

2006 Preseason Testing Composite Aug 9-22

	(3 out of 4 = one 120)						(PB in either = one 120)		(x = one 120)	=passed	FITNESS STANDARDS	
	8/11 120s	8/11 cones	5/10 @20yds L+R =100 or improve by 10	8/16 LS	20,12,4 8/11 LSLR	L+R=120mph 8/11 shoot	R+L=100 or improve by 8	17 total @ 10,6,3 minimum	(R+L=120 or improve by 8) 20s 40s			
Averbuch	10		6	133 (+23)	12,12,6	131 (+11)	X	X	X			
Boneparth	5		3		10,8,0	111						
Brooks		10	1	101	7,1,1	107			X			
Engen	10		8	97	11,8,3	125			X			
Esposito	10		1	98 (+12)	11,6,2	106 (-1)						
Eveland		10	1	109	10,8,0	114				X		
Frederick		5	4	109 (+4)	10,4,3	118 (same)						
Gayle		9	1		10,7,4	104 (-12)	X	X				
Gilbert		7	0	110 (+16)	12,12,6	112 (same)						
Guess												
Harris, Ar	7		1	103 (+20)	10,7,4	112 (+6)	X	X	X			
Hawkins	10		5	126	11,8,3	127			X			
Hayes		5	4	104	8,3,1	107			X			
Heath			4		13,7,3	116						
Maxwell			1	122 (+31)	7,8,4	117 (+5)		X				
Moore												
Moraca	7											
Nogueira			4		13,7,3	123						
O'Reilly									X			
Perkins		10	4	111 (+14)	10,4,3	113 (-1)						
Rodenbough		5	2	93 (+19)	11,6,2	110 (+13)		X				
Smith												
Washington			2	103	8,3,1	117				X		
Yates		9	5	102 (+33)	7,8,4	113 (-2)						

# PASSED	ELIGIBILITY
10	Start in a game
9	Play in the first half
8	Play in the second half
7	Get practice gear
6	Stay on the team
5 or less	Take the semester off

(scores in parentheses are improvement from spring)

A player gets credit for 1 120 or cone if she passes 3 out of the 4 technical tests

A player gets credit for 1 120 or cone if she gets a PB in either acceleration or speed

Made 10 (start)

Averbuch
Brooks
Engen
Esposito
Eveland
Hawkins
Perkins
Gayle (9+1)
Rodenbough (5+2)

Made 9 (1st half)

Yates
Harris, Ar (7 +2)

Made 8 (2nd half)

Made 7

Gilbert
Moraca

Made 6

Hayes (5+1)

Made 5

Frederick
Boneparth

Made 4

Made 3

Made 2

No Fitness

Participation

Maxwell
Guess
Moore
Washington
O'Reilly

Not Counted

Lancaster
Harris, Ash
Baucom
Heath
Nogueira
Smith

Descriptions

120's - Ten 120 yard sprints, 18 seconds down, 30 seconds back, 30 seconds rest. Extra 15 second rest at #4 and #7.

Cones - Ten out-and-back shuttles to 5, 10, 15, 20, and 25 yards in 35 seconds with 25 seconds rest. Extra 15 second rest at #3, #6, and #8.

Heading - heading for distance - like Technique Olympics, except test is to see how many balls out of 10 are headed past 20 yards.

Long Service - serving for distance (see Technique Olympics)

Long Service-Long Reception - serving and receiving over distance (see Technique Olympics)

PB Acceleration - personal best in acceleration measured over 10 meters out of a 30 meter sprint.

PB Speed - personal best in speed measured over a 30 meter sprint.

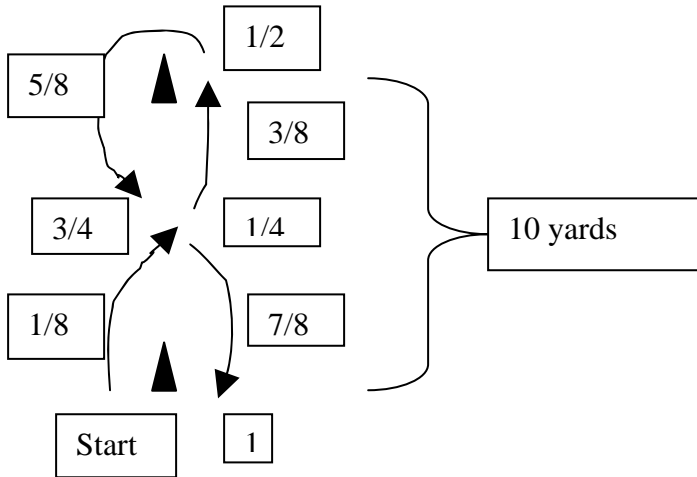
20's 40's - 20, 40, 70, 80, and 100 yard sprints competition where team lines up according to speed and players try to best faster player next to her on each sprint

North Carolina Women's Soccer Technique Olympics Test Descriptions

rev 1/10/07

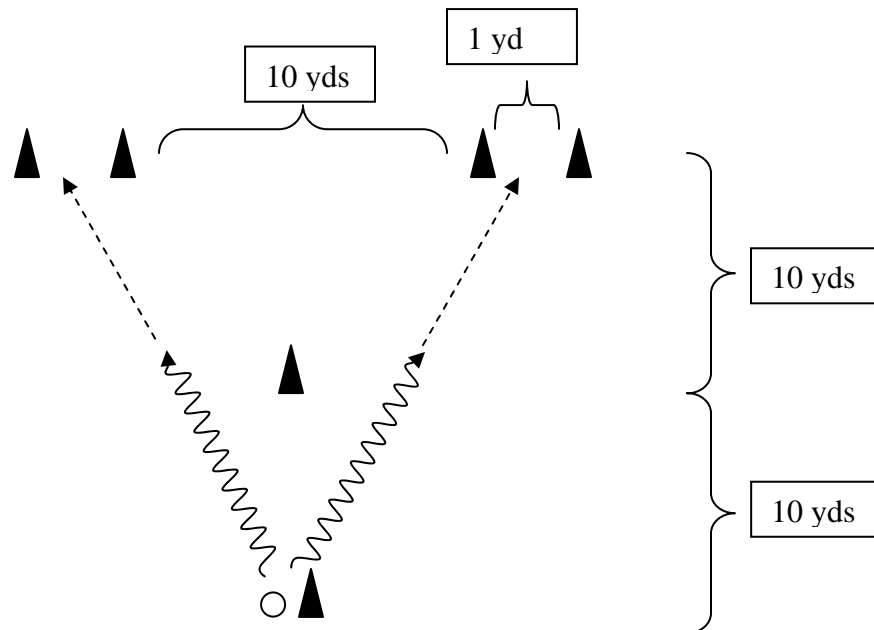
Test 1: Figure 8's

Player starts behind the line. She dribbles the ball in a figure eight around two cones. The cones are ten yards apart. Each player will take 3 one-minute runs with different dribbling surface restrictions: just inside of the feet, then just outside of the feet, and lastly both inside and outside of the feet. She is timed to see how many laps she can do in 1 minute with each surface restriction. If she uses the wrong surface there is a ¼ point penalty.



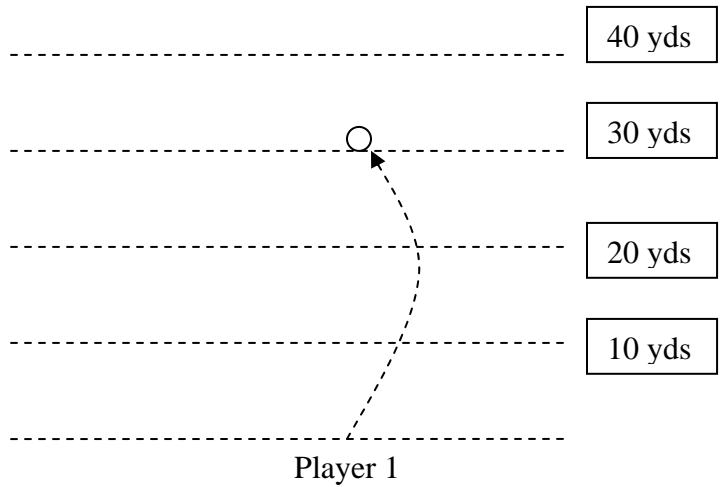
Test 2: Passing Gates

Player will be tested for one minute on their passing skills. The player will start by dribbling to a cone that is ten yards away from the starting spot where she picks up a ball placed there for her. The player must dribble to within 10 yards of the target and try to pass a ball through either of the two one-yard gates that are ten yards apart and ten yards from the second cone. These one-yard gate "goals" are set up to the left and right side of the second cone so the player is alternating using the right and then left foot to pass. She repeats this process for one minute getting as many goals as possible.



Test 3: Long Service

Lines of cones are placed across the field at 5 to 10 yard intervals from the endline. Players serve five balls with their right foot as far as they can while the coach records where they land. Players then serve five balls with their left foot as far as they can. Players get an "average" and a "farthest" score for each foot.



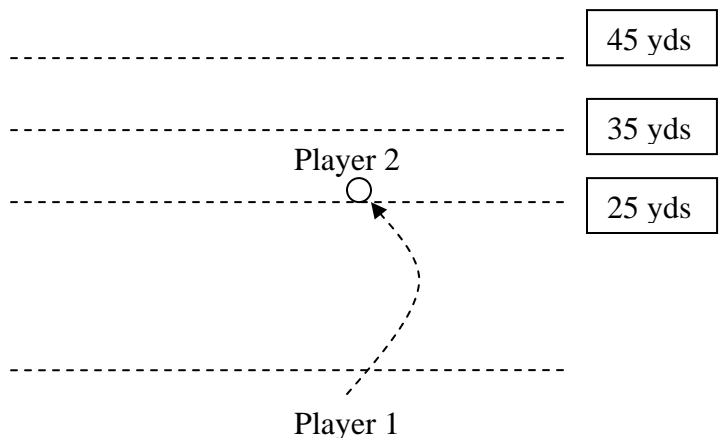
Test 4: Body Part Juggling

Players will be timed for two minutes. In that time frame the player is trying to hit as many of the fourteen body parts and ideally repeat as often as possible. The fourteen parts are: four parts of each foot (instep, inside, outside, and heel); each thigh, top of each shoulder, chest, and head. It is not a collection of total attempts but the best number of body parts in the single best attempt. Once a player finishes all fourteen points in any order and with no restriction on the number of times with any surface she can start over and keep adding on as long as the ball does not hit the ground. Obviously each body part only counts once in the sequence even if she selects to use that part multiple times.

Test 5: Long Service / Long Reception

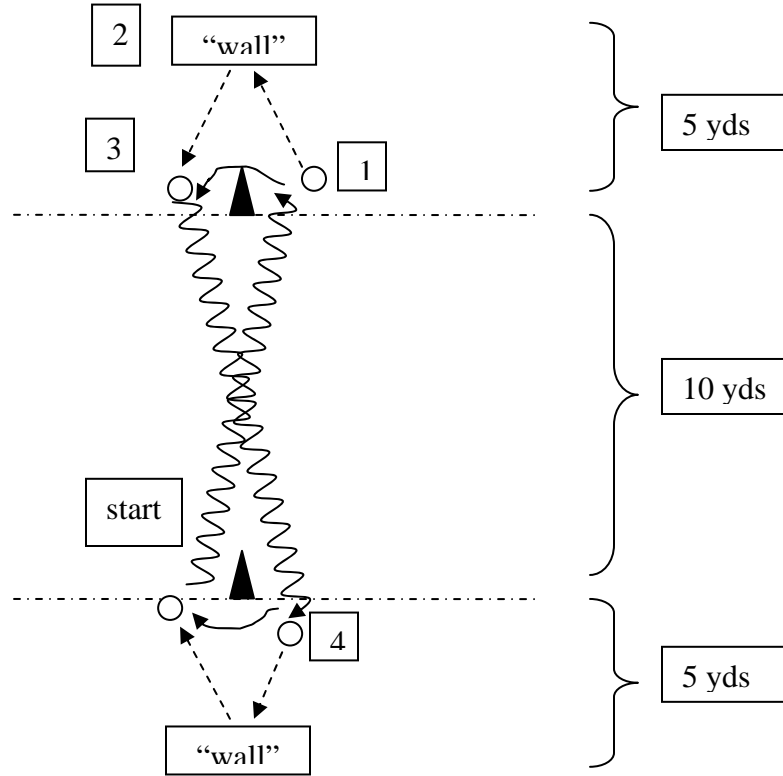
This is done in pairs at three distances: 25 yards, 35 yards, and 45 yards. One minute at each level.

1. Server plays her partner a ball in the air with perfect back spin if she can. Pair gets a point if it's a ball that is served well enough for partner to take out of air and control.
2. Player receiving the ball must control it out of the air, get it efficiently on the ground, and serve it back quickly at game speed for a point. (If the return serve takes too long then obviously she has not received it well and it will not count)
3. If the ball is mistrapped or if the serve does not clear the line . . . no point. There is no issue serving from in front of the line as long as it is served quickly (at game speed).
4. Points are kept for the pair (one score for both players), and all level's points are added up for a total at the end.



Test 6: Swedish Test

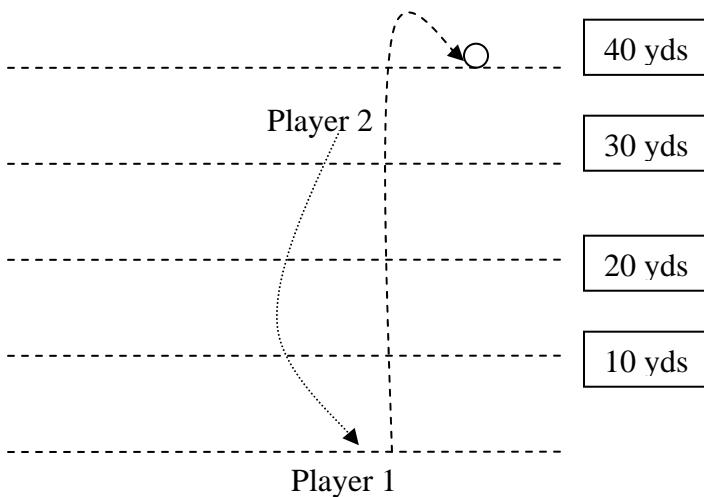
The players are in groups of three. One of the players is working, the other two are “walls”. The person working in the middle is trying to get as many turns with the ball in the minute time limit as possible while dribbling in a figure-8 pattern between the two players 20 yards apart and passing to these players inside two cones (on a line) 5 yards from each “wall”. The “wall” player receives a pass inside her 5 yard line and returns the ball to the player working in the middle one-touch who turns efficiently, dribbles, and then passes to the other “wall” player inside the opposite side 5 yard line where the “wall” player is also one-touching the ball back to her. Players are tested on the number of turns they complete in a minute.



Test 7: Clearing For Distance

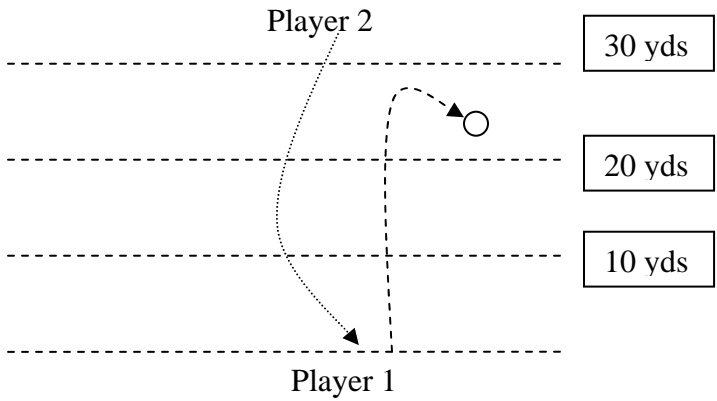
Lines of cones are placed across the field at 5 to 10 yard intervals from the endline. A player serves balls to the clearer on the endline. Player clears five “clearable” balls with each foot, getting a grade from the coach based on the scale below. All five grades are averaged for a final numerical grade.

- Grading Scale: 0 = Does not go forward (whiff, shank, sky rocket)
 1 = Has no height no distance
 2 = Has height OR distance, but not both
 3 = Has height and distance but not past 40 yards
 4 = Past 40 yards in the air



Test 8: Heading For Distance

Power Heading: Lines of cones are placed across the field at 5 to 10 yard intervals. A ball is served in the air from thirty yards away to the header who tries to head it as far as she can. The header gets five "headable balls" to attempt this. The coach records where each ball hits the ground. All five scores are averaged at the end...

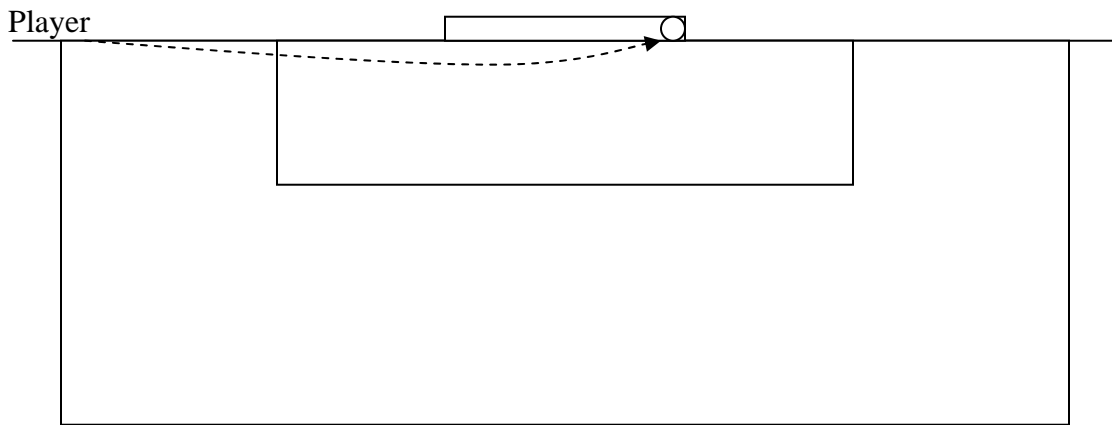


Test 9: Shooting Power

Players take turns shooting at a goal from 18 yards away. The velocity of the shot is measured with a radar gun. Each player gets four shots with each foot. The best (hardest) shot and average are recorded for each foot.

Test 10: Bending Balls

Players try to bend balls into the goal from the right and left sides where the 18 yard box intersects the endline. The players get 5 tries with each of the four surfaces (R inside, R outside, L inside, L outside). The perfect score is 20.



Test 11: Penalty Kicks

Players take 5 penalty kicks with each foot. Coach stands behind goal and evaluates each PK based on:

1. speed - must be fast enough to elude diving keeper
2. height - should be on ground (optimally) or near roof unless extremely hard hit.
3. distance from center of goal - within a yard of goal post unless extremely hard hit, then closer to center.

