

Comprehensive Assessment Program for Soccer
Physical Score Card

Name: _____ Team: _____ Coach: _____

Weight: _____ Height: _____ BMI: _____ Recommendations: _____

Push-ups: _____ Sit-ups: _____ Squats: _____ Side Jumps: _____ Burpees: _____

40-yard dash: _____ Broad Jump: _____ Bleep Test: _____ **Average score:** _____

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