

Aerobic Capacity - Beep test (Unit : Level.Shuttle)

	1
	1
	1
	1
	1

Aerobic Capacity - VO2max test / VMA (Unit : mL/kg/min)

	1
	1
	1
	1
	1

Power - Vertical jump (Sargent Jump Test) (Unit : cm)

	1	2	3
	1	2	3
	1	2	3
	1	2	3
	1	2	3

Power - Standing long jump (Broad Jump) (Unit : cm)

	1	2	3
	1	2	3
	1	2	3
	1	2	3
	1	2	3

Speed - 10m sprint (Unit : s)

	1	2
	1	2
	1	2
	1	2
	1	2

Speed - 20m sprint (Unit : s)

	1	2
	1	2
	1	2
	1	2
	1	2

Speed - 30m sprint (Unit : s)

	1	2
	1	2
	1	2
	1	2
	1	2

Speed - 40m sprint (Unit : s)

	1	2
	1	2
	1	2
	1	2
	1	2

Agility without the ball - "505" agility test (Unit : s)

	1	2
	1	2
	1	2
	1	2
	1	2

Agility without the ball - 40m (L figure) (Unit : s)

	1	2
	1	2
	1	2
	1	2
	1	2

Agility with the ball - Slalom with a ball (double 8 figure) (Unit : s)

	1	2
	1	2
	1	2
	1	2
	1	2

Agility with the ball - Slalom with a ball (large 8 figure) (Unit : s)

	1	2
	1	2
	1	2
	1	2
	1	2

Juggles - Juggle with your dominant foot (Unit : Juggles)

	1	2
	1	2
	1	2
	1	2
	1	2

Juggles - Juggle with your weak foot (Unit : Juggles)

	1	2
	1	2
	1	2
	1	2
	1	2

Juggles - Juggle with the head (Unit : Juggles)

	1	2
	1	2
	1	2
	1	2
	1	2

Passes - Short passing (16.5m) with dominant foot (Unit : /10)

	1
	1
	1
	1
	1

Passes - Short passing (16.5m) with weak foot (Unit : /10)

	1
	1
	1
	1
	1

Passes - Long-range passing (30m) with dominant foot (Unit : /15)

	1	2
	1	2
	1	2
	1	2
	1	2

Passes - Long-range passing (30m) with weak foot (Unit : /15)

	1
	1
	1
	1
	1

Shots - Ball strike (16.5m) dominant foot (Unit : /10)

	1
	1
	1
	1
	1

Shots - Ball strike (16.5m) weak foot (Unit : /10)

	1
	1
	1
	1
	1

Flexibility - Lower back flexibility (Unit : cm)

	1
	1
	1
	1
	1

Flexibility - Hip flexibility test (Unit : degrees)

	1
	1
	1
	1
	1