

Physical Fitness tests results

We have taken fitness test scores from the research (see references) and our practical experiences and attached a weighting to the results (see below).

Table 1. Fitness test scores for the girls (12-16 years old)

Scores					
Fitness tests	1	2	3	4	5
5 m sprint (s)	1.20	1.18	1.16	1.14	1.12
3 m hop	3.9	4.2	4.5	4.8	5
Broad jump (m)	1.6	1.7	1.8	1.90	2.00
RHIT sprint (s)	21	20	19	18	17
Fatigue Index (s)	2.5	2	1.5	1	0.5
Press up (reps)	1	3	6	9	12
Lying pull up (reps)	1	3	6	9	12
Side plank (s)	10	20	30	40	50
Bleep test (level)	7	8	9	10	11

s, seconds; m, metres; reps, repetitions. Fatigue Index (fastest sprint – slowest sprint)

Table 2. Fitness test scores for the boys (12-16 years old)

Scores					
Fitness tests	1	2	3	4	5
5 m sprint (s)	1.12	1.10	1.08	1.06	1.04
Hops x 3 (m)	3.9	4.2	4.5	4.8	5.18
Broad jump (m)	1.9	2.0	2.1	2.20	2.30
RHIT sprint (s)	21	20	19	18	17
Fatigue Index (s)	2.5	2	1.5	1	0.5
Press up (reps)	1	5	10	15	20
Lying pull up (reps)	1	5	10	15	20
Side plank (s)	10	20	40	60	80
Bleep test (level)	9	10	11	12	13

s, seconds; m, metres; reps, repetitions. Fatigue Index (fastest sprint – slowest sprint)

Table 3. Fitness test scores for the boys (16-19 years old)

Scores					
Fitness tests	1	2	3	4	5
5 m sprint (s)	1.05	1.00	0.95	0.9	0.85
Hops x 3 (m)	5.9	6.2	6.5	6.8	7.1
Broad jump (m)	2.2	2.3	2.4	2.50	2.60
Fastest sprint (s)	23	22.5	22	21.5	21
Slowest sprint (s)	23.5	23	22.5	22	21.5
Fatigue Index (s)	2.5	2	1.5	1	0.5
Press up (reps)	5	10	20	30	40
Lying pull up (reps)	5	10	20	25	30
Side plank (s)	10	20	40	60	80

s, seconds; m, metres; reps, repetitions. Fatigue Index (fastest sprint – slowest sprint)

Table 4. Fitness test scores for the girls (16-19 years old)

Scores					
Fitness tests	1	2	3	4	5
5 m sprint (s)	1.11	1.07	1.03	0.99	0.95
Hops x 3 (m)	4.5	5	5.5	6	6.5
Broad jump (m)	1.4	1.6	1.8	2.00	2.20
Fastest sprint (s)	24	23.5	23	22.5	22
Slowest sprint (s)	25	24.5	24	23	22.5
Fatigue Index (s)	2.5	2	1.5	1	0.5
Press up (reps)	1	3	6	9	12
Lying pull up (reps)	1	3	6	9	12
Side plank (s)	10	20	30	40	50

s, seconds; m, metres; reps, repetitions. Fatigue Index (fastest sprint – slowest sprint)

Table 5. What the physical fitness test scores 1-5 mean

Score	1	2	3	4	5
What the scores mean	<p>Beginner stage</p> <p>Beginner stage reflects the age and or the physical development of the player.</p>		<p>Intermediate stage</p> <p>The player is beginning to move through the stages and should now look to exceed physical expectations.</p>		<p>Advanced stage</p> <p>Exceeds the expectations for this age group.</p>

References for the Tables:

De MJ, Kirkendall D, Oliver D and Snow S. A Guide to Soccer Field Testing. Performance Conditioning Soccer, Lincoln, NE., 2000

Dick, FW. Sports Training Principles. A & C Black: London. 2002

Reilly T, Williams AM, Nevill A and Franks A. A multidisciplinary approach to talent identification in soccer. J Sports Sci, 2000, 18, 695-702.