The Beep Test

A handy summary by 5-a-side.com

Equipment Needed:
- Markers and measuring tape to set up a 20m distance (or use a local athletic track)
- Audio recording (mp3 or phone app recommended)
- Comfortable sports shoes and clothing

Taking The Test:
- Warm up beforehand (don’t wear yourself out!)
- Cross each line before the beep
- Do not run ahead – wait for the beep before turning and running back
- When you fail to reach the next line before the beep, your test is over. Record your score (level and shuttle – e.g. 9.2)

For more information on the test, including finding out which level you need to reach to be truly fit for soccer, visit www.5-a-side.com – your source of tips, tactics, skills, fitness and more for small sided soccer