



KONDITIONI TRENING

MIHAJLO KOSTIĆ · NIŠ · SRBIJA

www.kondicionitrening.com

Fitness Testing for Football

Name: _____ Height: _____ cm Weight: _____ kg Age: _____ Team: _____

	Tests	Results			Score (0-5)
01.	Counter Movement Test	cm	cm	cm	
02.	Squat Jump Test	cm	cm	cm	
03.	Abalakov Test	cm	cm	cm	
03.	Counter Movement Test (Left leg)	cm	cm	cm	
04.	Counter Movement Test (Right leg)	cm	cm	cm	
05.	Repeat Jumps Test _____				
06.	10 m Sprint Test	s	s	s	
07.	20 m Sprint Test	s	s	s	
08.	30 m Sprint Test	s	s	s	

Date: _____



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	Tests	Results				Score (0-5)	
		L	s	R	s	L	R
09.	Arrowhead Agility Test	L	s	R	s	L	R
10.	Sit and Reach Test	cm		cm		cm	
11.	Push Ups Test (60 s)	repetition					
12.	Sit Ups Test (60 s)	repetition					
13.	300 Yard Shuttle Run	s		s			
14.	Yo-Yo Intermittent Recovery Test Level ____	m		VO ₂ max=	ml/kg/min		

Comment: