

---

# Livermore Fusion Testing Protocol

---



FITNESS TESTING FOR PLAYERS U9-U12

---



# Scoring Sheet

Test (unit)	Trial 1	Trial 2
5-10-5 Agility (sec)		
40 yard Spring (sec)		
20 yard Sprint (sec)		
10 yard Spring (sec)		

Test	Trial 1	Trial 2
Toe Taps		
Foundations		
Juggling – Feet		
Dribbling – Change of Pace		
Dribbling – Change of Direction		
Dribbling – Attacking Moves		
Passing – First Touch		
Passing – One-Touch		



---

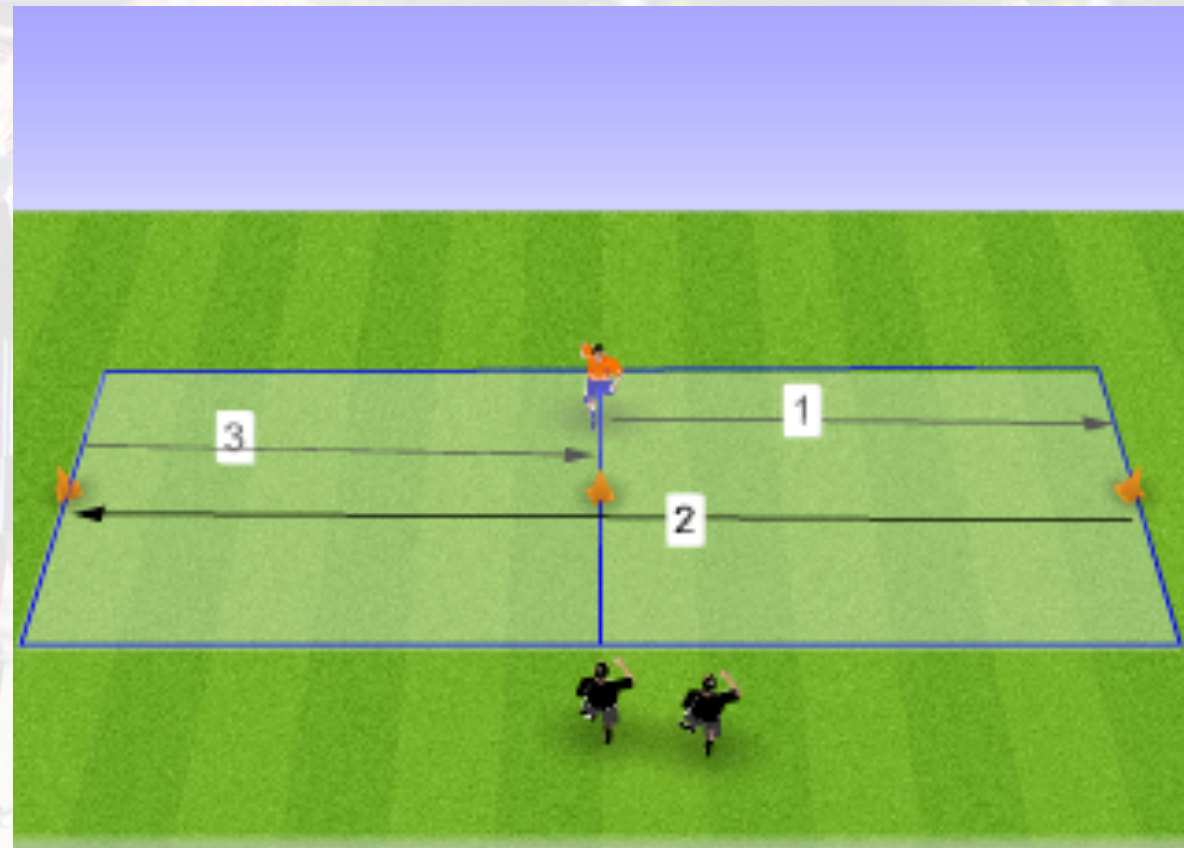
# Physical Skills Tests

---

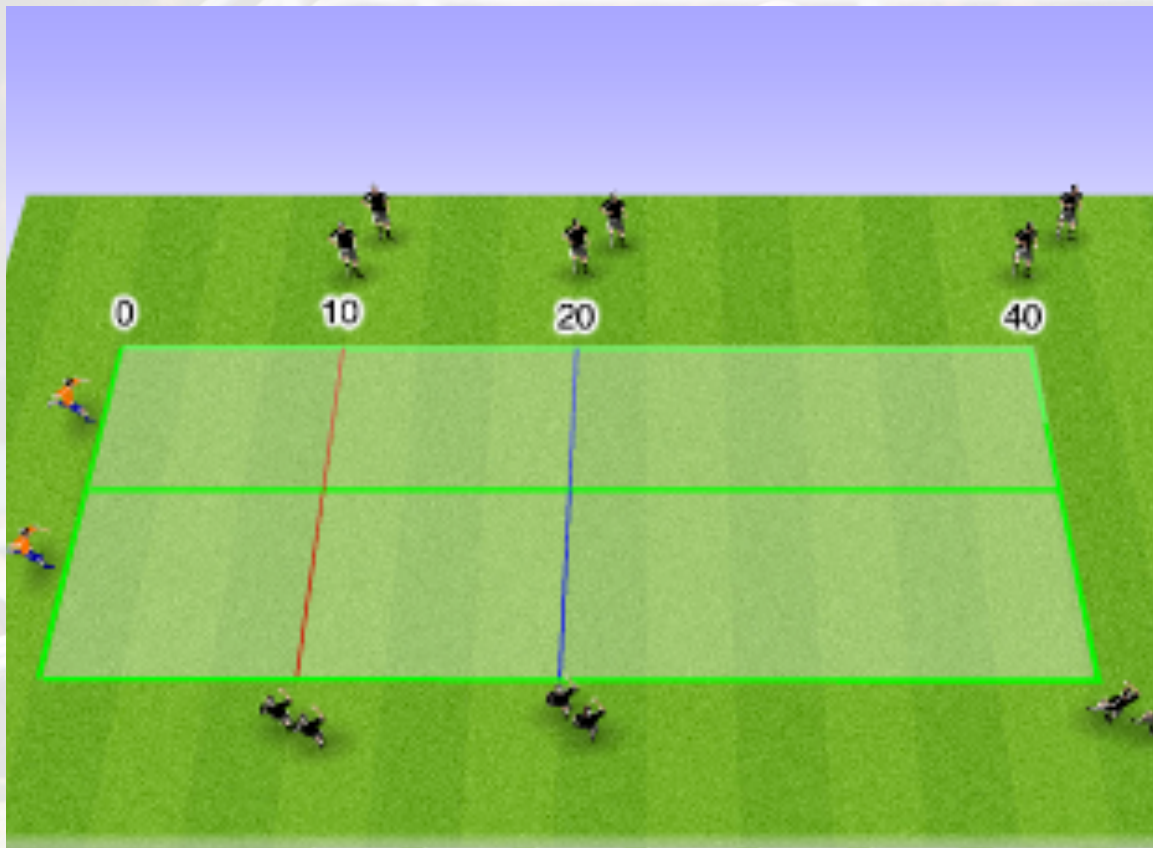


# 5-10-5 Agility Test

- Purpose: Measure Ability to Change Direction Rapidly
- Testing Instructions:
  - Instruct player to start behind central cone facing forward.
  - On command, player runs to the left, plants and pushes on the left foot, races 10 yards to the opposite side, plants with the right foot, and then finishes by crossing the central line.
  - Test score is the time when the player gets all the way around each cone and PAST the central starting cone.
  - Record the time to complete the test – repeat in the opposite direction.



# 40-20-10 Sprint



- Purpose: Measure Acceleration Speed, Top Speed, and Sprint Capacity
- Testing Instructions:
  - Instruct player to stand behind starting gate.
  - When ready, have them sprint through finishing gate 40 yards away.
  - Remind them to not slow until they get past the marked cones 5 yards AFTER the finishing gate.
  - Record time.
  - Repeat test if necessary or if time allows.



---

# Technical Skills Tests

---



# Toe Taps

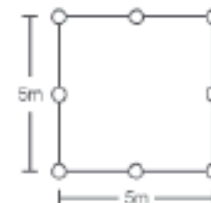
## 1 Toe Taps



Duration: 20 seconds

Layout: 8 cones

Space: 5m x 5m



**Instruction:** Arrange cones as shown. Using alternating feet, touch the ball with the sole of your foot. Each touch counts as one point. Count the total number of touches to determine your score.



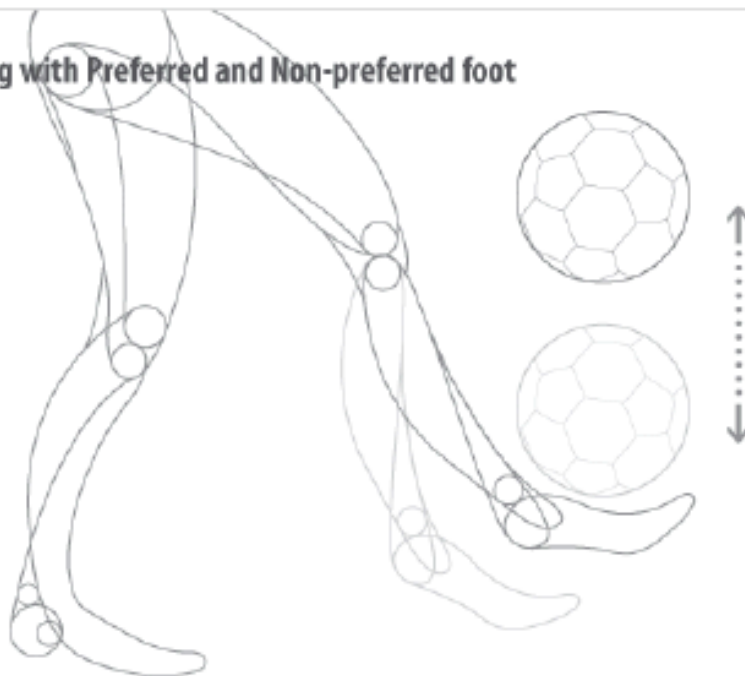
# Foundations

---



# Juggling - Feet

## 3 4 Juggling with Preferred and Non-preferred foot



Duration: 20 seconds

Layout: 8 cones

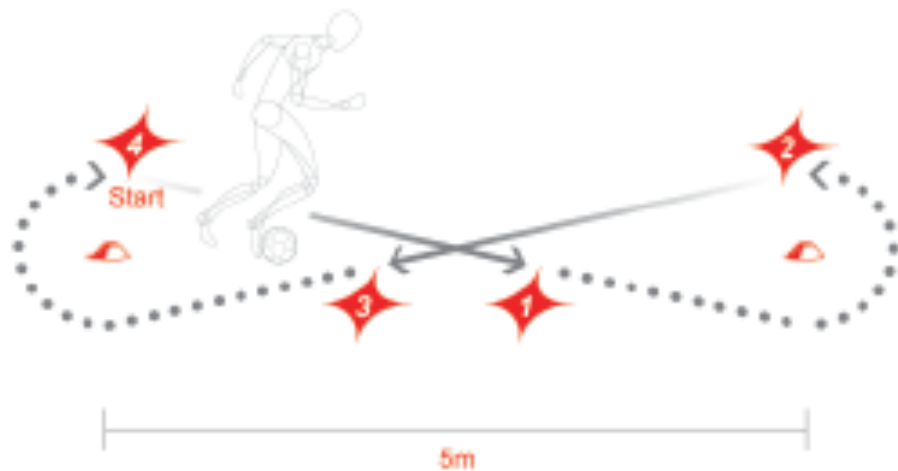
Space: 5m x 5m



**Instruction:** Arrange cones as shown. Juggle the ball with your preferred foot and stay within the grid. Each touch counts as one point. Do not count touches with your other foot or other body parts. If the ball touches the ground, pick it up and restart counting at one. Record your highest score. Repeat this exercise juggling with your non-preferred foot only.

# Dribbling – Change of Pace

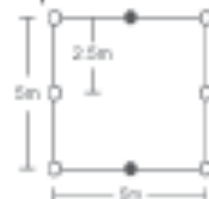
## 6 7 Change of Pace with Preferred and Non-preferred Foot



Duration: 20 seconds

Layout: 8 cones

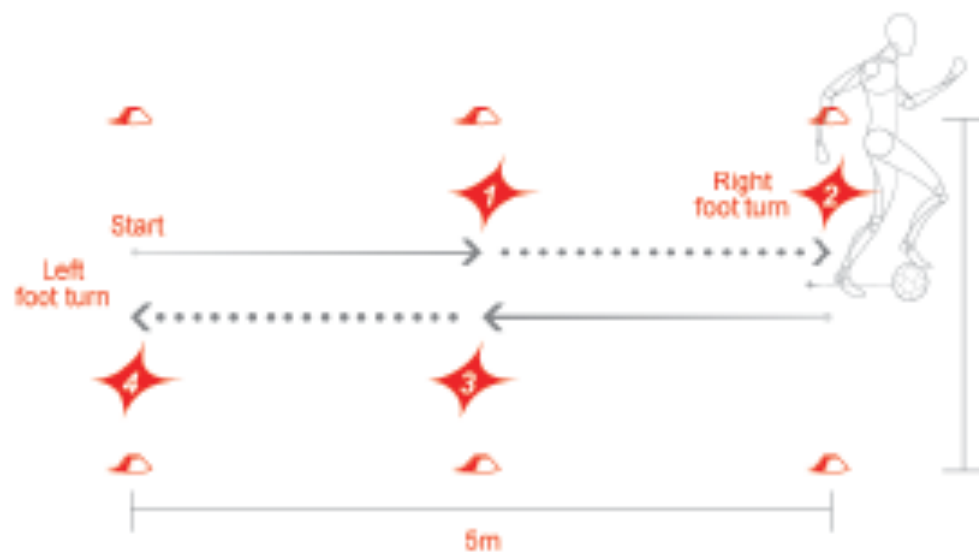
Space: 5m x 5m



Instruction: Arrange cones as shown. Start to the left of the cone. Dribble the ball with your preferred foot in a Figure 8. Each completed Figure 8 counts as four points. Partially completed sections are counted as one point each. Restart if you touch the ball with the opposite foot or if the ball does not go around the cone. Repeat this exercise dribbling with your non-preferred foot only.

# Dribbling – Change of Direction

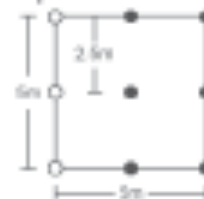
## 8 Change of Direction



Duration: 20 seconds

Layout: 9 cones

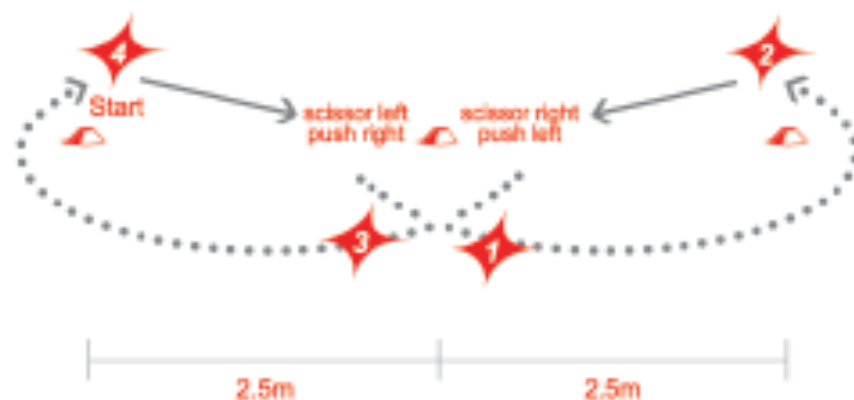
Space: 5m x 5m



Instruction: Arrange cones as shown. Dribble the ball down and back in the designated lane using either foot. Use only your right foot to turn the ball at the far line and your left foot to turn the ball at the start line. Use any turn. Each completed down and back counts as four points. Partially completed sections are counted as one point each. Restart if you turn the ball with the wrong foot or if the ball does not cross the line before you turn.

# Dribbling – Attacking Moves

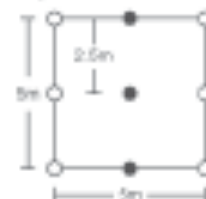
## 9 Move / Scissors



Duration: 20 seconds

Layout: 9 cones

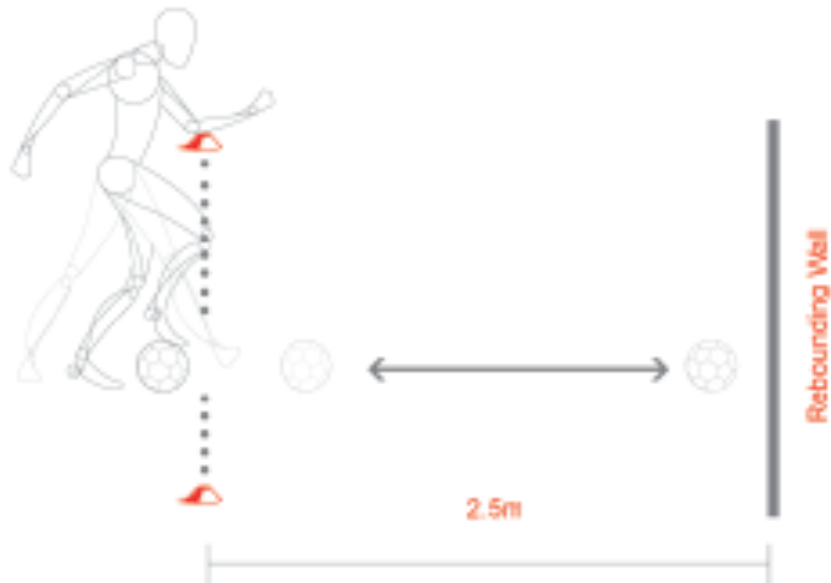
Space: 5m x 5m



Instruction: Arrange cones as shown, treating the middle cone as a defender. Start to the left of the first cone and dribble towards the defender. Scissor around the ball with your left foot and push the ball past the defender with the outside of your right foot. Dribble around the far cone and repeat the scissor move in the opposite direction. Each completed loop counts as four points. Partially completed sections are counted as one point. Restart if you do not perform the scissors properly, or if the ball does not go around either of the outside cones.

# Passing – First Touch

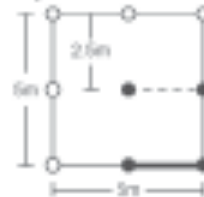
## 10 11 First Touch with Preferred and Non-preferred Foot



Duration: 20 seconds

Layout: Rebounding wall

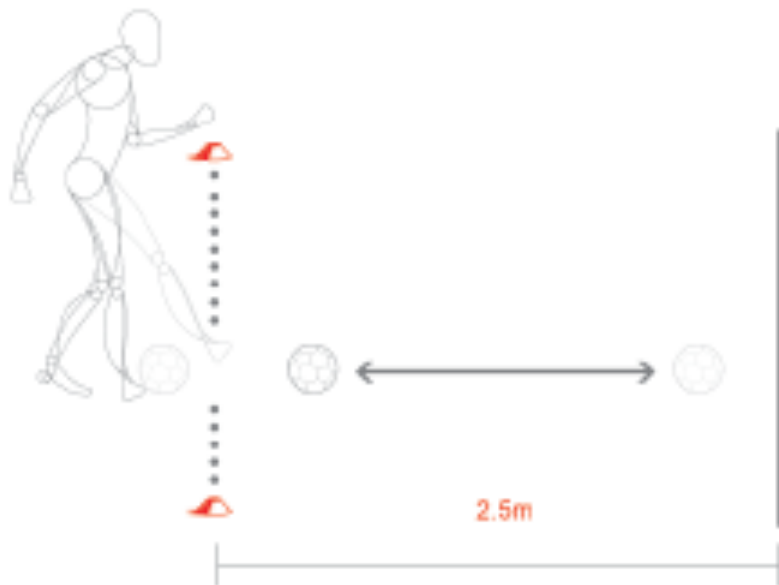
Space: 5m x 5m



Instruction: Arrange cones as shown. Start by passing the ball into the wall. Control the returning ball and pass it back into the wall, staying behind the cones at all times. Each time you successfully control the ball with your first touch and pass it to the wall counts as one point. Do not count if you touch the ball with your opposite foot or if you touch the ball in front of the cones. Repeat this exercise passing with your non-preferred foot only.

# Passing – One Touch

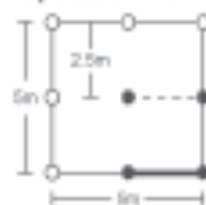
## 12 13 One Touch with Preferred and Non-preferred Foot



Duration: 20 seconds

Layout: Rebounding wall

Space: 5m x 5m



Instruction: Arrange cones as shown. Start by passing the ball into the wall. Use only one touch to pass the returning ball back into the wall. Stay behind the cones at all times. Each one touch pass that touches the wall counts as one point. Do not count passes made using your opposite foot or requiring multiple touches. Repeat this exercise passing with your non-preferred foot only.