
Livermore Fusion Testing Protocol



FITNESS TESTING FOR PLAYERS U13-U19



Scoring Sheet

Test (unit)	Trial 1	Trial 2
Vertical Jump (inches)		
5-10-5 Agility (sec)		
Broad Jump (inches)		
40 yard Sprint (sec)		
20 yard Sprint (sec)		
10 yard Spring (sec)		
300-Yard Shuttle (sec)		
Beep Test (level)		

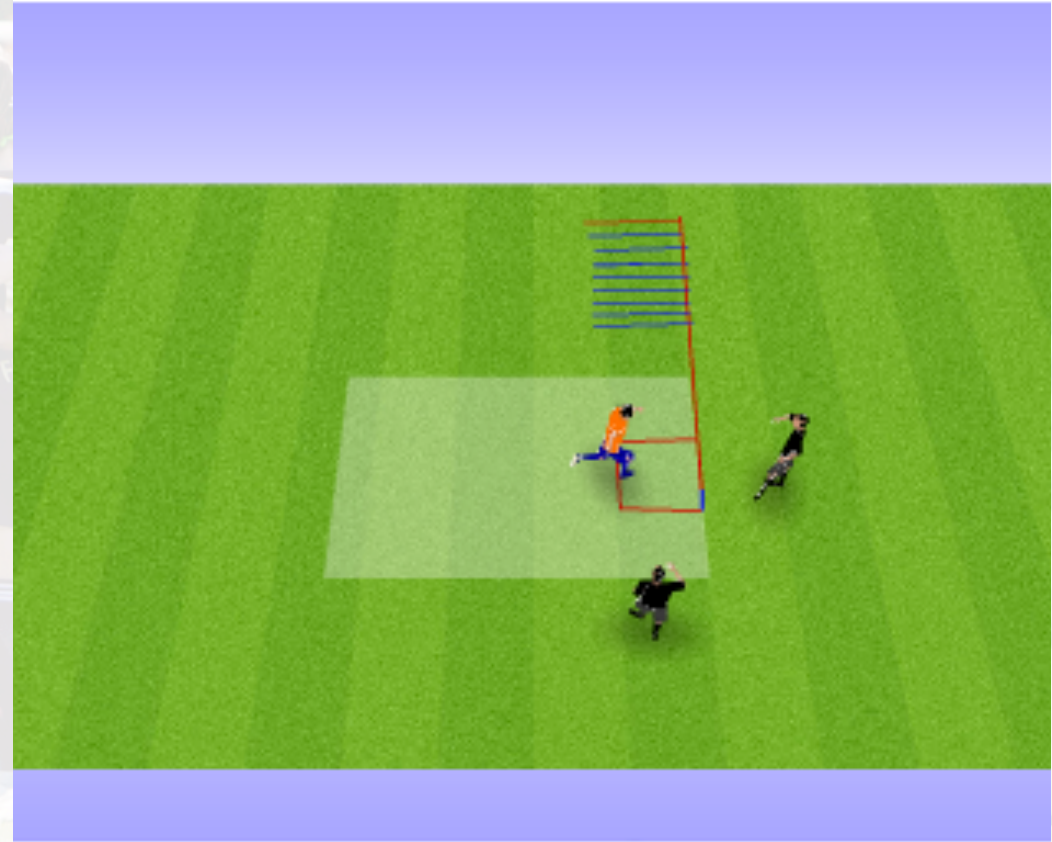
Test	Trial 1	Trial 2
Toe Taps		
Foundations		
Juggling – Feet		
Juggling - Head		
Dribbling – Change of Pace		
Dribbling – Change Direction		
Dribbling – Attacking Moves		
Passing – First Touch		
Passing – One-Touch		
Aerial Control		
Ball Striking		



Physical Skills Tests

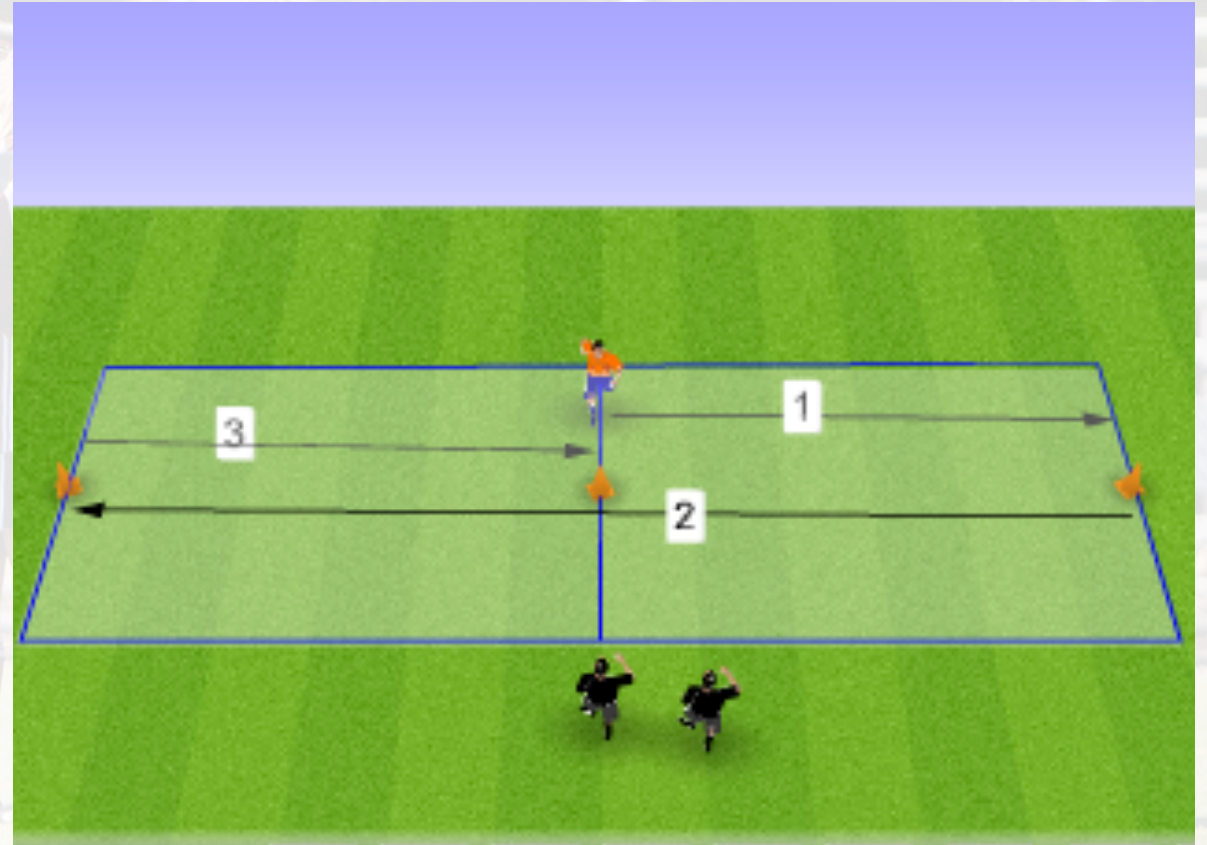
Vertical Jump

- Purpose: Measure Lower Limb Vertical Power
- Testing Instructions:
 - Have player record initial height with arm fully extended. Record.
 - From standing position, player bends and jumps to highest height and knocks stick with hand/finger.
 - Record Vertical Height #1 to nearest inch.
 - Have player take one step back and perform test again.
 - Record Vertical Height #2 to nearest inch.

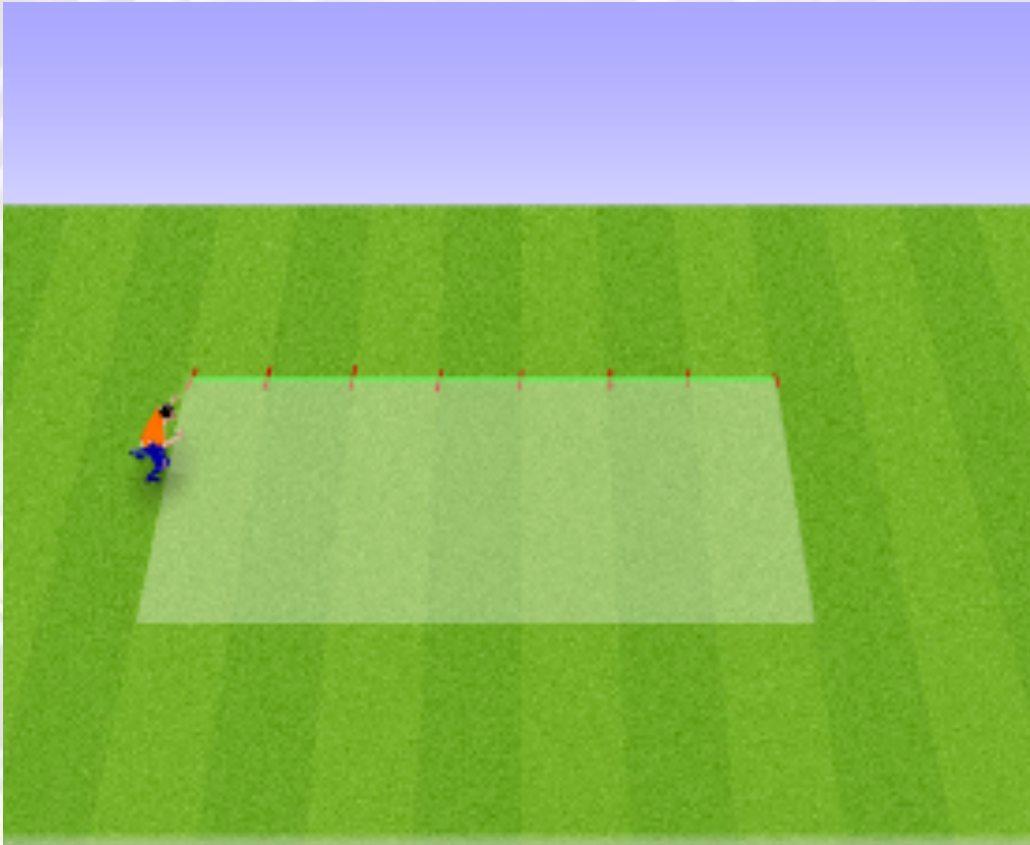


5-10-5 Agility Test

- 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.

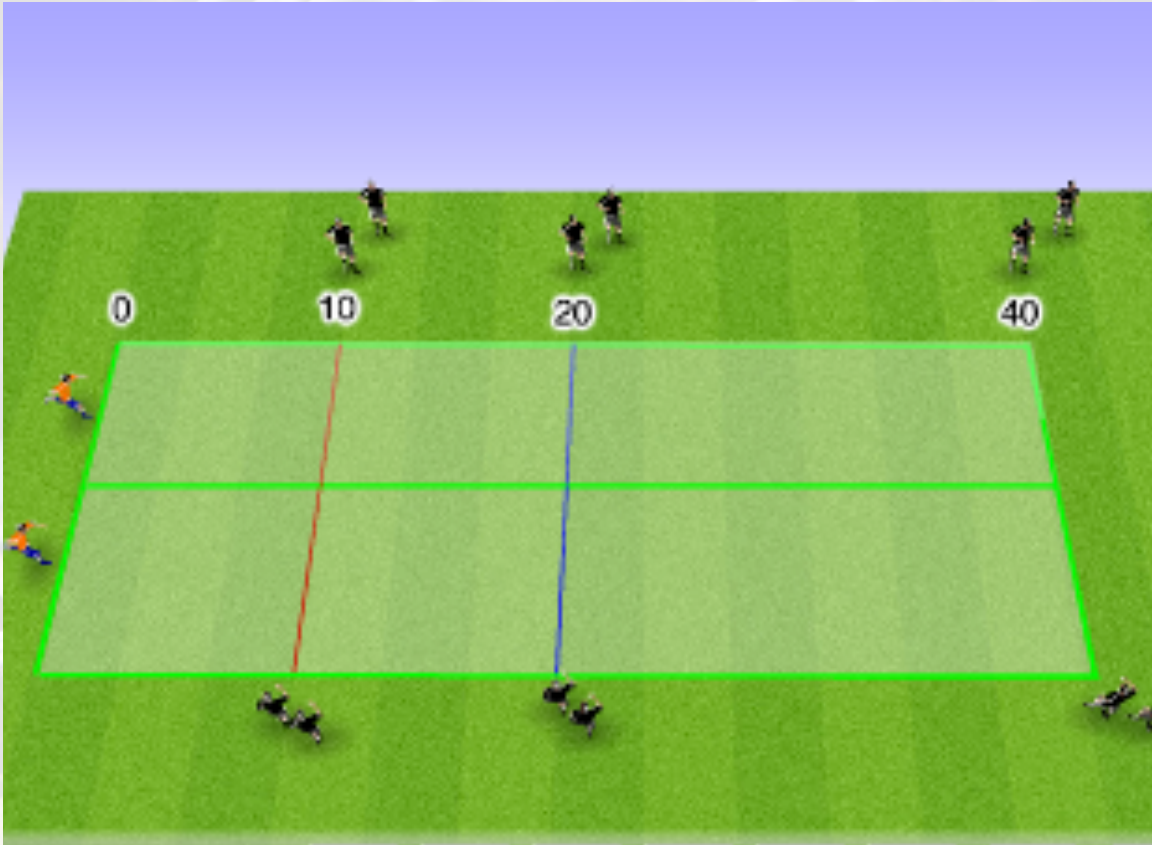


Standing Broad Jump



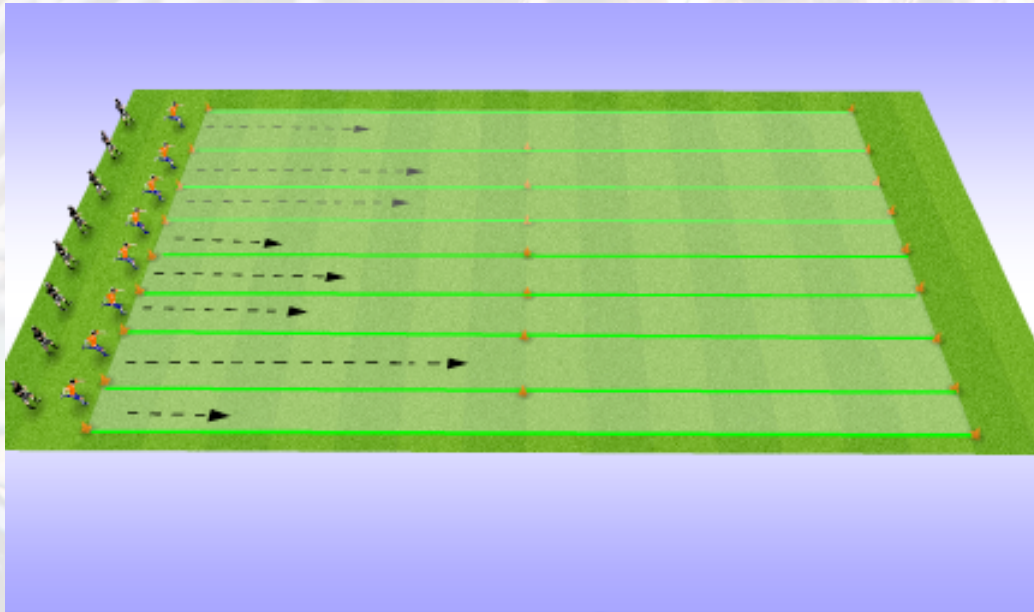
- Purpose: Measure Lower Limb Horizontal Power
- Testing Instructions:
 - Have player stand behind starting line with two feet shoulder-width apart.
 - Instruct them to take three knee bends and jump as far as possible, landing with feet together.
 - Instruct them that score will be from the heel of the foot closest to the starting line to the starting line.
 - Record score to nearest 0.5 inches.
 - Repeat test and record again.

40-20-10 Sprint



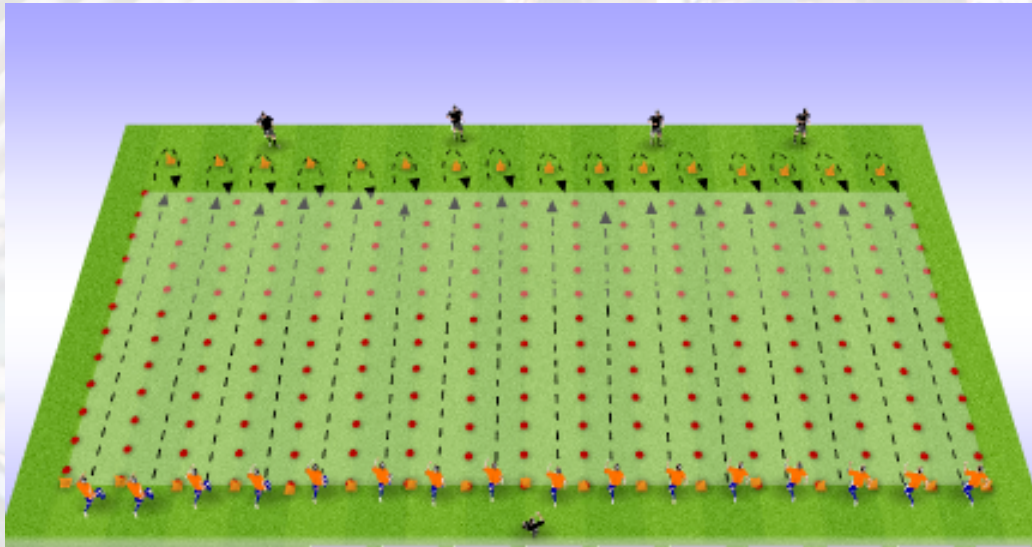
- Purpose: Measure Acceleration Speed, Top Speed, and Sprint Capacity
- Testing Instructions:
 - Instruct player to stand behind starting gate.
 - When ready, have them sprint through finishing gate 40 yards away.
 - Remind them to not slow until they get past the marked cones 5 yards AFTER the finishing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

300-Yard Shuttle Run



- Purpose: Measure Anaerobic Power
- Testing Instructions:
 - Instruct player to stand behind starting gate.
 - When ready, have them sprint to the turning gates 50 yards away. Return to start. Repeat 3 continuous laps.
 - - For a variation, have turning gates 25 yards away and repeat 6 continuous laps.
 - 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.

Beep Test



- Purpose: Measure Aerobic Capacity
- Testing Instructions:
 - The subject continues running between the two lines, turning when signaled by the recorded beeps.
 - After about one minute, a sound indicates an increase in speed, and the beeps will be closer together. This continues each minute (level).
 - If the line is not reached in time for each beep, the subject must run to the line turn and try to catch up with the pace within 2 more 'beeps'.
 - Also, if the line is reached before the beep sounds, the subject must wait until the beep sounds.
 - The test is stopped if the subject fails to reach the line (within 2 meters) for two consecutive ends.
 - The athlete's score is the level and number of shuttles (20m) reached before they were unable to keep up with the recording.
- Record the score (number of shuttles or time if applicable).



Technical Skills Tests

Toe Taps

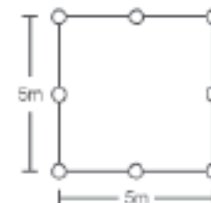
1 Toe Taps



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.

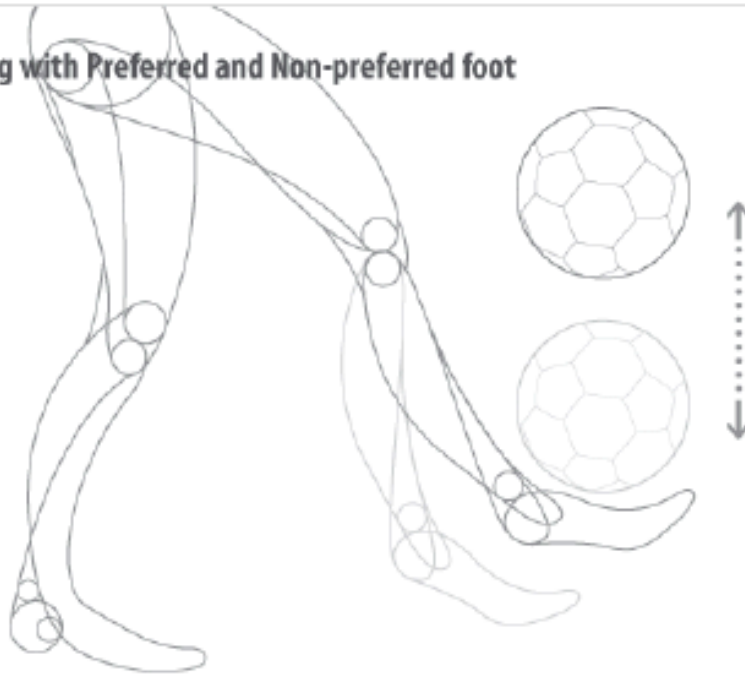


Foundations



Juggling - Feet

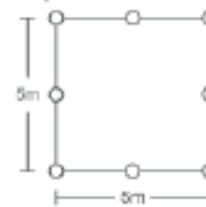
3 4 Juggling with Preferred and Non-preferred foot



Duration: 20 seconds

Layout: 8 cones

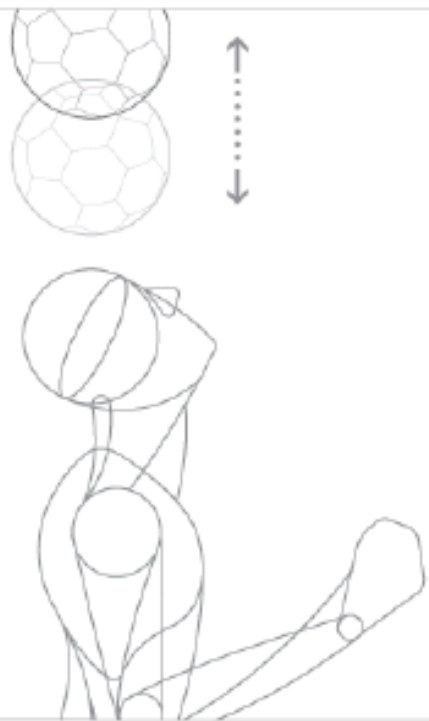
Space: 5m x 5m



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.

Juggling - Head

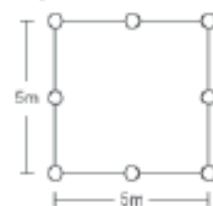
5 Juggling with head



Duration: 20 seconds

Layout: 8 cones

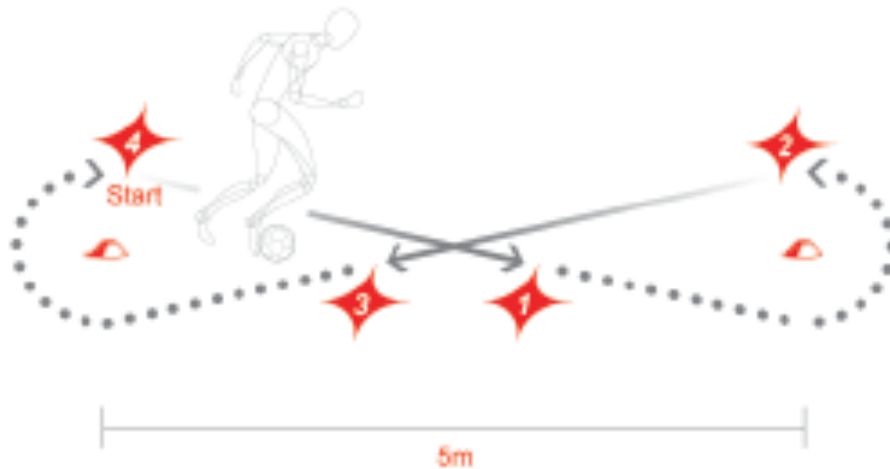
Space: 5m x 5m



Instruction: Arrange cones as shown. Juggle the ball with your head and stay within the grid. Each touch counts as one point. Do not count touches with any other body part. If the ball touches the ground, pick it up and restart counting at one. Record your highest score.

Dribbling – Change of Pace

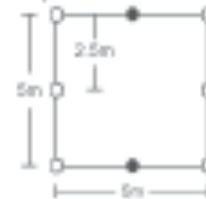
6 7 Change of Pace with Preferred and Non-preferred Foot



Duration: 20 seconds

Layout: 8 cones

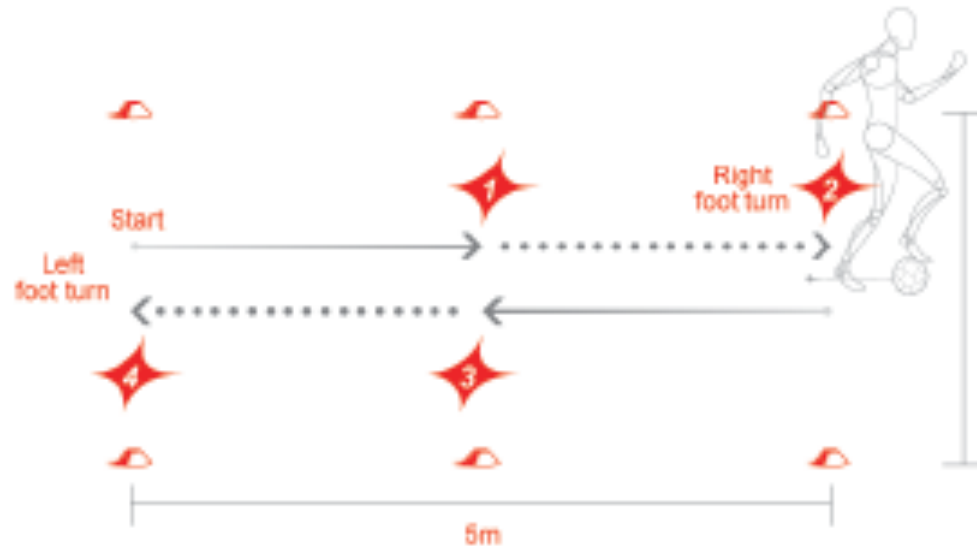
Space: 5m x 5m



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

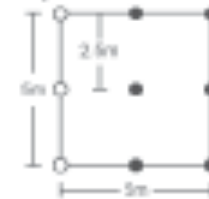
8 Change of Direction



Duration: 20 seconds

Layout: 9 cones

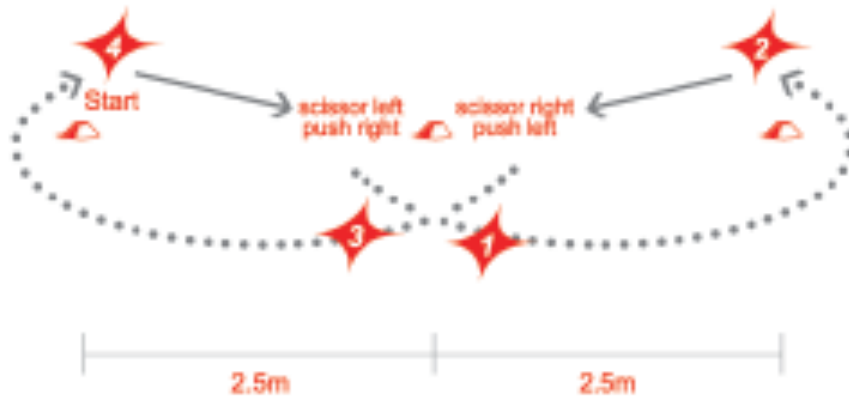
Space: 5m x 5m



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

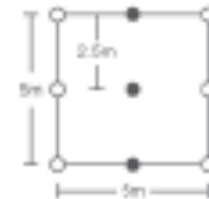
9 Move / Scissors



Duration: 20 seconds

Layout: 9 cones

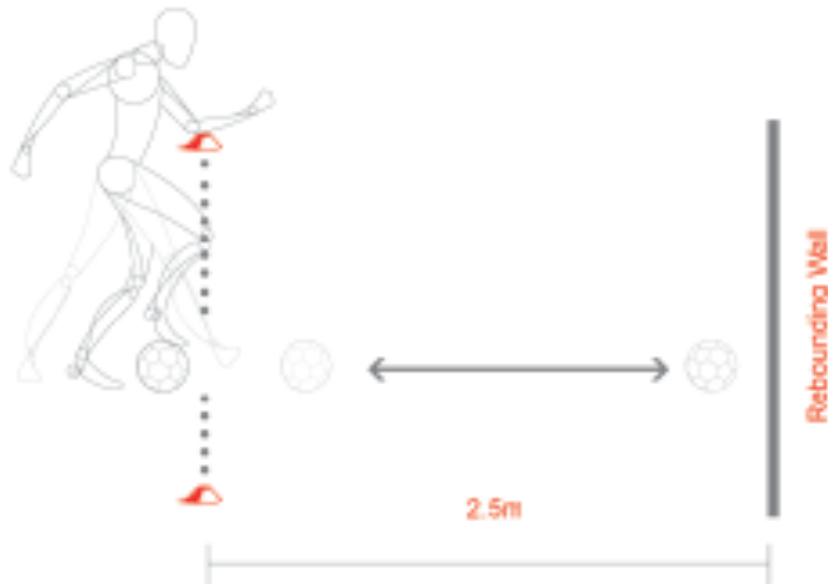
Space: 5m x 5m



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

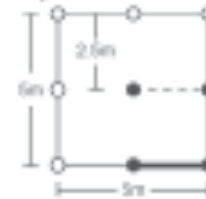
10 11 First Touch with Preferred and Non-preferred Foot



Duration: 20 seconds

Layout: Rebounding wall

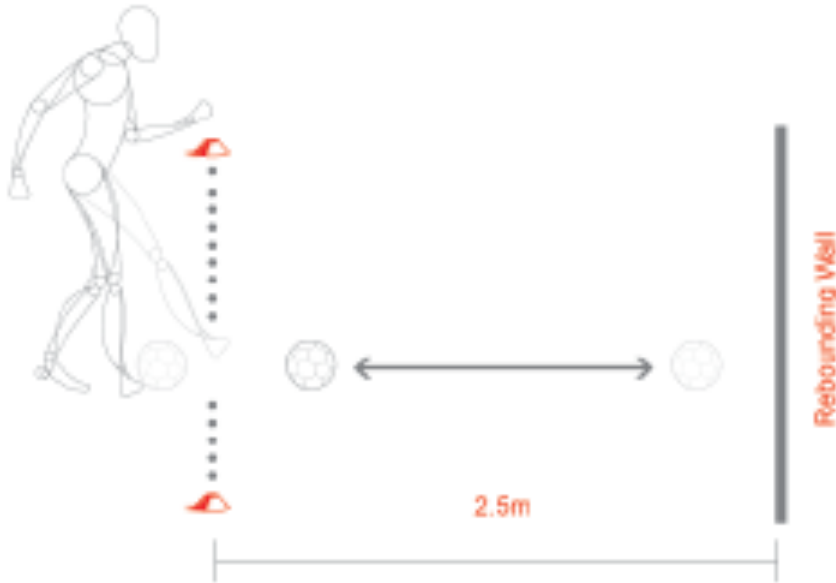
Space: 5m x 5m



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

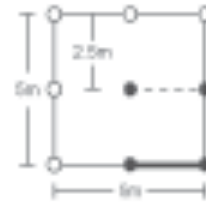
12 13 One Touch with Preferred and Non-preferred Foot



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.

Receiving – Aerial Control

14 Aerial Control

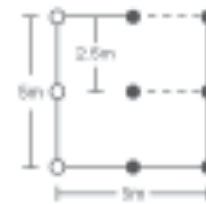
(C) Control
RV - Right Foot Volley
LV - Left Foot Volley



Duration: N/A

Layout: 9 cones

Space: 5m x 5m



Instruction: Arrange cones as shown. This skill uses a partner to toss the ball to you. Control the tossed ball using eight different body parts (foot, thigh, chest, head), and return the ball to your partner by volleying it with the designated foot (RV or LV). Attempt the complete set of eight control/voleys from 2.5 meters. Each successful aerial control and volley back to your partner counts as one point. If you score 6 or more points, back up to the 5 meter line and go through the complete set again. There are 16 possible points for this exercise. Do not count if the ball hits the ground, or if your partners must lift one of his feet to attempt catching the ball. You must stay behind the 2.5 meter and 5 meter line at all times.

Ball Striking

15 Ball Striking



Duration: N/A

Layout: Full size goal

Space: 5.5, 11m, 16.5m, 22m, 33m



Instructions: Arrange cones as shown. Starting from the 5.5 meter line, strike a ball with each foot. You are only allowed one attempt with each foot. The ball must cross the goal line in the air in order to count as one point. Do not count balls that miss the goal or bounce before the goal line. This exercise must be completed in succession for a total of 10 possible points. Conversion of meters to yards: 6, 12, 18, 24, 36 yard lines.