

Bruce Brownlee Soccer Coaching Notes

"Beep Tests"

<http://www.brucebrownlee.com/coaching/fitness/beeptest.htm>

Yo-Yo Intermittent Running Tests

By Jens Bangsbo

Test for endurance before you start training for endurance

By Dr. Donald Kirkendall 03/08/2001

<http://www.active.com>

Anaerobic Threshold -what is it? and how do you use it in training?

Mark A. Jenkins, MD

The SportsMed Web

<http://www.rice.edu/~jenky/sports/anaerobic.threshold.html>

Fitness Testing for Football with Aussie Rob Wood

Rob Wood

International Coaches Association

<http://www.soccerclinics.com/ICAArticle2.htm>

Fitness Tests... The Foundation Of Athletic Training

Sports Fitness Advisor

<http://www.sport-fitness-advisor.com/fitnesstests.html>

Fitness Testing

Martin's Rugby Coaching Archive

<http://www.rugbycoach.com/fitness/test/tests.htm>

Rob's home of Fitness Testing - *Comprehensive information on fitness testing for athletes.*

Rob Wood

<http://www.topendsports.com/testing/>

<http://www.soccerconditioning.net/tests.htm>

Pierre Barrieu

www.soccerconditioning.net — PO Box 7932 — Charlottesville, VA 22906

International Physical Fitness Test

Thomas P. Rosandich, Ph.D. President & C.E.O., United States Sports Academy

The Sport Journal Volume 2, Number 1, Winter 1999. A Publication of the United States Sports Academy in cooperation with the International Coaches Association and the International Association of Sports Academies.

Region 1 Women's Soccer Olympic Development Program

Fall 2001 Training Manual-Fitness Evaluation Program

United States Youth Soccer Association Olympic Development Program Region 1

US Women's National Team Battery of 10 Physical Tests

April Heinrichs Technical Director – U.S. Women's National Teams Program