BY SPORTS

FIFA LICENSED FOOTBALL AGENT
LICENCE 202507-10954

FREE TEST · ADULT PLAYERS

PRE-TRIAL FITNESS TEST

6 tests to know if your body is ready for a professional trial. By a FIFA agent and professional fitness coach.

At a trial, clubs judge your football and your physical level. Do these 6 tests, write your results, and compare them with the indicative references below.

6 TESTS

	TEST	GOOD	VERY GOOD	RESULT
1	**10 m sprint** Standing start, best of 3	< 1.85 s	< 1.75 s	
2	**30 m sprint** Standing start, best of 3	< 4.30 s	< 4.10 s	
3	**Vertical jump (CMJ)** Hands on hips, best of 3 (jump app)	> 38 cm	> 45 cm	
4	**505 agility test** Turn on both sides, best time	< 2.45 s	< 2.30 s	
5	**6 × 30 m repeated sprints** 20 s recovery, drop-off best → average	< 6 %	< 4 %	
6	**Yo-Yo IR1 endurance** Distance covered	> 1,800 m	> 2,200 m	

Indicative references for senior outfield players (electronic or app timing). Hand timing is less precise. Levels vary by position, age and league.

HOW TO DO IT SAFELY

- ✔ 15-minute warm-up before testing
- ✔ Grass or artificial turf, football boots
- ✔ Rest 2–3 minutes between sprints
- ✔ Stop immediately if you feel pain
- ✔ Only if you are in good health. Under 18: with your coach

⚠ Below "good" on 3 tests or more? Train 6–8 weeks before your next trial. Physical level is often what makes the difference.

Ready?

Add your results and your video to your free BYSPORTS Connect profile. Clubs look at both.

app.bysportsagency.eu/start

General fitness information, not medical advice. Consult a doctor before intense exercise if you have any health concern.