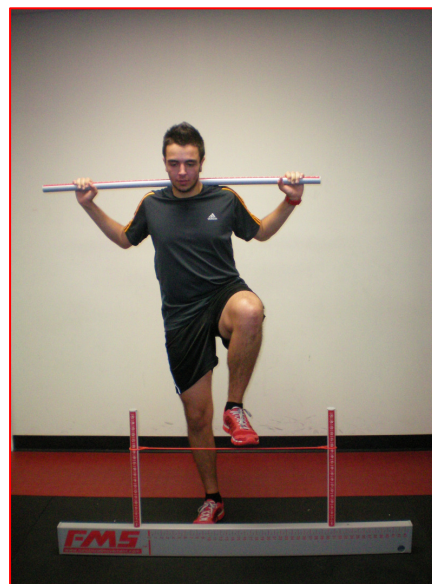




SOCCER-SPECIFIC FITNESS ASSESSMENT INFORMATION SHEET



Test	What It Measures	Why It's Important	How Soccer Fitness is Unique
Standing Height / Sitting Height Ratio	<i>Percentage of Peak Height Velocity</i>	<ul style="list-style-type: none"> • “Peak Height Velocity” or PHV, is the measure of the maximum rate of growth in stature during a growth spurt • In soccer, it may be more useful and accurate to make comparisons between athletes based on their % of PHV, as opposed to their chronological age 	<ul style="list-style-type: none"> • Soccer Fitness is presently the only sport performance training company in Canada that measures athletes’ percentage of Peak Height Velocity • Our extensive research has allowed us to accumulate a huge database of standards and norms for % of PHV
Counter Movement Jump	<i>Leg Muscle Elasticity</i>	<ul style="list-style-type: none"> • “Elasticity” is the ability to quickly stretch, then contract, muscles quickly • This action happens frequently in soccer 	<ul style="list-style-type: none"> • Soccer Fitness is presently the only sport performance training company in Canada to utilize the Optojump Next electronic timing system, which is the most accurate measuring tool for Leg Muscle Elasticity, Power, and Reactive Strength, in the world.
Squat Jump	<i>Leg Muscle Power</i>	<ul style="list-style-type: none"> • “Power” is the ability to produce a large amount of force in a short amount of time, which is critical in the execution of jumping and sprinting movements in soccer 	
Drop Jump	<i>Leg Muscle Reactive Strength</i>	<ul style="list-style-type: none"> • “Reactive Strength” is a measure of agility, which is the ability to contract the leg muscles eccentrically (while lengthening) to slow the body down as quickly as possible – a very frequent occurrence in soccer 	
5 / 10 Metre Sprint	<i>Linear Acceleration</i>	<ul style="list-style-type: none"> • “Acceleration” is the ability to produce power and speed from a standing or motionless start • 5-10 metre accelerations happen 40-50 times in a typical soccer game 	<ul style="list-style-type: none"> • Soccer Fitness utilizes the Brower electronic timing system, which is one of the most accurate sprint timing systems in the world • We provide a consistent field turf surface for all our assessments, which ensures that comparisons are valid • Our extensive research has allowed us to accumulate a huge database of standards and norms for Linear Acceleration, Linear Speed, and Repeated Sprint times
20 / 35 Metre Sprint	<i>Linear Speed</i>	<ul style="list-style-type: none"> • “Speed” is the ability to cover a known distance in a fast – or short – amount of time • The distances measured in this test represent the average (20 metres) and maximum (35 metres) distances of sprints in a typical soccer game 	
10 x 20 Metre Repeated Sprint Test	<i>Repeated Sprint Ability</i>	<ul style="list-style-type: none"> • “Repeated Sprint Ability” is the ability to perform a series of sprints in succession, without full recovery of the anaerobic system • Repeated sprint sequences occur 4-5 times in a typical soccer game 	
Yo-Yo Intermittent Recovery Test, Level 1	<i>High Intensity Running Ability</i>	<ul style="list-style-type: none"> • “High Intensity Running Ability” is the ability of the athlete to cover a lot of distance at high intensities – greater than or equal to 75-100% of maximal running speed • This ability is the most important physical ability in the sport of soccer, and the Yo-Yo test is the most accurate measurement of this ability 	<ul style="list-style-type: none"> • Soccer Fitness is presently the only sport performance training company in Canada that utilizes the Yo-Yo Intermittent Recovery Test • We provide a consistent field turf surface for all our assessments, which ensures that comparisons are valid • Our extensive research has allowed us to accumulate a huge database of standards and norms for scores on the Yo-Yo Test
Functional Movement Screen	<i>Movement Efficiency</i>	<ul style="list-style-type: none"> • “Movement Efficiency” is the ability to perform athletic movements in a way that maximizes efficiency while minimizing the risk of injury • Soccer players who move more efficiently will perform better 	<ul style="list-style-type: none"> • Soccer Fitness utilizes the renowned Functional Movement Screen to assess movement efficiency • This system was developed by some of the best sport performance coaches in the world, and provides a standardized, objective measure of several key components of athletic performance