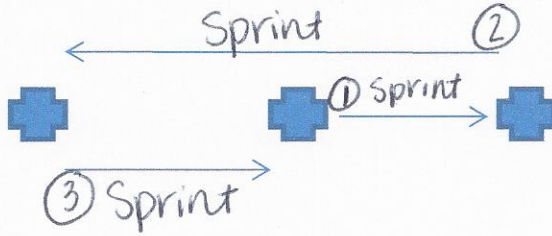


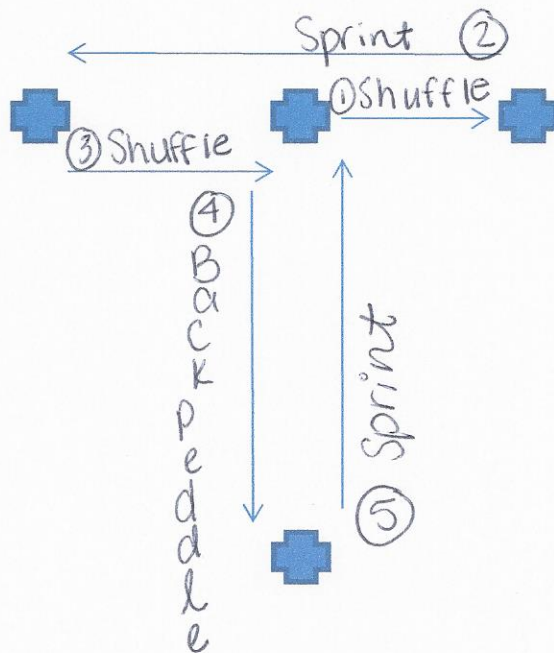
5) 20 yard shuttle:

- a. 3 cones, 5 yards apart each. Player start straddling the middle cone, sprint one way, sprint all the way to the far cone, turn and back through the middle cone.
- b. Two attempts maximum. Best time recorded.



6) 40 yard shuttle:

- a. 3 cones, 5 yards apart each in a line, 1 cone 10 yards from the center cone, creating a T shape.
- b. Start straddling the middle cone, shuffle to the right, sprint all the way across, shuffle to the middle cone, back-peddle, sprint forward.
- c. Two attempts maximum. Best time recorded.



2016-2017 HDvHS Girls Soccer

FITNESS TESTING

Thursday July 28th:

- 1) 120 yard Challenge:
 - a. Athletes have 20 seconds to run 120 yards (full field sprint), jog back (120 yards).
 - b. Athletes must jog back with a maximum time of 70 seconds (1:10 mins).
 - c. Athletes will start the next sprint when the running clock hits 1:30 min.
 - d. After every third sprint (3, 6, 9, 12, 15, etc.) athletes will start the next sprint when the running clock hits 2:00 mins instead of 1:30 mins.
 - e. If an athlete does NOT make the 20 seconds down, or get back to start the next sprint by 1:30 min then that "Level" does NOT count!
 - f. Repeat as many times as possible
 - g. GOAL: 8
- 2) Push-Up Challenge:
 - a. Do as many push-ups as possible in 1:00 minute.
 - b. Chest must touch cone underneath athlete in order to count.
 - c. Athletes may rest, but it must be in the "up" position.
 - d. GOAL: 30
- 3) Sit-Up Challenge:
 - a. Do as many sit-ups as possible in 1:00 minute.
 - b. Elbows must touch knees or beyond in order to count.
 - c. Athletes feet may be held for stability.
 - d. GOAL: 55

Friday July 29th:

- 4) 300 yard Recovery Sprint:
 - a. 2 cones, 25 yards apart. Sprint down & back 6 times (300 yards total)
 - b. 5 minute recovery
 - c. 2 cones, 25 yards apart. Sprint down & back 6 times (300 yards total)
 - d. GOAL: 65 seconds each sprint, stay CONSISTANT!