Aerobic Capacity

Beep test

Unit : Level.Shuttle

Player	n°1	Best

Aerobic Capacity

VO2max test / VMA

Unit: mL/kg/min

Power

Vertical jump (Sargent Jump Test)

Unit : cm

Player	n°1	n°2	n°3	Best
	1			

<u>Power</u>

Standing long jump (Broad Jump)

Unit : cm

Player	n°1	n°2	n°3	Best
	1			

10m sprint

Player	n°1	n°2	Best
		l	

20m sprint

Player	n°1	n°2	Best
		l	

30m sprint

Player	n°1	n°2	Best
		l	

40m sprint

Player	n°1	n°2	Best
		l	

Agility without the ball

"505" agility test

Player	n°1	n°2	Best

Agility without the ball

40m (L figure)

Unit:s

Player	n°1	n°2	Best
		l	

Agility with the ball

Slalom with a ball (double 8 figure)

Unit:s

Player	n°1	n°2	Best
		l	

Agility with the ball

Slalom with a ball (large 8 figure)

Unit:s

Player	n°1	n°2	Best
		l	

<u>Juggles</u>

Juggle with your dominant foot

Unit: Juggles

Player	n°1	n°2	Best
		l .	<u>l</u>

Juggles

Juggle with your weak foot

Unit: Juggles

Player	n°1	n°2	Best
		l .	<u> </u>

Juggles

Juggle with the head

Unit: Juggles

Player	n°1	n°2	Best
		l .	<u> </u>

Long-range passing (30m) with dominant foot

Player	n°1	n°2	Best
		l .	<u> </u>

Long-range passing (30m) with weak foot

Player	n°1	Best

Short passing (16.5m) with dominant foot

Player	n°1	Best

Short passing (16.5m) with weak foot

Player	n°1	Best
r layel	11 1	Best

Shots

Ball strike (16.5m) dominant foot

Player	n°1	Best

Shots

Ball strike (16.5m) weak foot

Player	n°1	Best

Flexibility

Lower back flexibility

Unit : cm

Player	n°1	Best

<u>Flexibility</u>

Hip flexibility test

Unit : degrees

Player	n°1	Best