2017 HDvHS Girls Soccer FITNESS TESTING

Thursday July 26th:

(7:00 am – 9:00 am)

1. 120 yard Challenge:
   1. Athletes have 20 seconds to run 120 yards (full field sprint), jog back (120 yards).
   2. Athletes must jog back with a maximum time of 70 seconds (1:10 mins).
   3. Athletes will start the next sprint when the running clock hits 1:30 min.
   4. 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.
   5. If an athlete does NOT make the 20 seconds down, or get back to start the next sprit by 1:30 min then that “Level” does NOT count!
   6. Repeat as many times as possible
   7. GOAL: 8
2. Push-Up Challenge:
   1. Do as many push-ups as possible in 1:00 minute.
   2. Chest must touch cone underneath athlete in order to count.
   3. Athletes may rest, but it must best in the “up” position.
   4. GOAL: 30
3. Sit-Up Challenge:
   1. Do as many sit-ups as possible in 1:00 minute.
   2. Elbows must touch knees or beyond in order to count.
   3. Athletes feet may be held for stability.
   4. GOAL: 55

Friday July 27th:

(7:00 am – 9:00 am)

1. 300 yard Recovery Sprint:
   1. 2 cones, 25 yards apart. Sprint down & back 6 times (300 yards total)
   2. 5 minute recovery
   3. 2 cones, 25 yards apart. Sprint down & back 6 times (300 yards total)
   4. GOAL: 65 seconds each sprint, stay CONSISTANT!
2. 20 yard shuttle:
   1. 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.
   2. Two attempts maximum. Best time recorded.
3. 40 yard shuttle:
   1. 3 cones, 5 yards apart each in a line, 1 cone 10 yards from the center cone, creating a T shape.
   2. Start straddling the middle cone, shuffle to the right, sprint all the way across, shuffle to the middle cone, back-peddle, sprint forward.
   3. Two attempts maximum. Best time recorded.