TEST WHAT MATTERS TO YOU

BASELINE TESTING GUIDE

Find out which physical qualities may offer the greatest opportunity for your football performance.

YOUR GOALS DETERMINE THE TESTS

Want to accelerate faster, be stronger in physical duels or stay fit through 90 minutes? We select the tests that best match your individual goals.

FIVE POSSIBLE TEST CATEGORIES

STRENGTH	Strength in different movement patterns.
POWER	How explosively you can produce force.
SPEED	Acceleration over your first 10 metres.
CORE	Control of your trunk under load.
CONDITIONING	An estimate of your aerobic running capacity.

NO FIXED TIME LIMIT

Not everyone needs all five test categories. You can complete the selected tests over one week, two weeks or longer when recovery and football training require it.

01 / PREPARATION

BEFORE YOU BEGIN

Select strength-test exercises that fit your current experience and movement technique.

YOUTH / AGES ~12–17	Choose accessible exercises and prioritise safe technique. Strength testing is best supervised.
BEGINNER	Choose simple, repeatable variations that you can execute in control.
ADVANCED	Use heavier exercises only when experienced and competent in the selected movement.

CHOOSE APPROPRIATE VARIATIONS

Do not select the hardest exercise by default. The aim is a technically sound result that can be compared safely over time.

GENERAL TEST RULES

- Test when sufficiently rested and perform a warm-up first.
- Stop if you experience pain, dizziness or unusual symptoms.
- Film as many tests as possible so your coach can assess execution.
- Young or inexperienced athletes should have qualified supervision. Avoid unsupervised maximal weight attempts.

02 / SELECT & SCHEDULE

YOUR GOALS DETERMINE THE TESTS

These are examples, not an obligation to complete everything. Select the relevant tests together with your coach.

FASTER ACCELERATION	A 10-metre sprint, standing broad jump and possibly squat/hinge strength.
STRONGER IN DUELS	Selected squat, hinge, push, pull and trunk-control tests.
FIT THROUGH 90 MINUTES	The five-minute aerobic speed field test together with playing time, training load and recovery.

FLEXIBLE TIMING - NOT SEVEN FIXED DAYS

Schedule around team training and matches. Spread tests across one or two weeks, or longer if needed. Sprint, jump and conditioning tests are best performed with fresh legs.

HOW IT WORKS

- 1. Choose relevant tests for your objective.
- 2. Schedule separate sessions when necessary.
- 3. Send only the results from your selected tests.

03 / STRENGTH

STRENGTH: SQUAT AND HINGE

Select one suitable variation for each movement pattern you have been asked to test.

A. SQUAT / KNEE-DOMINANT



YOUTH / BEGINNER

Dumbbell goblet squat. Hold the weight at chest level, bend your hips and knees, then stand up in control.

ADVANCED

Barbell back squat using a rack with safety supports.

B. HINGE / HIP-DOMINANT



YOUTH / BEGINNER

Kettlebell deadlift. Push the hips back, keep the trunk controlled and stand tall.

ADVANCED

Trap-bar or barbell deadlift with sound technique.

PROGRESSION

If one kettlebell becomes too light and technique is good, two kettlebells may be used.

03 / STRENGTH

STRENGTH: PUSH AND PULL

Select one suitable movement for each category.

C. PUSH



YOUTH / BEGINNER

Push-up with a straight body; use a raised hand position if needed.

ADVANCED

Barbell bench press with a spotter or safety supports.

D. PULL



YOUTH / BEGINNER

TRX row or barbell row with controlled posture.

ADVANCED

Strict chin-ups; only add external load once bodyweight reps are controlled.

COMPARABILITY

Use the same exercise and technique in follow-up tests. Record TRX body position.

03 / STRENGTH

HOW TO TEST YOUR STRENGTH

Aim for one challenging, technically controlled set for each selected movement. Technique always comes before load.

YOUTH / BEGINNERS	Build up gradually to a challenging set of about six to eight good repetitions.
ADVANCED	Build up to a challenging set of about three to five good repetitions; stop before technique deteriorates.
BODYWEIGHT MOVEMENTS	For push-ups and chin-ups, count strict repetitions without swinging or breaking form.

WHAT TO SEND

- Exercise variant performed and load used, where applicable.
- Number of technically sound repetitions.
- Your bodyweight.
- Preferably a video of the heaviest or final set.

IMPORTANT

Compare test results only when the same exercise variation, technique and testing conditions are used.

04 / CORE

TRUNK CONTROL

Time how long you can maintain sound positions. Stop when form clearly changes.

A. FRONT PLANK



- Support your body on forearms and toes, with elbows below shoulders.
- Tighten trunk and glutes; maintain a straight body line.
- Record the time until your hips sag or position noticeably changes.

B. SIDE PLANK



Lie on your side with the elbow under the shoulder. Lift your hips and hold a straight line.

Test the left and right sides separately. Record seconds for both.

VIDEO TIP

Film from the side when possible to allow a technique review.

04 / CORE

PRONE BACK EXTENSION HOLD

Assess how long you can maintain a consistent trunk-extension position.



- Lie face down with legs straight and arms by your sides.
- Lift chest, arms and both legs off the floor.
- Maintain a neutral neck; avoid exaggerated arching.
- Record the hold time and stop when chest or legs can no longer stay lifted.

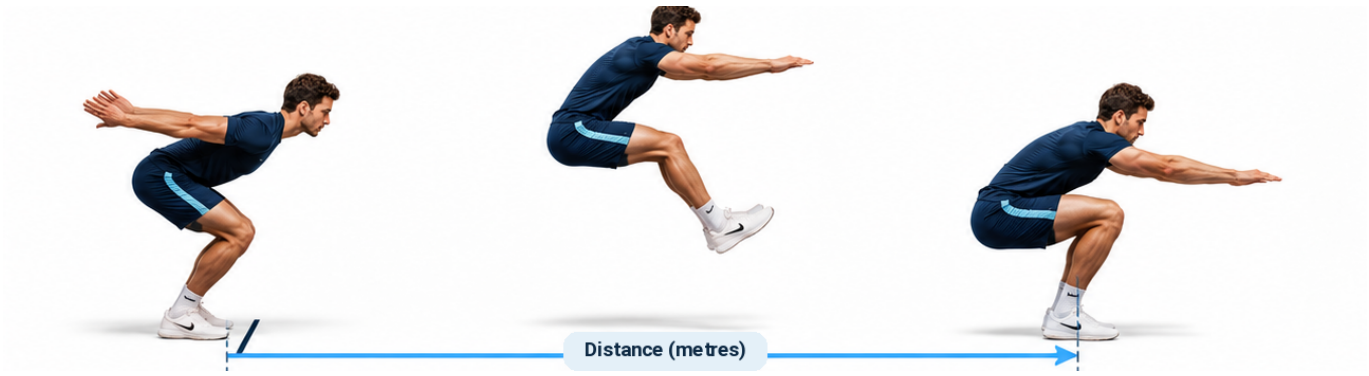
SEND CORE RESULTS

Record front plank, left and right side plank and prone back extension hold times in seconds. Video each selected test when practical.

05 / POWER

STANDING BROAD JUMP

Measure horizontal jump distance from a standing two-foot take-off.



HOW TO PERFORM

- Start with both feet behind a marked line.
- Bend knees and swing the arms back, then jump forwards as far as possible.
- Land on both feet and remain balanced.
- Measure from the line to the back of the closest heel.
- Take three attempts with sufficient recovery. The longest valid jump counts.

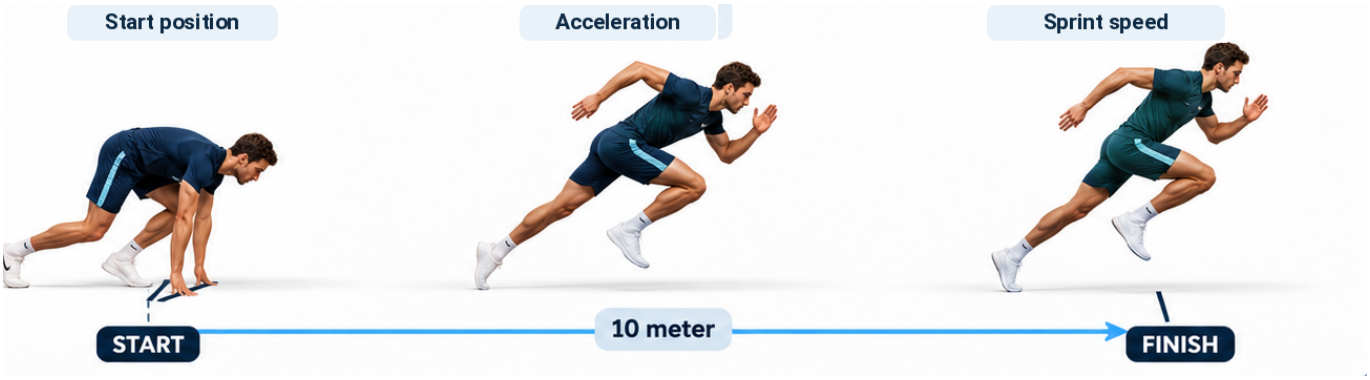
SEND YOUR RESULT

Best jump distance in centimetres, ideally with a side-view video. If you step backwards or fall backwards after landing, repeat the attempt.

06 / SPEED

10-METRE SPRINT

Measure how fast you accelerate from a stationary start.



HOW TO PERFORM

- Measure a flat ten-metre distance with start and finish markers.
- Warm up with easy movement, dynamic mobility and progressive accelerations.
- Start stationary with the front foot behind the start line. Sprint through the finish.
- Rest two to three minutes; complete three attempts. Keep the fastest time.

TIMING MATTERS

Use timing gates where available, or a clear slow-motion video of start and finish. A hand stopwatch is less precise over ten metres. Record every time, your best time and the timing method.

07 / CONDITIONING

FIVE-MINUTE MAS TEST

Estimate maximal aerobic running speed (MAS) from the distance covered in exactly five minutes.

TRACK / PREFERRED	A measured athletics track makes the distance easier to determine accurately.
FOOTBALL PITCH	Run the marked perimeter without cutting corners; use a known measured distance.
OUTDOORS	Choose a safe, flat course with minimal turns, crossings or elevation changes.

WARM-UP

- Jog easily for about ten minutes.
- Perform dynamic mobility and three progressive accelerations.
- Recover easily for a few minutes before starting.

SAFETY

This is a hard running effort. Only perform it when well, prepared and accustomed to demanding running.

07 / CONDITIONING

FIVE MINUTES: TEST AND RESULTS

Run as far as possible in exactly five minutes at a hard but fairly even pace.

TEST STEPS

- Allow your watch to obtain GPS or use a measured track.
- Start the running measurement.
- Cover as much distance as possible in exactly five minutes.
- Stop the measurement and record the distance in metres.

ESTIMATED MAS (KM/H)

Distance in metres × 0.012. Example: 1,250 metres × 0.012 = 15.0 km/h.

WHAT TO SEND

- Distance covered and a screenshot if using a sports watch.
- Location, measurement method and perceived effort on a 1–10 scale.

INTERPRETATION

This provides a field estimate of MAS; it does not directly measure VO_2max or lactate threshold.

08 / RESULTS

SEND YOUR SELECTED TEST RESULTS

Submit only the tests agreed for your goal through the coaching app, email or Instagram.

INCLUDE THE FOLLOWING

- Age, height, bodyweight, sport and playing position.
- Strength: exercise, weight and repetitions (if selected).
- Core: hold times in seconds (if selected).
- Power: broad jump distance (if selected).
- Speed: 10-metre sprint time and timing method (if selected).
- Conditioning: five-minute running distance (if selected).
- Videos and anything unusual during testing.

YOUR PERSONAL FEEDBACK

CURRENT PROFILE	An overview of the capacities assessed for your goals.
STRENGTHS & OPPORTUNITIES	Which results suggest useful areas for development.
TRAINING ADVICE	What to prioritise alongside your actual football week.
RUNNING INTENSITIES	When MAS is tested, estimated speeds to help guide running sessions.

ONLINE PERFORMANCE COACHING

TRAIN WITH PURPOSE.

PERFORM WHEN IT COUNTS.

HARD TRAINING IS NOT ENOUGH

Develop the right physical capacities, in the right way and at the right time - based on your needs, current level and football schedule.



ONLINE PERFORMANCE COACHING