



Fitness Testing Protocols

The following fitness tests will be carried out at regular intervals throughout the season;

- 12 minute Coopers test
- 1 minute squat test
- 1 minute push up test
- 1 minute sit up test
- 25yd sprint test (Straight sprint & with stick & ball)
- 1 minute yard stick test
- GK kicking test

The protocols of how these tests are to be performed are detailed below.

12 minute Coopers Test

- Players will run from the half way line to the 25 yard line, turn and run back.
- Every time they complete one full 25 yard length will be counted as one beat.
- Players will continue to run for 12 minutes completing as many beats as possible.

1 minute Squat Test

- Players are to stand upright with a stance slightly wider than their shoulder width.
- Feet are to be flat on the ground, their backs straight and their arms out in front of their chest at all times throughout the test.
- Players will squat (bend their knees over their toes) until they achieve a 90 degree bend in the knee before rising up to a straight leg position.
- One squat is from a standing position down to a squat and back to standing.
- Players should perform as many squat as possible within one minute.

1 minute Push Up Test

- Players will assume an orthodox push up position. This involves hands flat on the ground just outside the width of the shoulders, a flat body position with a comfortable width of feet for balance.
- Each push up involves bending of the arms **ONLY** lowering themselves until their chest touches a thumb's up fist of a partner.
- Every time the chest touches the thumb will be counted as one push up.
- Players should perform as many push up as possible in one minute.

1 minute Sit Up Test

- Players should lie on their back with their knees bent up until their feet are flat on the ground where a partner will hold them in place.
- The arms should be crossed over the chest to touch the opposite shoulder where they should remain throughout.
- Players will raise their torso until their elbows touch their knee caps and then return to a lying position.
- Every time the knee caps are touched by the elbows will be counted as one sit up.
- Players should perform as many sit ups as possible in one minute.

25yd Sprint Test (Straight Sprint)

- From a standing start players will sprint from the 25 yard line to the half way line while being timed.

25yd Sprint Test (with stick & ball)

- From a standing start players will sprint from the 25 yard line to the far 25 yard line dribbling a ball while being timed.
- The ball must remain no further than 30cm from the end of the stick for the time to be valid.

1 minute Yard Stick Test

- Players should place a stick on the ground in front of them with the handle and head of the stick lying from left to right or vice versa.
- The ball must begin just outside the length of the lying stick and be moved across the body to outside the other end of the lying stick.
- This side to side movement will continue for one minute.
- Every time the ball is moved across the body to the outside of the lying side will be counted as one repetition.
- Players should perform as many repetitions as possible in one minute.

GK Kicking Test

- GK will stand and always recover to the centre of the goal.
- 10 balls will be hit 75% pace just inside one post in a row which the GK must clear through a gate, 1 metre wide, set up in line with the long corner marker.
- The same is to be repeated on the other side.
- A score out of 20 will be recorded.