



# **2020 PRE-SEASON FITNESS TEST ANALYSIS**

## **2002B ELITE**



**This document needs to be discussed with the individual athletes and will be sent to families. In this document we will review:**

- Individual test scores
- Plotted team chart
- Mean score and rating
- Yo-Yo standards rating
- Conclusion

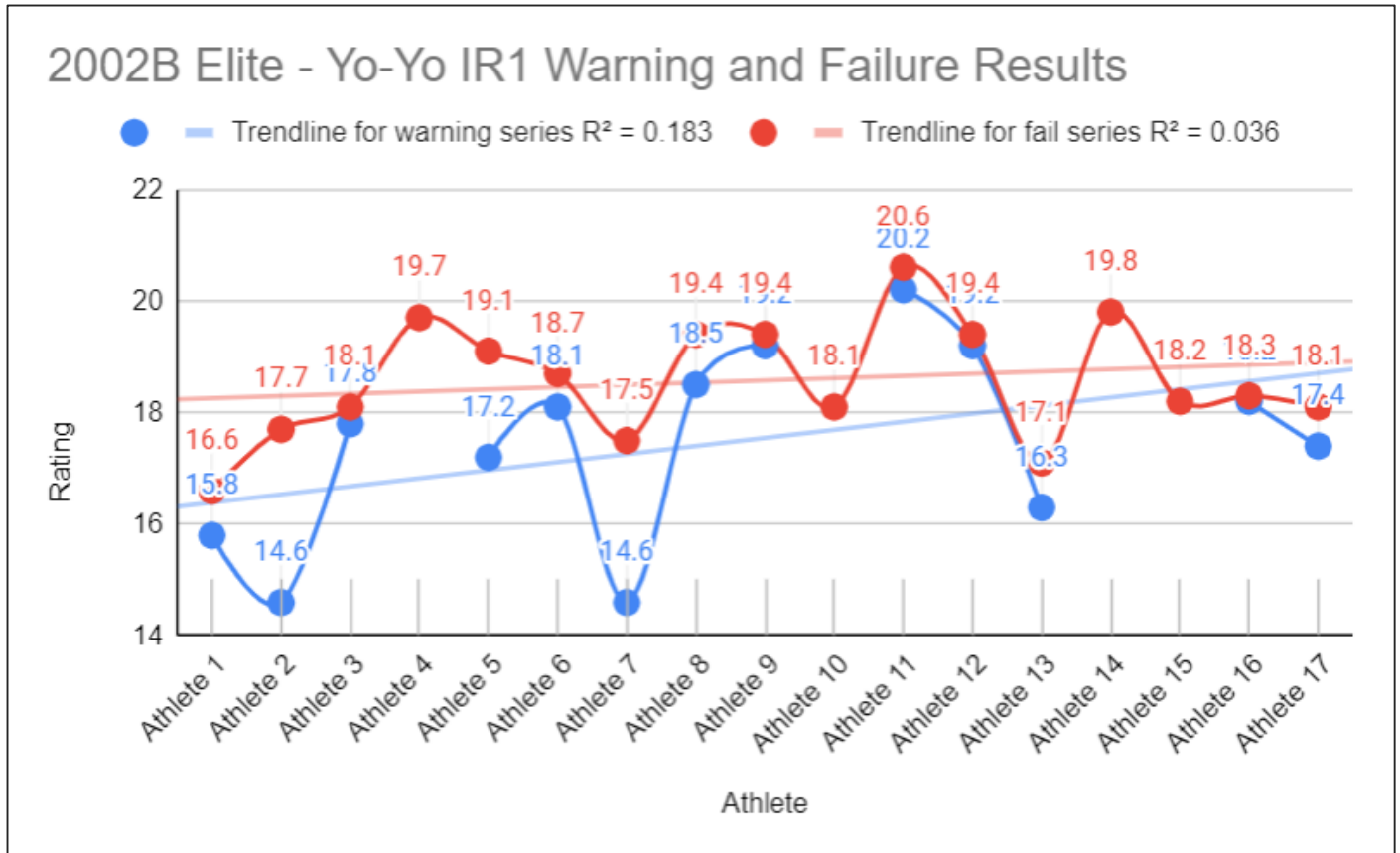
# INDIVIDUAL TEST SCORES



Athlete	Warning	Fail	Plotted Chart between Warning and Failure
Athlete 1	15.8	16.6	
Athlete 2	14.6	17.7	
Athlete 3	17.8	18.1	
Athlete 4		19.7	
Athlete 5	17.2	19.1	
Athlete 6	18.1	18.7	
Athlete 7	14.6	17.5	
Athlete 8	18.5	19.4	
Athlete 9	19.2	19.4	
Athlete 10	18.1	18.1	
Athlete 11	20.2	20.6	
Athlete 12	19.2	19.4	

Athlete	Warning	Fail	Plotted Chart between Warning and Failure
Athlete 13	16.3	17.1	
Athlete 14		19.8	
Athlete 15		18.2	
Athlete 16	18.2	18.3	
Athlete 17	17.4	18.1	

# PLOTTED TEAM CHART



## CONSIDERATIONS:

1. Two athletes have no warning metric because they did not take a warning and stopped at their fail rating
2. Lowest Warning was 14.6 highest Warning was 20.2
3. Lowest Failure was 16.6 and the highest Failure was 20.6
4. Mean failure was 18.3
5. Typically the gap between warning and failure was small

# MEAN SCORE AND RATING



## MEAN DEFINITION

The mean is the arithmetic average of a set of given numbers.

How the Mean is calculated:

- Add up all the numbers
- Divide by how many numbers there are
- The sum is the mean

The following two pages shows the individual ratings against the Mean.

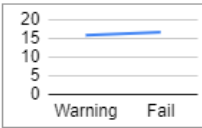
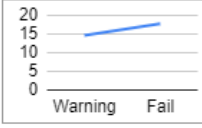
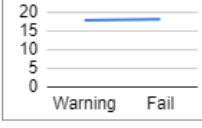
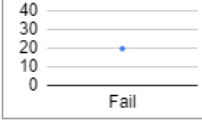

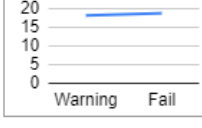
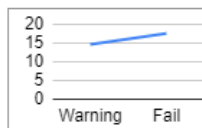
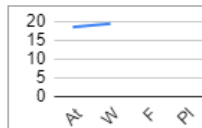
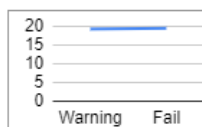
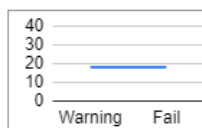
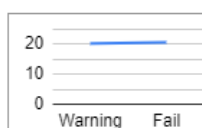
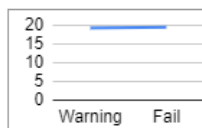
- Green is above the Mean
- Orange is at or near the Mean
- Red is below the Mean

## FINDINGS

This team performed adequately against the Mean of 18.3. Out of 17 participants, 10 (59%) performed at or above the Mean while 7 (41%) tested below the Mean.

# MEAN SCORE AND RATING



Athlete	Warning	Fail	Plotted Chart between Warning and Failure	Median	Median Rating
Athlete 1	15.8	16.6		18.3	Red
Athlete 2	14.6	17.7		18.3	Red
Athlete 3	17.8	18.1		18.3	Red
Athlete 4		19.7		18.3	Green
Athlete 5	17.2	19.1		18.3	Green
Athlete 6	18.1	18.7		18.3	Green
Athlete 7	14.6	17.5		18.3	Red
Athlete 8	18.5	19.4		18.3	Green
Athlete 9	19.2	19.4		18.3	Green
Athlete 10	18.1	18.1		18.3	Red
Athlete 11	20.2	20.6		18.3	Green
Athlete 12	19.2	19.4		18.3	Green

# MEAN SCORE AND RATING



Athlete	Warning	Fail	Plotted Chart between Warning and Failure	Median	Median Rating
Athlete 13	16.3 ▾	17.1 ▾		18.3	
Athlete 14	▾	19.8 ▾		18.3	
Athlete 15	▾	18.2 ▾		18.3	
Athlete 16	18.2 ▾	18.3 ▾		18.3	
Athlete 17	17.4 ▾	18.1 ▾		18.3	

# YO-YO TEST STANDARDS



## YO-YO TEST DEFINITION

The Yo-Yo test is a maximal aerobic endurance fitness test, involving running between markers placed 20 meters apart, at increasing speeds, until exhaustion. The test was developed in the 1990s by the Danish soccer physiologist Jens Bangsbo and his colleagues, and is now one of the most commonly conducted fitness test around the world.

Below is a reference for rating the total output. The following page shows a rating for each athlete.

<u>Rating</u>	<u>Meters</u>	<u>Level</u>
Elite	> 2400	> 20.1
Excellent	2000-2400	18.7-20.1
Good	1520-1960	17.3-18.6
Average	1040-1480	15.7-17.2
Below Average	520-1000	14.2-15.6
Poor	< 520	< 14.2



# YO-YO TEST STANDARDS



Athlete	Warning	Fail	Plotted Chart between Warning and Failure	Median	Median Rating	Test Rating
Athlete 1	15.8	16.6		18.3	Red	AVERAGE
Athlete 2	14.6	17.7		18.3	Red	GOOD
Athlete 3	17.8	18.1		18.3	Red	GOOD
Athlete 4		19.7		18.3	Green	EXCELLENT
Athlete 5	17.2	19.1		18.3	Green	EXCELLENT
Athlete 6	18.1	18.7		18.3	Green	EXCELLENT
Athlete 7	14.6	17.5		18.3	Red	GOOD
Athlete 8	18.5	19.4		18.3	Green	EXCELLENT
Athlete 9	19.2	19.4		18.3	Green	EXCELLENT
Athlete 10	18.1	18.1		18.3	Red	GOOD
Athlete 11	20.2	20.6		18.3	Green	ELITE
Athlete 12	19.2	19.4		18.3	Green	EXCELLENT

# YO-YO TEST STANDARDS



Athlete	Warning	Fail	Plotted Chart between Warning and Failure	Median	Median Rating	Test Rating
Athlete 13	16.3	17.1		18.3		AVERAGE
Athlete 14		19.8		18.3		EXCELLENT
Athlete 15		18.2		18.3		GOOD
Athlete 16	18.2	18.3		18.3		GOOD
Athlete 17	17.4	18.1		18.3		GOOD

# CONCLUSION



**Overall this team performed above average.**

Fitness plays many key roles in soccer and the coaching staff will be looking at it for helping to give our teams the best chance at success. Athletes should use this information to help them maintain or improve on their fitness.

Coaches will be having individual and team discussions to review the results. Those who are falling behind will be encouraged to improve their fitness.



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[www.NextGenSoccerAcademy.com](http://www.NextGenSoccerAcademy.com)  
P.O. Box 18664, Sarasota, FL 34276  
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