

Oregon State Select – Quest for Glory Fitness, Summer 2001

Why Fitness?

The Women's National Teams have been testing players fitness levels 2-3 times a year for a number of years. They do this to track performance, set goals and attempt to 'raise the bar'.

In a quest to make Oregon teams stronger and achieve the goal of being the best state team in the country, I believe that Oregon should also do this. Starting this summer we shall start keeping track of fitness levels in the same way that the Women's National Team does and using the same soccer specific tests (please see attached document).

If Cal South gets 10 players in the pool and we get 3 but their average fitness level is much higher than ours, then we know part of what we have to work at. Do NOT give the regional coaches that excuse! From this summer on, Oregon will have a set of data that will act as a goal and a record to break for each age group in subsequent years.

It was announced back in January that Region IV would collect fitness data from each state team in order to compare average fitness levels of ODP players from different states and those who make the region pool. This has not been followed up on for this year's camp but I imagine that it will be in the next year or so, so let's get a head start on the other states.

We understand that physical and psychological differences between our oldest and youngest state select players are immense. The younger ones are adjusting to puberty and 'growing into their bodies'. In this way they have to work harder than before to coordinate their flexibility and agility with growing bones and muscles. Endurance is also affected, but as players growth levels out and players get used to their developed bodies, stamina can be worked upon and improved.

It must be also stated that speed of play encompasses both technical and psychological concepts. A player may be able to play quickly with good technique, but a player with not such great technique may see the game developing more quickly than others and still be able to play that incisive pass. **In the same way, the tests outlined in the attached document, measure only the *physical* aspect of a player.** A player who does not have great endurance may still be among the better players on the field because of a sharp soccer mind. Please do not be discouraged when comparing your scores to others. The coaching staff will treat all results as confidential and only release the squad average score for each test. Your greatest measure of success should and will be judged on the field.

Having said the above, we would like the following tests to be completed by all state team players prior to going to summer regional camp 2001.

Good Luck,
Mike Smith
Girls State Select Head Coach

Oregon State Select – Going to College? Fitness, Summer 2001

Just for your information, if you are preparing to go to college next year, these are some typical examples of fitness tests that are used in women's college soccer pre-season to determine fitness levels of players coming in...

These are 4 tests that Jerry Smith (Region IV Girls Head Coach) uses with his college team players at Santa Clara. Please be reminded that we expect players to be match fit before attempting these exercises, but we understand that younger players should just do as many repetitions as possible and we do not expect them to do as many as the older players. Keep a record of your personal scores. Please test yourself in the first week of June and hand them to your state head coach by June 9. Remember, we want to see *honest* scores for everyone.

If opportunity permits, state head coaches will then test all players again, a couple of weeks prior to regional camp for their age group. AIM HIGH if you seriously want to make a regional or national team! It often helps if you go in a small group to train.

Most of these tests are based on a work to recovery rate of 1:1

Test 1; Shuttle Run

Mark a start line and place cones at 5, 10, 15, 20 and 25 yards out from start line. Players run to 5 and back to start, then to 10 and back and so on. Players must aim to complete sequence within 35 seconds. Then give players 35 seconds rest and repeat.

Players at Santa Clara repeat 8 times. Oregon State Select (ODP) players should aim for 8, but obviously the younger players are not expected to do as many as the older players.

Test 2; 120 Yard Run

Mark out a straight running area 120 yards long (the length of a good size soccer field). Players have to sprint this distance in 18 seconds and then have the rest of the minute to recover while making their way back to the starting line. Players start the next sprint exactly 1 minute after the beginning of the first sprint.

Players at Santa Clara repeat 10 times. Oregon State Select (ODP) players should aim for 10, but obviously the younger players are not expected to do as many as the older players.

Test 3; 70 Second Run

On a decent sized soccer field (115x70 yards), start on the goal line and sprint to the half way line and back to the goal line and then run full-length of field and back within 70 seconds. Then take 70 seconds recovery and repeat.

Players at Santa Clara repeat 4 times. Oregon State Select (ODP) players should aim for 4, but obviously the younger players are not expected to do as many as the older players.

Test 4; Cooper Test

The Cooper test is typically known as a 2 mile run in under 12 minutes. Santa Clara University has a soccer field with dimensions 115x70 yards. The players have to complete 8 laps within 12 minutes. This is just under 2 miles.

Please find included with this information a document entitled 'Field Testing of Fitness' from the Women's National Team program. This includes some different training exercises and some times of players from the Women's National Team to shoot for!

Good Luck,
Mike Smith
Girls State Select Head Coach