

## **Soccer Specific Testing Performance Combine**

Apex Soccer Ultimate Performance will be opening its doors this spring break to all athletes in the area that wish to have their physical ability tested using the latest in laser gate technology. This invitation extends to athletes of all sports, not just soccer, and testing protocols will replicate the physical tests of professional combines specific to the athlete's individual sport.

### **505 Agility Test**

The 505 agility test measures the ability of a player to change direction from speed and accelerate back up to speed. The test is conducted in a small amount of space in an effort to replicate a quick change of direction which is one of the most common types of movement in nearly all sports.

### **Pro Agility Test**

The pro agility test measures the ability of an athlete to accelerate and change direction multiple times within a small area. This test is conducted in a small 10 yard space and replicates rapid multiple changes of direction that are very common in most sports.

### **Vertical Jump For Power**

The vertical jump for power test is used to determine the maximal jumping ability of a player as well as maximal lower body power production. This test provides a great indicator for a coach to see jumping abilities of each player and also power production which has a direct correlation to acceleration.

### **Linear Sprint Test (30m)**

The linear sprint test measures three aspects of a player's straight line speed. The first aspect measures the ability of a player to complete a 30m sprint from a standstill. This measure gives us a good idea of a player's overall acceleration and top speed combined.