

NIKE SPARQ TEAM CHALLENGE GIRLS' 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 (in)	20-METER SPRINT (seconds)	ARROWHEAD AGILITY (left+right seconds)	YIRT 1* (speed level/meters)	SOCCER SPARQ RATING	% RANKING	RANKING
26.8	3.06	16.24	18.2/1800	112.83	99.9%	TOP TEN PERCENT
26.0	3.11	16.37	17.1/1440	101.35	99%	
25.6	3.15	16.71	16.8/1400	95.68	98%	
24.4	3.22	16.95	16.4/1240	84.73	95%	
23.6	3.27	17.20	16.1/1120	75.55	90%	
22.8	3.31	17.50	15.6/1000	69.13	85%	AVERAGE TO ABOVE AVERAGE
22.0	3.35	17.66	15.4/920	64.45	80%	
20.5	3.39	17.81	15.2/840	59.18	75%	
20.1	3.41	17.90	15.1/800	56.05	70%	
19.7	3.44	18.03	14.8/760	52.75	65%	
19.3	3.46	18.19	14.7/720	50.08	60%	BELOW AVERAGE TO AVERAGE
18.1	3.53	18.51	14.3/560	43.33	50%	
17.3	3.60	18.70	14.2/520	38.25	40%	
16.5	3.70	18.95	14.1/480	32.78	30%	
15.4	3.84	19.57	13.3/400	26.63	20%	
14.6	4.05	20.16	13.2/360	20.10	10%	

*Yo-Yo Intermittent Recovery Test, Level 1

BELOW AVERAGE TO AVERAGE:	AVERAGE TO ABOVE AVERAGE:	TOP TEN PERCENT:
20.10 - 50.07	50.08 - 75.54	75.55 - 112.83