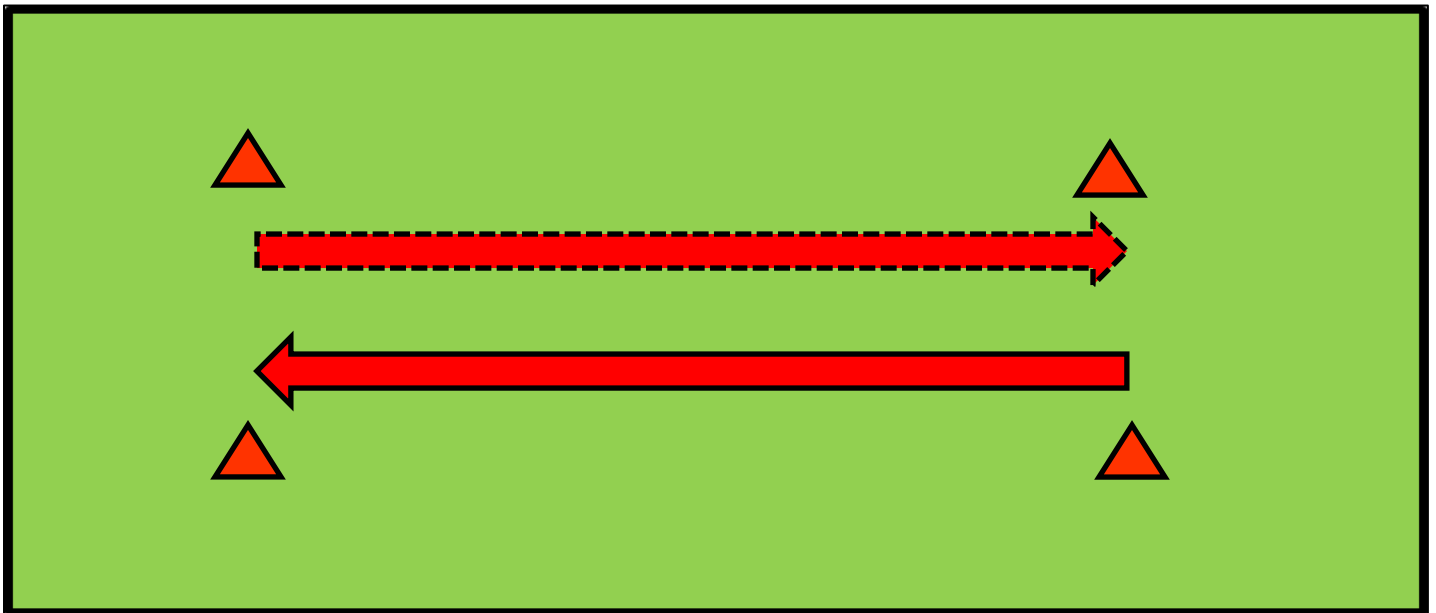




1. The “Beep Drill” endurance test is designed to test your soccer endurance.
2. In order to perform the fitness test, the player must first download the MP3 file and put it into your music device of choice (iPod, CD, MP3, tape player, etc.)
3. The player then places two cones exactly 65 feet apart from one another. The set-up for the test is complete
4. The object of the test is to complete as many levels as possible. The player will run back and forth between the two cones, keeping pace with or beating the beeps
5. The player is finished as soon as she fails to keep pace and misses a total of two (2) cones
6. Record the level that was fully completed
7. The test will start slowly and then increases in speed so try and find the pace to save energy.
8. Now you are ready to start the test.

[Click to download Beep Drill](#)



Result 1 Google Doc	Result 2 Google Doc	Pre-Season Result

Parkland Boys’ Soccer: Fitness Test Friday (Beep Drill Test)



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