Comprehensive Assessment Program for Soccer Physical Score Card

Name:		Team:	Co	Coach:	
Weight:	Height:	BMI:	Recommendations:		
Push-ups:	Sit-ups:	Squats:	Side Jumps: _	Burpees:	
40-yard dash: _	Broad Jump:		Bleep Test:	Average score:	
Comp	rehensiv	e Assess	sment Progra	ım for Soccer	
Name:		•	Score Card	oach:	
Weight:	Height:	BMI:	Recommendations:		
Push-ups:	Sit-ups:	Squats:	Side Jumps: _	Burpees:	
40-yard dash: _	Broad J	lump:	Bleep Test:	Average score:	
Comp	renensiv			ım for Soccer	
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