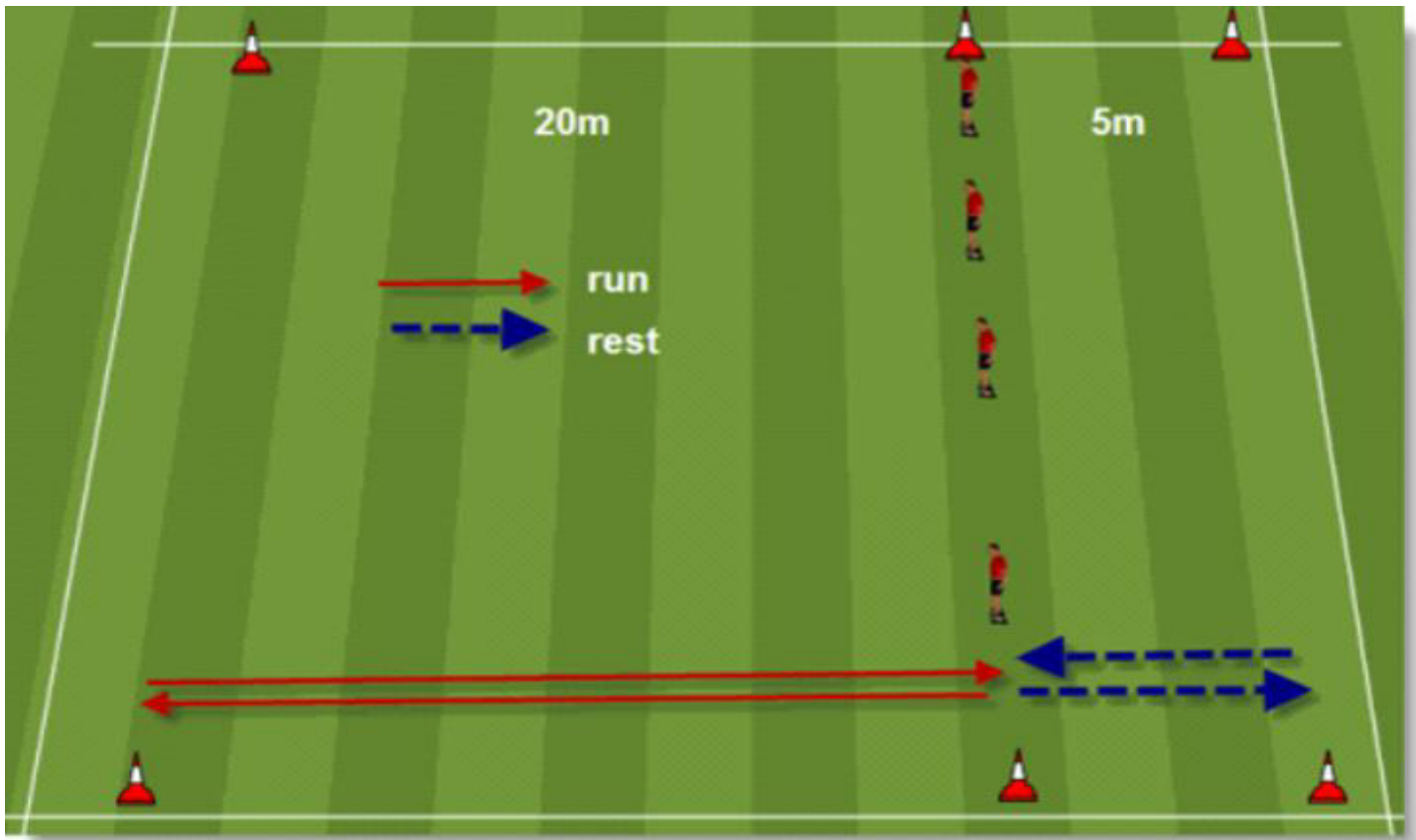


YoYo Test Intermediate Level 1

Set Up



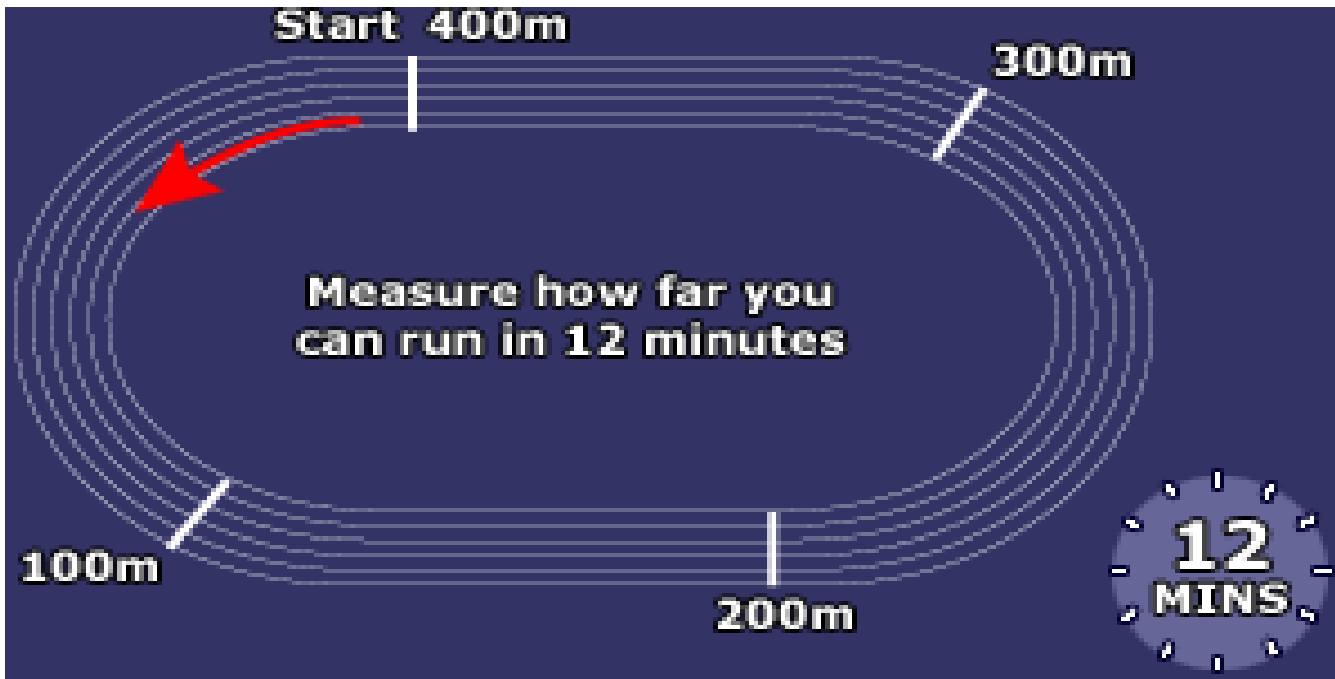
Measure out a 20 Meters (roughly 22 yards) and 5 Meter (roughly 5.5 yards) section and mark with cones (A,B,C). When signaled by the BEEP, the athlete runs from cone B to cone C and back to cone B. The athlete then has a 10 second active recovery jog/walk to cone A and back to cone B. The athlete continues running between the cones as signaled by the BEEP. A warning is given when the athlete does not complete a successful down and back shuttle (cone B to cone C and back to cone B) in the allocated time. If the athlete does not complete two consecutive shuttles, the test is stopped. The time in between the BEEPs signaling the run will decrease as the test progresses and identified by the changing levels.

Beep Test Audio

https://www.youtube.com/watch?v=NPuPJ_7WIBI&feature=youtu.be

Standards	Complete
Varsity	17.1
Varsity Goalie	16.4
JV	16.1
JV Goal	15.4
C Team	15.1
C Team Goalie	14.4

Cooper Test



I find it easier to track laps if you start in the middle of the straight section instead of what is shown in the above diagram.

Standards	Complete	Laps
Varsity	3000	7.5
V Goalie	2800	7
JV	2800	7
JV Goalie	2600	6.5
C Team	2600	6.5
C Goalie	2400	6