Aerobic Capacity

Beep test

Unit : Level.Shuttle

Player	n°1	Best

Aerobic Capacity

VO2max test / VMA

Unit : mL/kg/min

Player	n°1	Best

Power

Vertical jump (Sargent Jump Test)

Unit : cm

Player	n°1	n°2	n°3	Best

Power

Standing long jump (Broad Jump)

Unit : cm

Player	n°1	n°2	n°3	Best

Speed

10m sprint

Unit : s

Player	n°1	n°2	Best

Speed

20m sprint

Unit : s

Player	n°1	n°2	Best

Speed

30m sprint

Unit : s

Player	n°1	n°2	Best

Speed

40m sprint

Unit : s

Player	n°1	n°2	Best

Agility without the ball

"505" agility test

Unit : s

Player	n°1	n°2	Best

Agility without the ball

40m (L figure)

Unit : s

Player	n°1	n°2	Best

Agility with the ball

Slalom with a ball (double 8 figure)

Unit : s

Player	n°1	n°2	Best

Agility with the ball

Slalom with a ball (large 8 figure)

Unit : s

Player	n°1	n°2	Best

Juggles

Juggle with your dominant foot

Unit : Juggles

Player	n°1	n°2	Best

Juggles

Juggle with your weak foot

Unit : Juggles

Player	n°1	n°2	Best

Juggles

Juggle with the head

Unit : Juggles

Player	n°1	n°2	Best

Passes

Long-range passing (30m) with dominant foot

Unit : /15

Player	n°1	n°2	Best

Passes

Long-range passing (30m) with weak foot

Unit : /15

Player	n°1	Best

Passes

Short passing (16.5m) with dominant foot

Unit : /10

Player	n°1	Best

Passes

Short passing (16.5m) with weak foot

Unit : /10

Player	n°1	Best

Shots

Ball strike (16.5m) dominant foot

Unit : /10

Player	n°1	Best

Shots

Ball strike (16.5m) weak foot

Unit : /10

Player	n°1	Best

Flexibility

Lower back flexibility

Unit : cm

Player	n°1	Best

Flexibility

Hip flexibility test

Unit : degrees

Player	n°1	Best