot skills and confidence" taking players on 1v1. Other clubs focus on recruiting fast, powerful players that excel in their "kick and run" style. These players seem to take advantage of tactical mistakes, countering with long balls played over the top, in which their players simply out run the opposition for easy finishing opportunities. And some clubs stick to a style based on "possession and ball control", spreading teams out with fluid, rhythmic movement looking to take advantages of mismatches and seams in the defense.

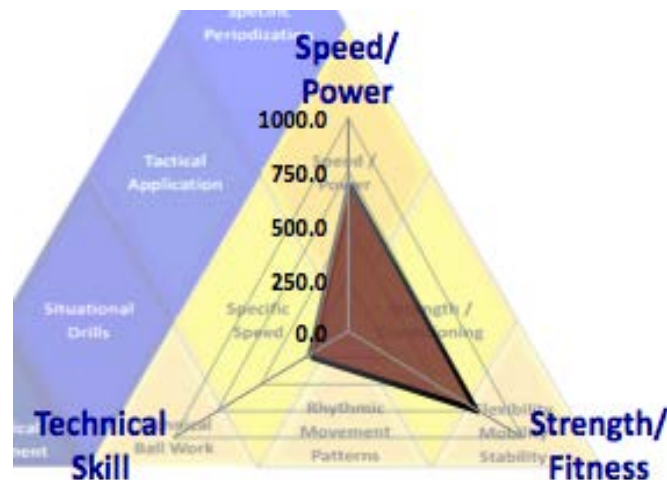
The Game Speed Program is not meant to question these styles, and at the SoccerFIT Academy we feel that each model has it's advantages. But from a youth player development perspective, we feel it is important to provide each player with a very broad and stable foundation that can fill in any developmental gaps created by a clubs tactical philosophy.

To provide a clearer picture as to what this might look like, we use our pyramid of soccer mastery model and lump players into 3 general categories:



Category 1 Players:

As seen in the picture (Category 1), this player is very strong in their technical skill, and is also fairly fast and powerful, but this type of player tends to be slightly weaker and less fit than their opponents. This weakness is exposed as the player is matched up against stronger, bigger and more physical opponents, or if the game turns into an up and down the field track meet. These players fade fast and can give up goals late as their opponents simply overpower or outlast them over the course of a game.



Category 2 Players:

This type of player is very athletic. Strong, fast and very physical, they use their size and speed to wear down an opponent over the course of the game. These players fit in very well in systems where the goal is to out run their opponents. These types of players tend to do quite well in most youth systems because they dominate on athleticism alone, and at the younger ages, many players don't have a high enough soccer IQ to counter this style of athletic play, as it takes years of exposure to situations to learn and develop an intelligent style of

play.



Category 3 Players:

This type of player has a great base of fitness and a solid understanding of technical / tactical application. They are smart enough know their strengths and technically skilled enough to maintain possession and control. However, these players are typically not fast or powerful enough to take on player's 1v1 and seem to have trouble applying their skill against fast, aggressive competition. Instead they try to keep possession of the ball, outlasting a less fit opponent, and take advantage of tactical mistakes made by the opposition.

So which system is the best? What type of player profile should we be creating? Who do you want on your team?

The answer is not a simple one, and the type of player you're looking for really depends on the system you run. The best scenario would be to have a very balanced mix of these players, tactically smart distributors, strong and powerful enforcers, fast and skilled attackers and players that are confident enough to take the ball through a defense and finish when no one else will.

So how do we fill in these gaps? How do we broaden the foundation of the players we have? How do we develop weaknesses to become strengths? First we need to understand what type of player we have, and then we can progress. We have created a testing system that assesses player development within each of these three categories from year to year.

The first level (Level 1) of this system allows us to assess their comfort with the ball, their body control and ability to change pace and their fitness level in regards to their ability to last an entire game. **In the next level (Level 2)** we are able to assess their confidence and skill in attacking, distributing and finishing situations, their raw strength and game fitness (or their ability to recover from intense bouts) and their speed and agility using heart rate monitors. **Finally in the last level (Level 3)** we are focused on the outcome. Can you finish? Can you win balls in the air? Can you shut down an opponent in 1v1 situations? This level looks into real game stats vs. testing data.

We also break down the more physical aspects into tests that give us insight into how that player can improve. For instance, lets not just test the beep test as a gauge of fitness. Instead, lets look at the athlete's ability to repeat their max speed and recovery their heart rate. Lets look at their reactive ability (reacting to players, reacting to the ball, reacting with the ball against other players). Let's look at their strength in regards to explosive potential, not just how much they can lift. Let's instead look at how they are able to take advantage of the strength they possess. Are they strong in the weight room, but not strong on the field? Are they powerful in the weight room, but can't win balls in the air?

The specific tests are not as important as the ability of those tests to identify a weakness. Over the next few months we will be discussing some of our tests to show how we take a Category 2 player and build off of their strengths (speed and power) as we substitute our plyometric program for quick foot drills around a ball. These players already posses the physical base to be quick, but lack the technical base to use it effectively.

We will show how we take a Category 3 player who already has the physical and technical foundation and demand more speed, power and skill. We will show how we can change the session slightly so that they learn how to play at game speed. We will also show how we can take a Category 1 player who

plays fast, and add some additional strength and conditioning work that builds off of their athleticism to teach them how to play stronger.

I challenge each of you to look deeper into your programs philosophy and objectively assess your ability to develop your weaknesses while enhancing your strengths. To create a well-balanced team system that is built around player development, we need to assess first and then objectively integrate the missing components.

As we move from Level to Level, we can't let these key aspects go undeveloped. If a player is having trouble with a specific aspect we need to hold them back and develop that specific aspect before moving on to the next phase. Failure to do this could result in confusion, injury or inconsistent performance in the next Level. In this packet we will be outlining the Level 1 Game Speed Assessment.

Level 1 Game Speed Testing Set Up:

The Level 1 Testing Session is set up to be run during a team practice session, but it could also be run with 2 players in an individual training session. You will need the following equipment to run the session:

- **Cones, Discs or Markers**
- **Ball**
- **Stopwatch**
- **Recording Sheet**
- **Pen**

This fast paced workout will require that you have everything set up in advance. The diagram shown below is how you would set up the field for 1 team of 16. You could duplicate this set up across the field if you wanted to set up more teams or if you have additional players testing.

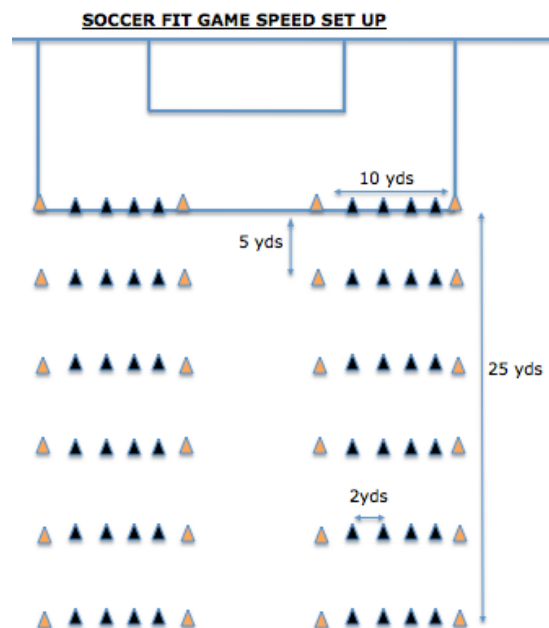
The field can be set up as shown in the picture on the right. Players will be instructed to record their scores during the rest intervals between tests. Make sure they have a pen and recording sheet close by, so you can stick to the appropriate rest intervals.

Here are the areas that we will be targeting in this session:

- **Quick Feet**
- **Speed/Agility**
- **Foundation Ball Control**
- **Dribbling, Moves and Turns**
- **Target Passing, Partner Communication**
- **Fitness (with and without the ball)**

The test will be run as a training session and takes about 1 hour and 15 minutes to complete. Some clubs / team have chosen to break up this test into three 30 minute blocks so as not to take up too much of an entire practice session (the times listed do not include warm up):

- **Day 1: Soccer FIT Interval Test (15-20 minutes)**
- **Day 2: Quick Feet and Dribbling and Passing Tests (15-20 minutes)**
- **Day 3: Speed/Agility, Moves and Turns and Fitness with a Ball (20-30 minutes)**



Level 1 Game Speed Testing Session:

Warm Up: We suggest coach's stick to their normal practice or game warm up during test days. We want the players to feel comfortable with the process and not have to learn new drills or new activities that may cause them to feel less than prepared for the test. This is a test of speed, agility, skills and endurance, so make sure your players work with the ball (dribbling and passing) while also performing some light sprinting and change of direction runs.

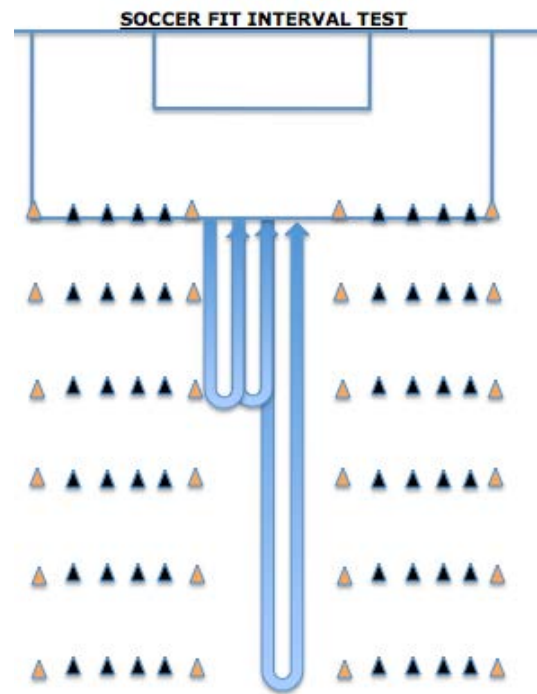
Our test begins with a test of soccer specific fitness called the Soccer FIT Interval Test. This test was formerly named the CAP Soccer Specific Interval Test, but was shortened in 2009 when our players began referring to it as the Soccer FIT Interval Test.

1. Fitness:

a. Soccer FIT Interval Test (30s Start) – Test is done with and without the ball

Players start on the start line and as the clock starts, will have 30 seconds to complete the shown pattern (down & back 10 yds, down & back 10 yds, down & back 25 yds). At the 30-second time, they will complete the pattern again in 30 seconds. Upon completing the 2nd 30-second interval the players will receive a 30-second rest. This interval pattern of 2 runs and a 30-second rest is repeated, but the time to get back is now 29-seconds instead of 30. The interval time continues to drop (28, 27, 26...) but the rest time between intervals will remain at 30 seconds. Players will be marked "Out" when they fail to make it back in the required time. Best times are in the 16 to 18 ranges.

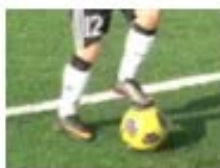
- b. If a player fails to make it back in the required time, they will be marked "out" and their total distance will be recorded. We usually have the players record the interval number they went out on (22-1 would be the first run of the 22 second level), and then we use the field sheet on the last page of this packet to calculate distance.



After the players have performed the first of the two fitness tests, we move on to the Quick Feet and Foundations and Dribbling portion of our Game Speed Test. In this section we will position the players between the orange cones and instruct them to stay within their 5yd by 5yd space, so as not to run into or disrupt the player on the other side of the grid.

2. Quick Feet:

- a. **Toe Taps:** The player will count how many touches they get within a 30 second bout of stationary toe taps. To view a video of this drill in action insert the following link into your browser: **(View Toe Taps Video)**
- b. **Scissors:** The player will perform as many scissors around a stationary ball as they can in the 30-second bout. To watch a video of this drill in action insert the following link into your browser: **(View Scissors Video)**
- c. **Step Overs:** The player will perform as many stepovers around a stationary ball as they can in the 30-second bout. To watch a video of this drill in action insert the link into your browser: **(View Stepover Video)**



Toe Taps



Scissors



Step Over



The quick feet portion of this drill should be completed in 3 minutes time (each drills is 30 seconds with a 30 second rest between drills). This makes it perfect for partners to perform this test together. One player will be going while the other player is recording their score during his or her 30-second rest bout. From here we move on to the Foundational Dribbling section of the Game Speed Test, where the players will stay in the same area (and with the same partners) as they were in the Quick Feet Tests:

3. Dribbling Foundation:

- a. **Inside-Inside:** The player will count how many touches they get within a 30 second bout of stationary passes from the inside of the right foot to the inside of the left foot in a quick pendulum like action. To view a video of this drill insert the following link into your browser: **(View Inside-Inside Video)**
- b. **Inside-Outside-R / L:** The player will count how many touches they get within a 30 second bout of stationary dribbling, using only the right foot. Alternate using the outside to the inside of the foot with a quick, rhythmic (but controlled) tempo. After a 30-second rest the drills is repeated on the left foot. To view a video of this drill insert the link into your browser **(View InsideOutsideRL Video)**
- c. **Inside-Outside-Both:** Similar to the Inside-Outside R/L foundational dribbling drill, this drill has the player alternating between feet as the work from the outside of the right foot to the inside of the right foot, cutting the ball back across their body. Then taking the ball with the outside of the left foot and cutting it back with the inside of the left foot back across their body. To view a video of this drill in action copy and paste the link into your browser **(View InsideOutsideBoth Video)**
- d. **5-Cone Dribbling:** This test looks at how quickly the player can move the ball through a 5-cone line using the foundation skills above (a-c). The player is encouraged to move as quickly as possible through the drill, using both feet and both sides of the foot. When making the turn at then end of the cone line, the player is instructed to be creative and quick with a free choice of turns. To view a video of this drill past the link into your browser: **(View 5ConeDribble Video)**

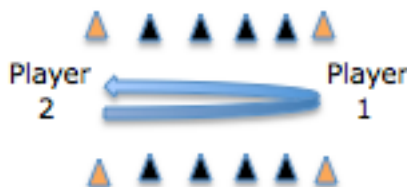


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This completes the Dribbling Foundation portion of this test. Players will record their scores and stay in the same general area as they move to the passing portion of the test.

4. Target Passing / Communication

- a. **Partner Passing:** This test uses 2 cone gates set 5 yds wide and 10 yds apart as pictured in the set up diagram. Players will pass back and fourth between the cones trying to complete as many passes as possible in 60 seconds. In the video here the players are touching the ground between each pass. This is not required in this version of the test, but instead the players will be instructed to receive the ball in front of the cones, and then backpedal behind the cones before receiving the next pass.

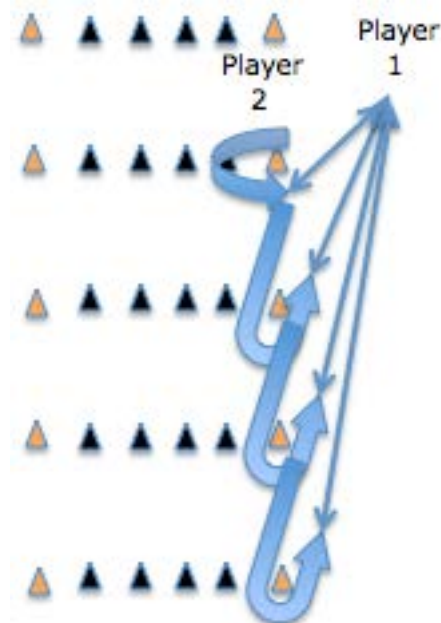


To view the video of this Partner Passing Test, copy and paste the following short link into your browser: **(View PartnerPassing Video)**

- b. **4 Gate Looping Passing:**

In this test the players will use 4 gates (5 yds apart) lined up over the 25 yd distance and take turns looping into each of the 4 gates, receiving a pass from their partner and playing it back, then looping up to the next gate. Players are instructed to sprint between the gates to complete as many passes as possible in 60 seconds.

Once the players have connected 4 passes (one in each gate) they switch with their partner. This switch completed by Player 2 playing the ball back to Player 1. Then Player 2 sprints back to the ball, which Player 1 has laid off for Player 2. Player 1 now becomes the runner and Player 2 becomes the passer. This pattern repeats for 60 seconds. In the video here, the cones are set up as 2-cone gates, as this video was taken from a training session and not from the actual Game Speed Test.



To view a video of this drill, copy and paste the following short link into your browser: **(View 4ConeLoop Video)**

5. Speed / Agility / Moves and Turns

- a. **Speed 25 Down and Back:** This test is performed by having the players sprint from the start cone down to the last cone (25 yds) and back as quickly as they can. It is a very simple test, but should be hand timed as almost all of our advanced players will score in the 7 second range and to get a clear picture of who the fastest player on your team might be, timing should be accurate.
- b. **Agility Down 10 – Back 5 (25 yds):** This test is run from the same starting position, but this time the players will sprint down 2 cones (10 yds) and back 1 cone (5 yds)

and repeat this pattern of down 2, back 1 until they hit the last cone (25 yds away from the start). At this point, the player will sprint all the way back to the start.

This test will also be used in our seasonal fitness sessions to determine training load (mechanical load and cardio load) by repeating 5 of these in 5 minutes. Having accurate full speed numbers on each player is vital to the validity of that test, as we look to track the players ability to recover between practices and games. We discuss this in more detail in our seasonal programs packet.

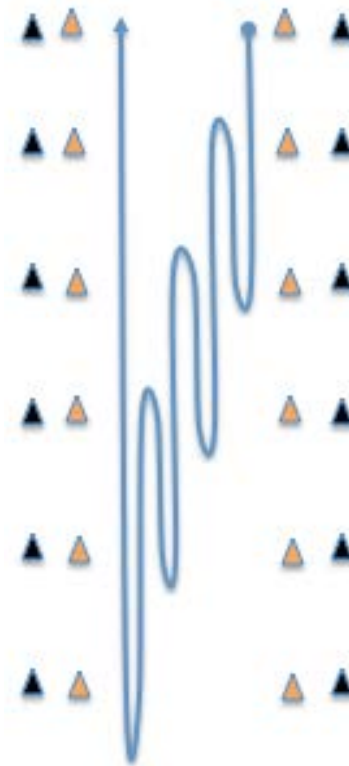
c. Agility w/ Ball – Down 10-Back 5 (25 yds)

This test is run in the same pattern as the Agility Test (b), but is performed with the ball. A diagram of this drill is shown on the right. The test begins with a player at the start line, and then on the command of the coach, the player sprints with the ball down 2 cones (10 yds) and back 1 cone (5 yds) and repeats this pattern until they get to the end cone. After reaching the end cone the player sprints back with the ball to the end line.

The player is given their choice of moves to use in the turns. This drill is a combination test of speed, agility, controlled dribbling and moves/turns.

This test can be timed with a stop watch as well, but in large group settings it might be better to time the players by having them all start at once on the coaches “Go” command. Then the coach will call off the time as the players finish the test.

Our better players score anywhere from 18 seconds to 25 seconds. This gap is large enough to allow us to speed up the test by not “hand timing” each individual player and instead timing the whole group at once. However, we always recommend timing individually as it will give us the most accurate scores from which to compare players who are at about the same level.



6. Soccer FIT Interval with the Ball:

- a. Our final Game Speed Test is another fitness test (same interval pattern and timing structure as run in our first fitness test), but this time we use a ball. We run this test at the end of the session for several reasons. 1) Our players are warmed up and comfortable with the ball, 2) It is nice to be able to compare how well they did in the first fitness test when they were fresh (what they are capable of) to the fitness test with the ball in a semi-fatigued state. This gives us a good idea of 1) skill deficit and 2) fatigue throughout the course of the game and what effect it might have on a players skill and fitness level.

Intervention: Keeping a Training Journal

Before starting this program we ask all our players to purchase a notebook and bring it with them to each training session. This notebook has become a great way for our players to understand the goal setting process and it forces them to become more accountable for their own performance. Far too often players think there is some “magic doorway” that they walk as they enter our facility, and simply by walking through our door they will magically become strong, fast and fit. As many find out very quickly, this is not the case.

We have set up an environment that is very magical and our players almost always meet or exceed their own expectations. But the magic is not in the program. The magic is in the players, the environment and the enthusiasm they bring to training. Keeping a journal has made them accountable for bringing this environment to the facility and pushing themselves to compete at an extremely high level in every drill.

Start off each day by writing down the date and answering the following questions:

1. What do I want to get out of the workout today (what do I want the workout to bring to me)?
2. How am I going to do this (what am I going to bring to the workout)?

A typical answer might include something along the lines of:

1. I want to get in better shape (fitness)
2. I will push myself harder in the beginning of the workout instead of pacing myself.

The answers are usually short and focused, but they set simple goals for the athletes to hit each day. It also forces them to put their results in their own hands. Sometimes the answers are very specific, such as, “I want to run a 22-2 on the Soccer FIT Interval Test” or “I want to be the fastest in my group in the Soccer Speed 10-10-25 with a Ball.” Any answer is a good answer, as long as it identifies a problem area and sets an attainable goal.

The next step is to record the workout in your journal. Keep track of your distance or speeds in the conditioning tests, keep track of your weight and reps in the strength workout and make notes about what you can continue to work on at home. Write down what we do each day and how you felt when you did it. At the end of this season, you will have a detailed and well-documented story of your success. This week make sure you document all the testing information, so that you can refer back to these scores as we retest throughout the season. Here is an example:

Level 1 Test Results (High and Low Scores):

Before running the test it might be nice to know what the high and low scores are for each test and each category. Here are the ranges of scores at the time of your receiving this email. Scores will change from time to time, as players get better records will get broken. If your graph, looks different than expected or if you score higher than our high score, please contact us and we may adjust our points system accordingly.

<u>Test:</u>	<u>Low Score</u>	<u>High Score</u>
Soccer FITness Interval	450 yds	2700 yds
Toe Taps	45 touches	127 touches
Scissors	40 scissors	70 scissors
Step Overs	25 step overs	60 step overs
Inside – Inside	45 touches	148 touches
Inside – Outside Right Foot	35 touches	75 touches
Inside – Outside Left Foot	34 touches	75 touches
Inside – Outside Both Feet	30 touches	85 touches
5 Cone Dribbling	25 cones	78 cones
Passing – Check to Backpedal	25 passes	65 passes
Passing – 4 Cone Looping	10 passes	24 passes
Speed – 25 yds Down and Back	10 seconds	7 seconds
Agility – Down 10-Back 5 (25 yds)	25 seconds	14 seconds
Agility with a Ball – Down 10 Back 5 (25yds)	30 seconds	18 seconds
Soccer FITness Interval with Ball	180 yds	1700 yds

Our scores do not reflect some of the scores that might show up in the 5-8 year old age groups, as we have not tested enough from that category. However, these scores are constantly being evaluated and updated online. If you test and retest, your overall score may change even if you did not improve in a specific test because we are comparing you to the best scores we have seen (and the worst scores we have seen).

The above scores are not calculated by age or gender. We felt that if we compared you to only your age group, you may be frustrated as you move up in age, as your scores may be high for the 10-12 year old group, but low for the 12-14 year old group. Although the points system and score you will receive when you enter your test scores online reflect gender differences, we want to encourage everyone to try and break the record scores we have seen in all ages and genders. We will be posting age-based standards from time to time so that you can see you stack up in that area for your age.

Thank you for your interest in the Soccer FIT Game Speed Assessment. Once you have tested you can enter your scores and access your results on-line by copying the following link into your browser, or by going to the Testing page on www.soccerfitacademy.com

(View ECNL Test Session Video)

Data Entry Page for Male Players:

<http://soccerfitacademy.com/game-speed-data-entry-male-2/>

Data Entry Page for Female Players:

<http://soccerfitacademy.com/game-speed-data-entry-female/>

Thank you for your support of the Soccer FIT Academy and please contact us if you have any questions regarding errors in the system. You can contact me directly at: Scott@SoccerFITAcademy.com

Good Luck!



Scott Moody
 Founder and CEO
 AthleteFIT and SoccerFIT Academy

Testing Sheet:

	<u>Exercise:</u>	<u>Score:</u>	<u>Notes:</u>
Fitness without a Ball	Soccer FITness Interval: <ul style="list-style-type: none"> 30-1 (90 yds) – 30-2 (180 yds) 29-1 (270 yds) – 29-2 (360 yds) 28-1 (450 yds) – 28-2 (540 yds) 27-1 (630 yds) – 27-2 (720 yds) 26-1 (810 yds) – 26-2 (900 yds) 25-1 (990 yds) – 25-2 (1080 yds) 24-1 (1170 yds) – 24-2 (1260 yds) 23-1 (1350 yds) – 23-2 (1440 yds) 22-1 (1530 yds) – 22-2 (1620 yds) 21-1 (1710 yds) – 21-2 (1800 yds) 20-1 (1890 yds) – 20-2 (1980 yds) 19-1 (2070 yds) – 19-2 (2160 yds) 18-1 (2250 yds) – 18-2 (2340 yds) 17-1 (2430 yds) – 17-2 (2520 yds) 16-1 (2610 yds) – 16-2 (2700 yds) 		<i>Record your score in yards of the last interval you completed in the required time.</i>
Quick Feet	Quick Feet Drills with a Ball: <ul style="list-style-type: none"> Toe Taps (30 seconds) Scissors (30 seconds) Step Overs (30 seconds) 		<i>Count 1 for every time your foot touches the ground or goes over the ball.</i>
Foundations	Ball Based – Comfort Drills <ul style="list-style-type: none"> Inside-Inside (30 seconds) Inside-Outside – Right (30 seconds) Inside-Outside – Left (30 seconds) Inside-Outside – Both (30seconds) 		<i>Count 1 for every time you touch the ball</i>
Dribbling	5 Cone Dribbling		<i>Count 1 for every cone passed</i>
Passing	Partner Target Passing: <ul style="list-style-type: none"> Check To and Backpedal (60 sec) Long Passing and Speed: <ul style="list-style-type: none"> 4 Cone Looping (60 seconds) 		<i>Count 1 for every pass completed on target (between the cones)</i>
Speed/Agility	Soccer Speed: 25 yds Down and Back <ul style="list-style-type: none"> Trial 1 Soccer Agility: Down 10 – Back 5 (25 yds) <ul style="list-style-type: none"> Trial 1 		<i>Time recorded to nearest .01 seconds, it took to finish the interval.</i>
Moves and Turns	Agility w/ Ball – Down 10 Back 5 (25 yds) <ul style="list-style-type: none"> Trial 1 Trial 2 (optional) 		<i>Time recorded to nearest .01 seconds, it took to finish the interval.</i>
Fitness with a Ball	Soccer FITness Interval: <ul style="list-style-type: none"> 30-1 (90 yds) – 30-2 (180 yds) 29-1 (270 yds) – 29-2 (360 yds) 28-1 (450 yds) – 28-2 (540 yds) 		<i>Record your score in yards of the last interval you completed in the required time.</i>

	<ul style="list-style-type: none"> • 27-1 (630 yds) – 27-2 (720 yds) • 26-1 (810 yds) – 26-2 (900 yds) • 25-1 (990 yds) – 25-2 (1080 yds) • 24-1 (1170 yds) – 24-2 (1260 yds) • 23-1 (1350 yds) – 23-2 (1440 yds) • 22-1 (1530 yds) – 22-2 (1620 yds) • 21-1 (1710 yds) – 21-2 (1800 yds) • 20-1 (1890 yds) – 20-2 (1980 yds) • 19-1 (2070 yds) – 19-2 (2160 yds) • 18-1 (2250 yds) – 18-2 (2340 yds) 		
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