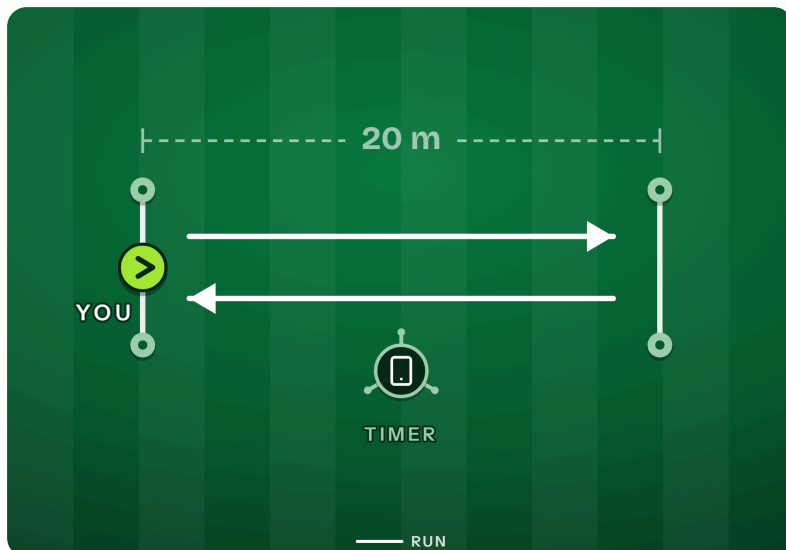




Build up to the bleep test

PHYSICAL · SHUTTLE RUNS AND TURNS · 1 PLAYER OR MORE ·
AGE 16+ (LIGHTER VERSION FROM 10)

Set up

- Warm up first
- 4 cones, 2 lines
- A timer
- 20 m, tape-measured

Dose

- 3 x 2 min, 2 min rest
- Build to 4 sets, weekly

3 x 2-minute sets of steady 20 m shuttles, 2 minutes rest, building to 4 sets, once a week (our target, not from a study).

What it trains

Training for the 20 m bleep test, not the test itself: steady 20 m shuttles in timed sets, so you practise the turn (plant, turn, push off) and an even pace before test day. There is no level to reach.

How it works

- Warm up first, every time: the FIFA 11+ Kids warm-up if you are 7-13, FIFA 11+ from 14 (about 15-20 minutes), or your club warm-up.
- Tape-measure two lines 20 m apart on a flat, non-slip surface (grass, a 3G pitch, a track or a sports hall), never a road or pavement, with room to slow down past both lines. Put a cone at each end of each line.
- Set a timer for 2 minutes and run steady shuttles between the lines until it ends: plant one foot on the line, turn, and push off back the way you came.
- Rest for 2 minutes (walk or stand), then go again. Start with 3 sets and add a fourth when 3 feel easy. Once a week.
- This is practice, so do not record a level. On test day, do the real bleep test the same way on day 0 and day 90 (episode 15, Test yourself: the bleep test, shows how).

Coaching points

- Plant, turn, push off**
Slow down over the last few steps, plant one foot on the line, turn, and push off back the way you came. Every shuttle is the full 20 m.
- Same pace every shuttle**
Pick a pace you can hold for the whole 2 minutes and run every shuttle the same, not fast at the start and slow at the end.

× **Not this:** Turning before your foot reaches the line. It cuts every shuttle short, and in the bleep test a shuttle that does not reach the line is a miss.

HARDER

Pacing to the beep: run one of your sets to the standard UK bleep test audio from the start, arriving on each beep, not before, and stop when the 2 minutes are up. It is practice, not a test, so do not record a level.

EASIER

Start with 2 sets, or 1-minute sets, at an easy jog, and walk through the turns until the plant feels clean (our suggestion).

Safety

- Warm up first. Use a flat, non-slip surface such as grass, a 3G pitch, a track or a sports hall, with room to slow down past both lines, never a road or pavement. Do not train while injured or in pain.
- If you get chest pain or feel faint or dizzy when you train, stop straight away (under 16: tell an adult) and get it checked the same day by your GP or NHS 111. Call 999 if someone collapses.
- Under 16: if your knees or heels hurt when you run or jump, stop and tell an adult. Knee and heel pain is common while you are growing, and a GP or physio can help. 16 and over: stop rather than train through pain.
- Under 16, keep it steady: it is practice before a bleep test, and your weekly conditioning stays the small-sided games (episode 12). From 16 it can be your weekly interval session.
- Warm up first. Stop if anything hurts and tell an adult.

Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

footballreach.com/drills/build-up-to-the-bleep-test

Then take the free test at footballreach.com