

# NIKE SPARQ TEAM CHALLENGE BOYS' SOCCER PERFORMANCE GUIDE

# HOW DO YOU RATE?



## WANT TO KNOW HOW YOU MEASURE UP?

The SPARQ Rating is a powerful tool for measuring overall athleticism. For soccer, the results of four simple tests are summarized in a single score, showing you exactly where you stand and where you can improve your performance through training.

## WHAT YOU CAN MEASURE, YOU CAN IMPROVE.

The SPARQ Rating identifies your greatest opportunities for improvement. SPARQ Training provides athletes with drills, programs, and other information needed to get better, faster, and to work smarter toward your training goals.

| VERTICAL JUMP<br>(in) | 20-METER SPRINT<br>(seconds) | ARROWHEAD AGILITY<br>(left+right seconds) | YIRT 2*<br>(speed level/meters) | SOCCER SPARQ RATING | % RANKING | RANKING                  |
|-----------------------|------------------------------|---|---------------------------------|---------------------|-----------|--------------------------|
| 27.9                  | 2.82                         | 15.20                                     | 21.4/920                        | 112.95              | 99.9%     | TOP TEN PERCENT          |
| 25.8                  | 2.88                         | 15.52                                     | 20.8/760                        | 100.88              | 99%       |                          |
| 25.5                  | 2.90                         | 15.63                                     | 20.6/680                        | 95.00               | 98%       |                          |
| 23.5                  | 2.93                         | 15.75                                     | 20.4/600                        | 84.58               | 95%       |                          |
| 21.7                  | 2.97                         | 15.93                                     | 20.2/520                        | 74.88               | 90%       |                          |
| 20.9                  | 3.00                         | 16.05                                     | 20.1/480                        | 68.03               | 85%       | AVERAGE TO ABOVE AVERAGE |
| 20.5                  | 3.02                         | 16.15                                     | 20.1/480                        | 64.43               | 80%       |                          |
| 19.7                  | 3.03                         | 16.25                                     | 19.4/440                        | 59.58               | 75%       |                          |
| 19.3                  | 3.05                         | 16.35                                     | 19.4/440                        | 56.55               | 70%       |                          |
| 18.9                  | 3.07                         | 16.45                                     | 19.3/400                        | 52.33               | 65%       |                          |
| 18.5                  | 3.08                         | 16.51                                     | 19.2/360                        | 49.23               | 60%       | BELOW AVERAGE TO AVERAGE |
| 17.7                  | 3.12                         | 16.71                                     | 19.1/320                        | 43.08               | 50%       |                          |
| 16.9                  | 3.16                         | 16.90                                     | 19.1/320                        | 38.80               | 40%       |                          |
| 15.7                  | 3.20                         | 17.18                                     | 18.2/240                        | 31.88               | 30%       |                          |
| 14.6                  | 3.24                         | 17.54                                     | 18.1/200                        | 25.45               | 20%       |                          |
| 13.2                  | 3.35                         | 17.92                                     | 18.1/200                        | 19.75               | 10%       |                          |

\*Yo-Yo Intermittent Recovery Test, Level 2

|                           |                           |                  |
|---------------------------|---------------------------|------------------|
| BELOW AVERAGE TO AVERAGE: | AVERAGE TO ABOVE AVERAGE: | TOP TEN PERCENT: |
| 19.75 - 49.22             | 49.23 - 74.87             | 74.88 - 112.95   |