

## Testing

**Apex Soccer uses a national standardized testing protocol that enables us to provide sports science physical testing component to our training and development program.**

Apex Soccer encourages ongoing testing to:

- Establish performance norms to help you objectively compare yourself to known standards for similarly matched individuals, by age, and effectively identify the types of physical performance required to advance to the next level.
- Identify your strengths and weaknesses from these normative standards.
- Monitor your ongoing development and determine how you are responding to the demands of training.
- Provide information about your health status, if returning from injury.."

**Some of the tests that build speed, agility, power and aerobic endurance by our professionally trained staff include:**

- **Yo Yo Level I Intermittent Recovery Test**
- **505 Agility**
- **Vertical Jump**
- **10m, 20m or 30m Linear Sprint**

**Apex soccer recommends a minimum of 2 tests per season (pre-season, end of season).**

**Please contact our staff for pricing:**

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