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Suggested Field Tests - Young Elite Soccer Players Age 12+

The authors suggested field testing list, various components can be applied to a wide range of abilities and ages.

No.	TEST	OBJECTIVE	BASIC PROTOCOL	ASSESSMENT/ACTION	FRE week
1	Height	Monitor growth velocities	Height measure	Regulate training loads/modes	1
2	Leg Length	Monitor growth velocities	Sitting height measure	Regulate training loads/modes	2
3	% Body Fat	Monitor % age body fat	Body stat device	Diet	10
4	Running Speed	Test straight line sprinting speed over 5, 10, 15, 30 metres	Timing gates, standing start, best of 3 & video see diag 1 timing gates	Running speed, acceleration, / conditioning for speed development	10
5	Agility With Ball	Agility, balance, coordination, speed (abc's) with ball	See diag 2. Best of 3 & video stop watch	Develop ball manipulation and abc's	10
6	Agility Without Ball	Agility, balance, coordination, speed (abc's)	See diag 2. Best of 3. Compare with ball times & video stop watch	Develop abc's	10
7	Quick Feet	Test quickness of feet (fast twitch/quickness potential)	Time with gate over 20 rung ladder forward movement, best of 3 & video	Develop abc's of lower extremity	10
8	Vertical Jump Moving	Compare leg power/one leg jumping ability	One step into vertical jump, single leg take off, best of 3 and video,	Compare r & l legs for power and technique, reduce weakness	10
9	Vertical Jump Standing	Leg power	Use arm swing, simulate jumping for ball, best of 3 use video	Determine vertical jumping power	10
10	Standing Triple Jump	Potential for sprinting acceleration	Two feet take off into triple jump & video	Develop explosive power	10
11	Hopping	Compare leg power/ one leg horizontal jumping ability	Walk into a single leg hop, best of 3 both legs & video	Compare r & l legs for power and technique, reduce weakness	10
12	Running Style Sprinting	Analyse running style; straight line sprint	Use video recording from 4 above	Increase speed/reduce injury through technique correction	10
13	Running Style _ Pace	Analyse running style, for economy at _ speed	Video a 60 metre run at end of session (when players are tired)	Increase stamina/reduce injury through technique correction	10
14	Hydration	To educate & monitor de-hydration	Weigh before after training & measure water consumed	Educate the players on amounts of water to take during & after training	1

 [Home](#)

