



San José State University Women's Soccer

"Perfection is the Goal... Excellence will be tolerated"

San José State University Women's Soccer SebCoe Fitness Test

1. Step-ups (30 x Left Foot and 30 x Right Foot)
2. 25 Sit-ups, 20 Push-ups
3. 4 Laps around a 120 x 75 yard field (sprint sides of field, drag the ball with the sole of the foot on the endlines)
4. 25 Sit-ups, 20 Push-ups
5. Chip the ball to the midfield line, collect, and jog back to start (4 times – 2 Left Foot and 2 Right Foot)
6. Jump over the ball - 40 times (using the side-to-side technique, keeping both feet together)
7. 25 Sit-ups, 20 Push-ups
8. Jump over the ball - 40 times (using the front-to-back technique, keeping both feet together)
9. 25 Sit-ups, 20 Push-ups
10. Make a driven pass to the midfield line, collect, and jog back to the start (4 times – 2 Left Foot and 2 Right Foot)
11. Total body juggle to midfield line and back (if ball drops do 5 sit-ups) GK's 2 fist boxing juggles to midfield and back
12. Side-to-Side shuffles – 10 times (15 yds). Slide, do not criss-cross feet
13. Total body juggle to midfield line and back (if ball drops do 5 sit-ups) GK's single fist boxing juggles to midfield and back
14. 25 Sit-ups, 20 Push-ups
15. 120 yard sprint – 2 times

COUNT OUT LOUD FOR ALL ITEMS!

You should time yourself and try to complete the whole series as fast as possible. The record is **16 minutes**. Passing is 22 minutes. Make sure you improve your personal best every time you do the test. *GOOD LUCK!*