

Dear High School, Club, ODP and College Coaches,

The excitement around women's soccer in the USA continues to bubble over. Along with many, I watched with anticipation and excitement as the WUSA kicked off in 2001.

As Technical Director of the U.S. Women's National Teams Program, I would like to bring you and your team a recommendation for a battery of 10 physical tests that will help your staff measure your players physical qualities and fitness base.

Over the years, the U.S. Women's National Team (WNT) players have been tested by many physiologists, fitness professionals and coaches on a myriad of tests related to sport and specifically, to soccer. After reviewing the data, what is clear to me is the tests (and the way they were administered) varied from year to year, leaving the results difficult to compare. Thus, we're further along in our evolution in the game, but without a clear method of comparing test results from player to player over a player's career. After receiving input from Mike Shannon and Peter Davis of the USOC, Steve Slain and Dave Oliver of the Sport Specific Group, and Don Kirkendall from U.S. Soccer, I would like to recommend a battery of tests for you to administer to your team during the pre-season. These tests are rich in our culture as American soccer coaches.

There are over 40 tests at your disposal, why these 10 (particularly the Yo Yo Intermittent Recovery)?

1. To recommend 'coach and equipment friendly' tests that are applicable to our practical needs. (ie using yards versus meters, and, all tests are to be done on the soccer field in cleats.)
2. To establish a model for National Teams, WUSA, College, ODP, Club and High School teams. **These tests are not recommended for players and teams younger than 14 years of age.**
3. To establish USA standards with *stated and complied to protocol* that is comparable regardless of the organization that administers the test.
4. The Yo Yo Intermittent Recovery Test is the single best test to determine soccer fitness (the ability to recover between runs). The Yo Yo Test is not to be confused with the 'beep' test, although it's on a tape that signals the athletes initiation of runs by a 'beep.' The beep test is no longer available and does not come with instructions (leading to a 5-10% margin of error on times). If you purchase the Yo Yo cassettes you will also receive the Yo Yo Intermittent Endurance and the Yo Yo Endurance Tests.
5. Finally, these 10 tests will extract two things for all of our analysis; the individual's level of athleticism, and her commitment to unstructured training. Knowledge is power!

Attached you will find the US Women's National Soccer Team Recommended Battery of 10 Physical Tests (we always use hand held stop watches), a list of equipment needs and how to purchase the Vertec and the Yo Yo Tests.

Reminders before you begin the testing process:

1. Stick to the protocol recommendations, otherwise results will vary greatly, (for example, sit-ups), and you risk comparing 'apples to oranges.'
2. You will need a 120 foot tape measure, several hand held stop watches, cones, a Vertec machine (borrow one from an institution), and a tape cassette recorder.
3. 30-45 minutes of set up time before your athletes arrive.

If I can assist you in any capacity please don't hesitate to ask. After all, this will help our national teams at every level.

I thank you for your commitment to excellence in soccer.

Sincerely,

April Heinrichs  
Technical Director - U.S. Women's National Teams Program

\* Please direct inquiries to, Tracey Leone, our U19 National Team Head Coach by email at: [tleone@ussoccer.org](mailto:tleone@ussoccer.org)