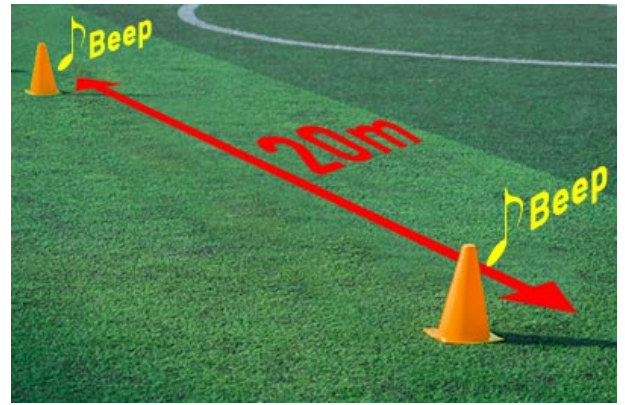


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# Aerobic Capacity

## Beep test



### Target

The aim of this test is to achieve the greatest number of shuttle run at gradually accelerated speeds until exhaustion.

The maximum speed thus obtained is an indicator of your aerobic capacity.

The more your aerobic capacity is high, the more you decrease your necessary recovery time between 2 explosive efforts during a match.

### Equipment

4 cones.

A decameter.

The beep test app or a beep test sound record.

### Help

Alone or with a person to control.

### Instructions

You must perform 20 m continuous shuttle runs within a gradual increase in the running speed.

You must adjust your speed to reach the opposite end of the 20m grid before the next beep sounds with at least one foot. You must cross these lines with at least one foot before making a U-turn.

Stop when you are no longer able to keep up with the pace set and you cannot reach the line at the beep 3 times in a row.

Then remember the level announced on the soundtrack.

If you perform this test on high ground, you will need to make a correction, because the air is poorer in oxygen, by adding 1 shuttle per 200m altitude.

For example, for a land at 1000m altitude, you would add 5 shuttles.

So an athlete who scores 9.8 (Level: 9. Shuttles: 8) will actually get 9.13 (Level: 9. Shuttles: 13)

You will therefore note 9.13

# Aerobic Capacity

## VO2max test / VMA



### Target

The aim of this test is to find out your VO2max.

VO2max is a measure of the maximum amount of oxygen a person can use during intense exercise. It is a common measurement used to establish the aerobic endurance of an athlete. This is one of the many tests used to determine the cardiovascular condition and performance capacity of an athlete.

The higher your aerobic capacity, the more you decrease your necessary recovery time between explosive efforts during a match.

### Equipment

Requires sports and medical laboratory equipment or the value of VMA (Maximum Aerobic Speed) in km / h

### Help

Requires a sports doctor for this test.

### Instructions

You can do this test by asking your sports doctor. Usually this test is performed on a stationary bicycle but also on a treadmill.

VO2 max is measured in milliliters of oxygen used in one minute per kilogram of body weight (mL/kg/min).

Cristiano Ronaldo has a VO2Max of 75, Neymar 73.

You can deduce the value of VO2max with the VMA:  $VO2max = 3.5 \times VMA$  (km / h)

# **Power**

## **Vertical jump (Sargent Jump Test)**



### **Target**

The aim of this test is to evaluate the impulse of the leg extensors of the leg, the explosive power of the glutes, quadriceps and calves.

### **Equipment**

Chalk

A tape measure.

A preferably colored wall.

### **Help**

Alone or helped by someone.

### **Instructions**

Chalk the end of your fingertips.

Stand on the side of the wall, keeping both feet remaining on the ground then reach up as high as possible with one hand and mark the wall with the tips of the fingers .

From a static position, jump as high as possible. You can use arm swing to gain power. Mark the wall as high as possible with the chalk.

Then measure the distance between the two marks.

Repeat the test 3 times and keep the best score.

# **Power**

## **Standing long jump (Broad Jump)**



### **Target**

The aim of this test is to measure the explosive power of the legs. It is one of the most widely used fitness tests in the world.

### **Equipment**

A tape measure.

### **Help**

One person to measure.

### **Instructions**

Stand behind a line marked on the ground with your feet slightly apart.

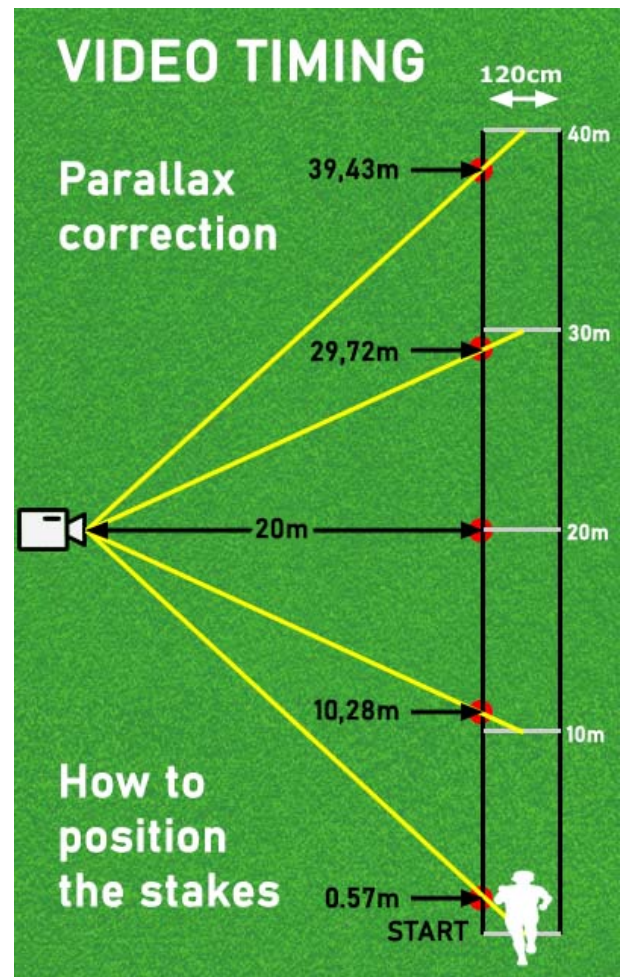
A two-foot take-off and landing is used.

Jump as far as possible by landing on both feet and without falling backwards.

Three attempts are allowed. Keep the best of the three.

# Speed

## 10m sprint



### Target

The aim of this test is to measure the speed on a 10m sprint.  
Run a 40m sprint and get split times at 10, 20, 30 and 40m.

### Equipment

Decameter.  
Video timing.  
4 Cones or stakes.

### Help

One person to take the video.

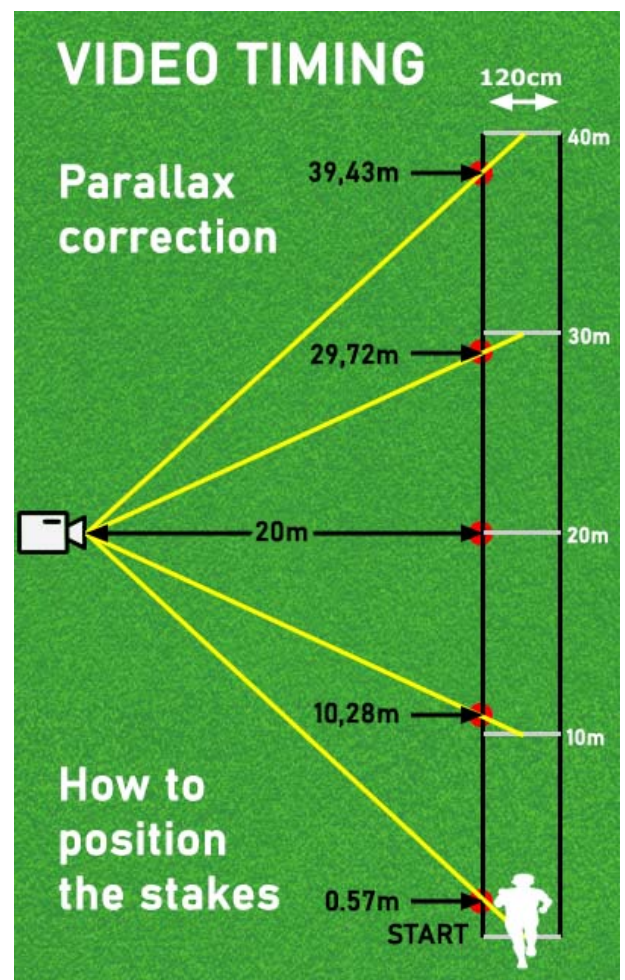
### Instructions

Position the markers like in the diagram above.

Take the start and split times when the marker or stake is in the center of the runner's hips.  
You cannot take times with a standard stopwatch for distances less than 30m. Use only video timing.

# Speed

## 20m sprint



### Target

The aim of this test is to measure the speed on a 20m sprint.  
Run a 40m sprint and get split times at 10, 20, 30 and 40m.

### Equipment

Decameter.  
Video timing.  
4 Cones or stakes.

### Help

One person to take the video.

### Instructions

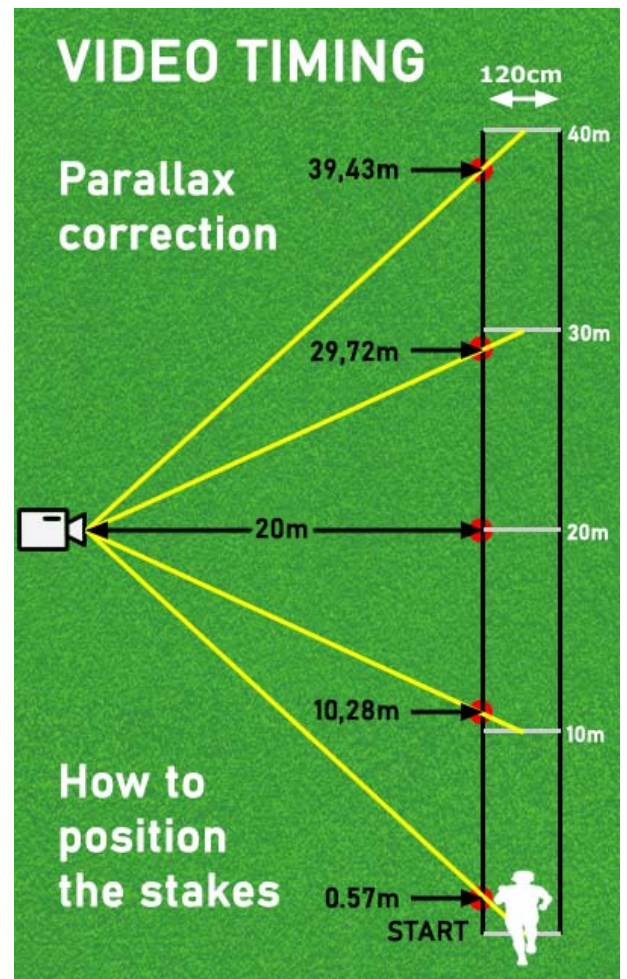
Position the markers like in the diagram above.

Take the start and split times when the marker or stake is in the center of the runner's hips.  
You cannot take times with a standard stopwatch for distances less than 30m. Use only video timing.



# Speed

## 30m sprint



### Target

The aim of this test is to measure the speed on a 30m sprint.  
Run a 40m sprint and get split times at 10, 20, 30 and 40m.

### Equipment

Decameter.  
Video timing.  
4 Cones or stakes.

### Help

One person to take the video.

### Instructions

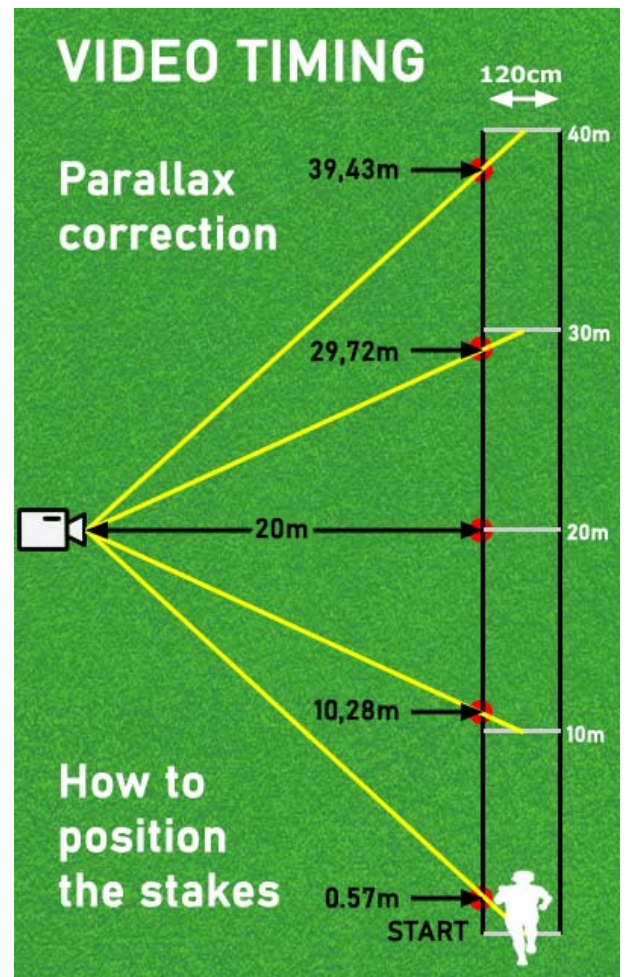
Position the markers like in the diagram above.

Take the start and split times when the marker or stake is in the center of the runner's hips.  
You cannot take times with a standard stopwatch for distances less than 30m. Use only video timing.



# Speed

## 40m sprint



### Target

The aim of this test is to measure the speed on a 40m sprint.  
Run a 40m sprint and get split times at 10, 20, 30 and 40m.

### Equipment

Decameter.  
Video timing.  
4 Cones or stakes.

### Help

One person to take the video.

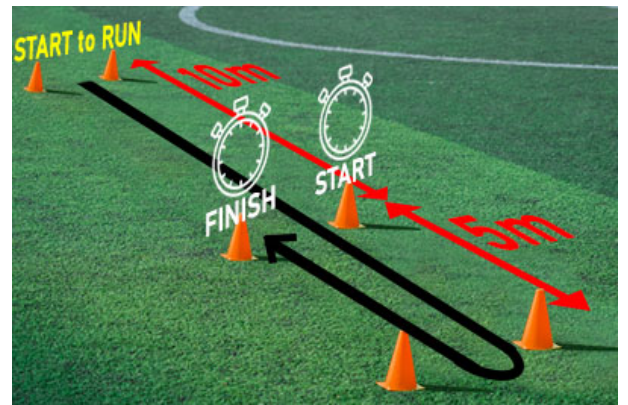
### Instructions

Position the markers like in the diagram above.

Take the start and split times when the marker or stake is in the center of the runner's hips.  
You cannot take times with a standard stopwatch for distances less than 30m. Use only video timing.

# Agility without the ball

## "505" agility test



### Target

The aim of this test is to measure a player's ability to change direction 180° with strong deceleration followed by explosive acceleration.

### Equipment

6 stakes or 6 cones.

A video timing.

### Help

One person to take the video timing.

### Instructions

Start at the first cone and run 10 meters to a second marker cone. It is this second cone that starts the stopwatch.

You continue to the third cone located 5m from the second one.

Turn around this cone as quickly as possible and go back to the previous cone. When you pass the second cone again, the stopwatch stops.

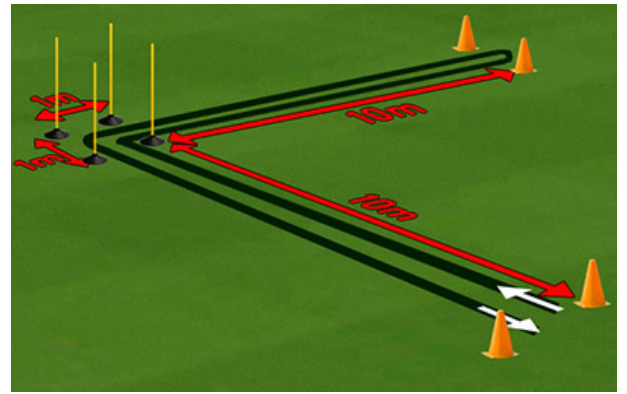
The start and stop times must be set when the marker is in the center of the runner's pelvis.

The turning ability on each leg should be tested.

Record the best time.

# Agility without the ball

## 40m (L figure)



### Target

The goal of this test is to appreciate the explosiveness of the player's start as well as the mastery of his race and his change of direction at high intensity.

### Equipment

4 stakes  
4 cones.  
A video timing.

### Help

One person to take the video timing.

### Instructions

You must do a round trip sprint.

Put one foot behind the opposite door.

Cross the finish line at full speed.

You have 2 tries.

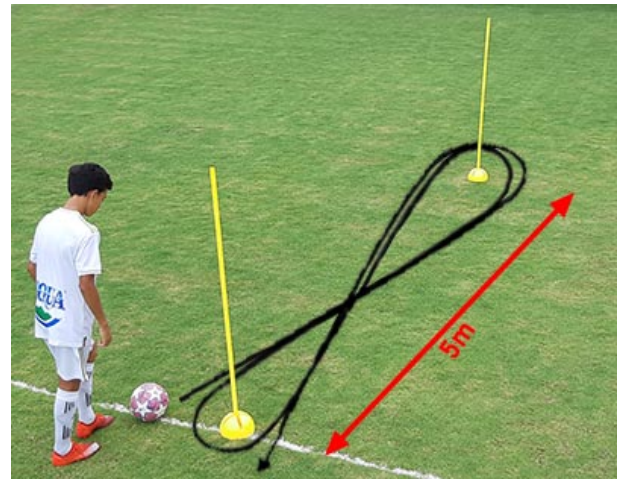
Start of the stopwatch when crossing the gates.

Test validated if:

- all the posts are upright.
- foot placed behind the door.

# Agility with the ball

## Slalom with a ball (double 8 figure)



### Target

The aim of this test is to measure your agility and your speed in possession of the ball.

### Equipment

2 stakes or 2 cones.

A stopwatch or video timing for better accuracy.

A ball.

A tape measure.

### Help

One person to take the timing.

### Instructions

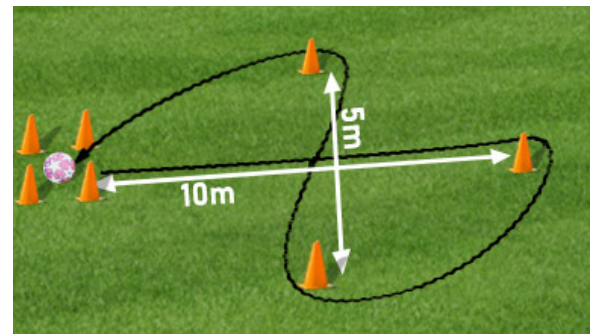
Four 5m shuttle runs dribbling the ball (slalom) Place 2 marker cones 5 meters apart.

You start dribbling the ball and must do 2 round trips.

The stopwatch starts at the ball's first movement. The stopwatch is stopped when the ball is stopped.

# Agility with the ball

## Slalom with a ball (large 8 figure)



### Target

The goal of this test is to appreciate the speed of movement, posture, coordination and touch of the ball. You must complete the course as shown in the photo, with the ball on the foot as quickly as possible.

### Equipment

6 cones.

A decameter.

A balloon.

### Help

One person to time and control.

### Instructions

You must drive the ball around the cones as shown in the photo.

You must end the test by placing your foot on the ball in the middle of the 4 cones (1m<sup>2</sup>)

You have 2 tries.

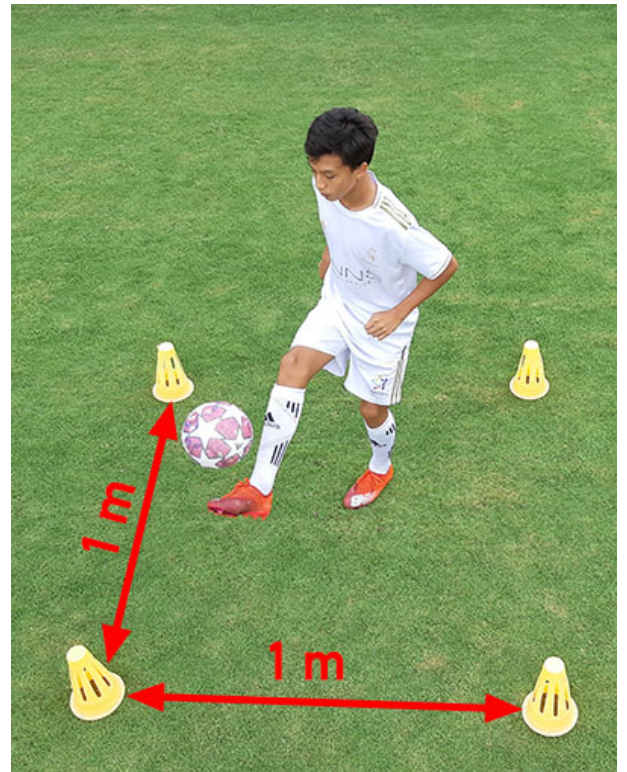
The stopwatch starts at the ball's first movement. The stopwatch is stopped when the ball is stopped.

The test is validated if:

- Foot on the ball in the middle of the studs.
- The cones have not been moved.

# Juggles

## Juggle with your dominant foot



### Target

The aim of this test is to know your ease in juggling under stress.

You will find yourself in this situation during a match where you will have to control an aerial ball with the pressure of the opponent.

### Equipment

4 cones.

A measure tape.

A ball.

### Help

Alone or with a person to control.

### Instructions

Place 4 cones 1 m apart.

Juggle with your dominant foot only.

No other part of your body is allowed.

If you put one foot outside the space delimited by the cones, the test is over.

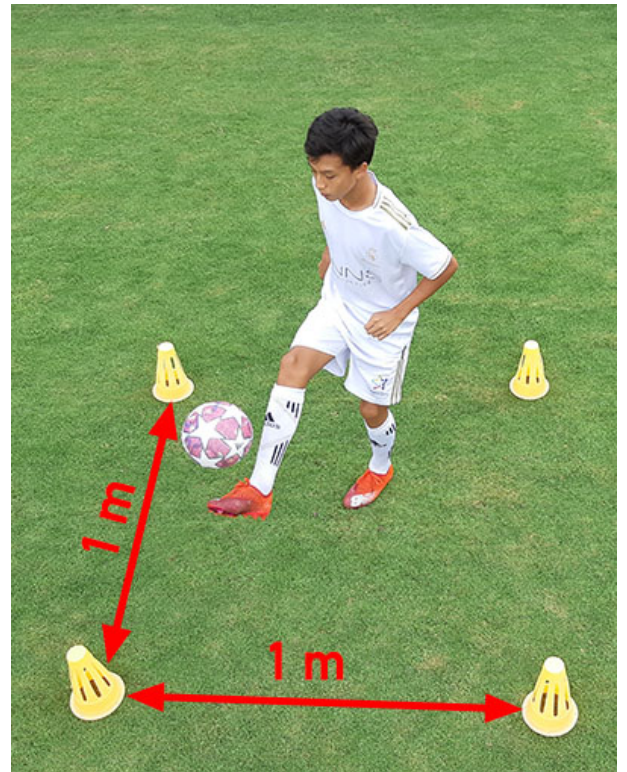
If you reach 50 juggles, the test is over.

2 attempts are allowed. Keep the best of the 2.



# Juggles

## Juggle with your weak foot



### Target

The aim of this test is to know your ease in juggling under stress.

You will find yourself in this situation during a match where you will have to control an aerial ball with the pressure of the opponent.

### Equipment

4 cones.

A measure tape.

A ball.

### Help

Alone or with a person to control.

### Instructions

Place 4 cones 1 m apart

Juggle with your non-dominant / weak foot only.

No other part of your body is allowed.

If you put one foot outside the area delimited by the cones, the test is over.

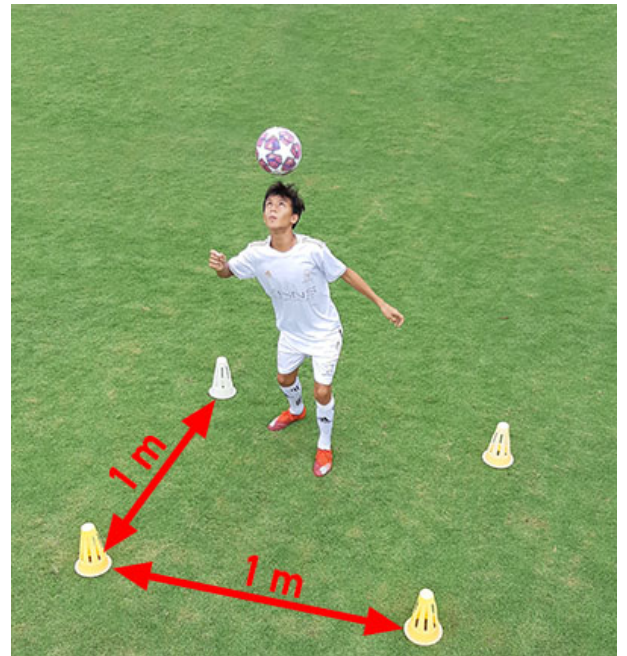
If you reach 50 juggles, the test is over.

2 attempts are allowed. Keep the best of the 2.



# Juggles

## Juggle with the head



### Target

The aim of this test is to know your ease in juggling under stress.

You will find yourself in this situation during a match where you will have to control an aerial ball with the pressure of the opponent.

### Equipment

4 cones.

A measure tape.

A ball.

### Help

Alone or with a person to control.

### Instructions

Place 4 cones 1 m apart.

Juggle with your head only.

No other part of your body is allowed.

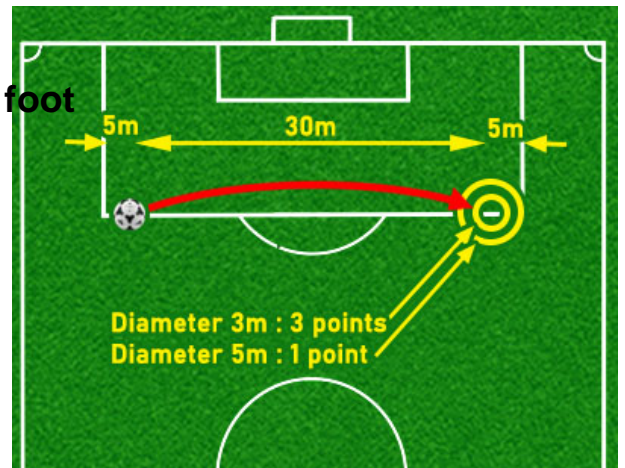
If you put one foot outside the area delimited by the cones, the test is over.

If you reach 50 juggles, the test is over.

2 attempts are allowed. Keep the best of the 2.

# Passes

## Long-range passing (30m) with dominant foot



### Target

The aim of this test is to simulate a long pass during a match such as a change of side.

### Equipment

- 4 cones.
- A decameter.
- A ball.

### Help

Preferably with a person to check if the ball hits the target.

### Instructions

You must hit a target 3m in diameter placed 35m from the ball.

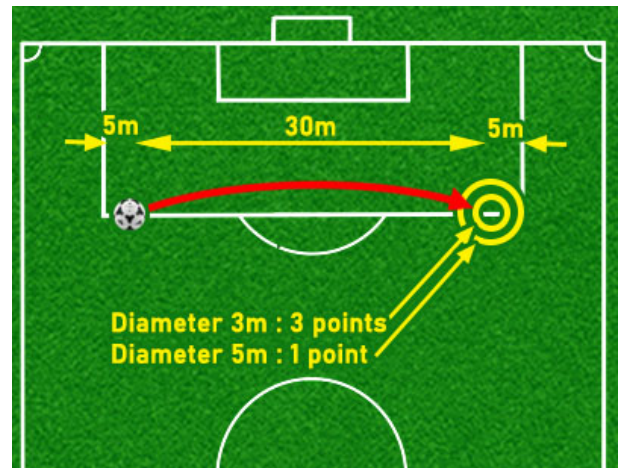
Make 5 shots with your strong foot, and count the number of balls that have landed in the target directly and without prior rebound.

3 points in the 3m target.

1 point in the 5m target.

# Passes

## Long-range passing (30m) with weak foot



### Target

The aim of this test is to simulate a long pass during a match such as a change of side.

### Equipment

- 4 cones.
- A decameter.
- A ball.

### Help

Preferably with a person to check if the ball hits the target.

### Instructions

You must hit a target 3m in diameter placed 35m from the ball.

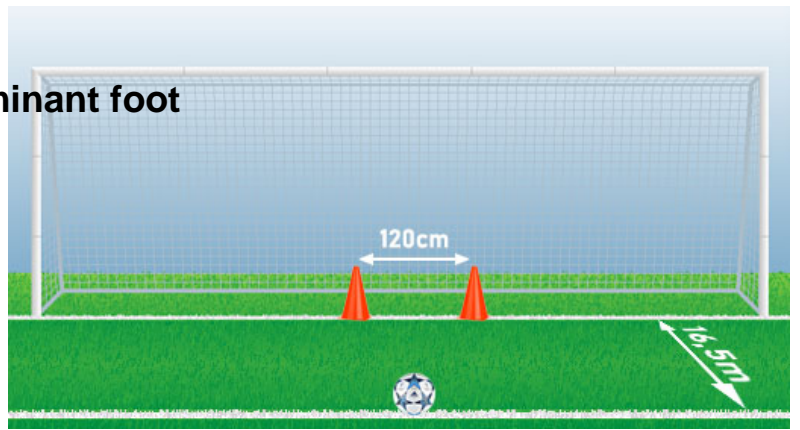
Make 5 shots with your weak foot, and count the number of balls that have landed in the target directly and without prior rebound.

3 points in the 3m target.

1 point in the 5m target.

# Passes

## **Short passing (16.5m) with dominant foot**



### Target

The aim of this test is to simulate short passes during a game.

### Equipment

2 cones.

A ball.

### Help

Alone or with a person to control.

### Instructions

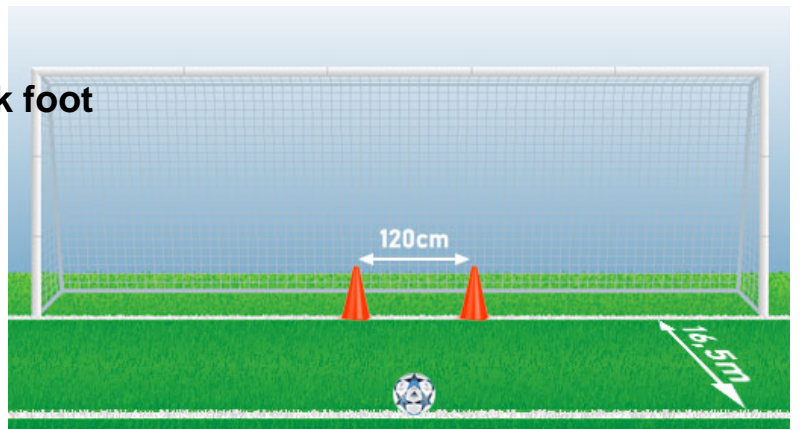
Place the ball on the 16.5m line and place 2 cones 120cm apart on the goal line.

The ball must be in motion when you kick it.

Shoot 10 times with your dominant foot, and count the number of balls that land in the target directly and without hitting the cones.

# Passes

## Short passing (16.5m) with weak foot



### Target

The aim of this test is to simulate short passes during a game.

### Equipment

2 cones.

A ball.

### Help

Alone or with a person to control.

### Instructions

Place the ball on the 16.5m line and place 2 cones 120cm apart on the goal line.

The ball must be in motion when you kick it.

Shoot 10 times with your weak foot, and count the number of balls that land in the target directly and without hitting the cones.

# **Shots**

## **Ball strike (16.5m) dominant foot**



### **Target**

The aim of this test is to simulate your entry into the penalty area followed by a shot with the ball moving in one of the 2 corners of the cage.

### **Equipment**

1 x 6m50 rope  
2 x 4m ropes  
A ball.

### **Help**

Alone or with a person to control.

### **Instructions**

Place the ropes as shown in the video.

Place the ball on the 16.5m line.

The ball must be in motion when you shoot.

Shoot 5 times using your dominant foot in each corner (top right corner , top left corner) and count the number of balls that hit the target.

You will therefore shoot a total of 10 balls

# **Shots**

## **Ball strike (16.5m) weak foot**



### **Target**

The aim of this test is to simulate your entry into the penalty area followed by a shot with the ball moving in one of the 2 corners of the cage.

### **Equipment**

1 x 6m50 rope  
2 x 4m ropes  
A ball.

### **Help**

Alone or with a person to control.

### **Instructions**

Place the ropes as shown in the video.

Place the ball on the 16.5m line.

The ball must be in motion when you shoot.

Shoot 5 times using your weak foot in each corner (top right corner , top left corner) and count the number of balls that hit the target.

You will therefore shoot a total of 10 balls.



# **Flexibility**

## **Lower back flexibility**



### **Target**

The aim of this test is to measure the flexibility of hamstrings and lower back.

### **Equipment**

A box of approximately 40 x 50 x 60 or equivalent.

A graduated ruler.

Adhesive tape.

### **Help**

One person to read the measure.

One person to help.

### **Instructions**

Starting position seated, legs straight.

You will try to move your hands as far as possible along the legs without bending them.

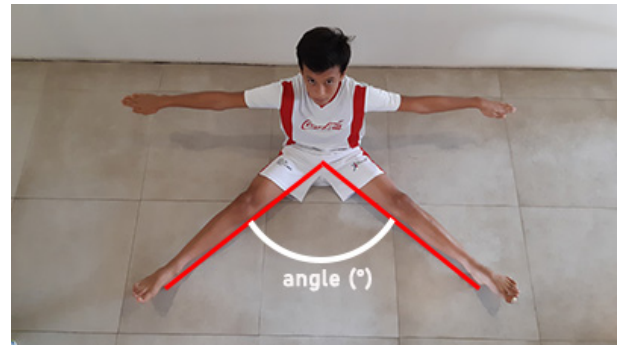
The maximum position should be held for 2 seconds.

If your hands exceed the box by 5 cm for example, note: +5

If your hands are 5 cm from the box without exceeding it, note -5

# Flexibility

## Hip flexibility test



### Target

The aim of this test is to measure the flexibility of the hip and adductor muscles.

### Equipment

Download the protractor app.

### Help

One person to take the leg distance measurement.

### Instructions

From a seated position, open your legs keeping the buttocks in contact with the floor until you reach your maximum opening.

You must be stable keeping the arms horizontal as in the photo.

Note the opening angle by making marks on the ground.

Then use a ruler to draw the angle that you measure using a protractor.