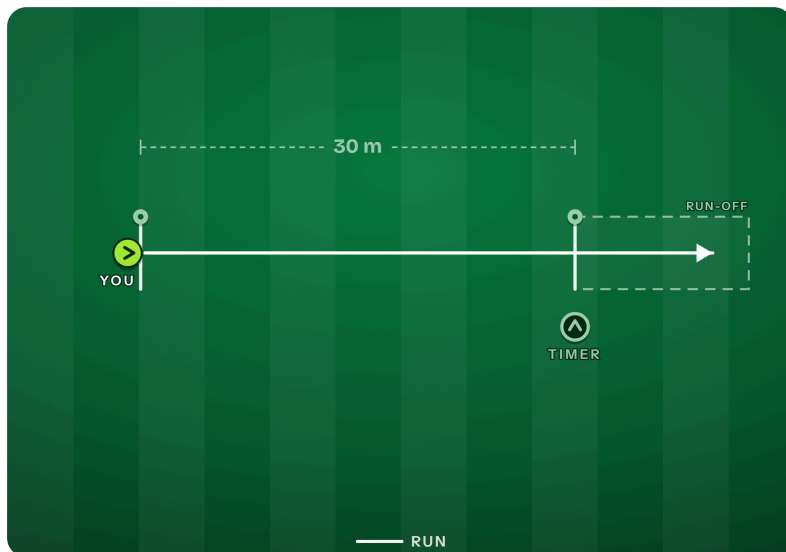




Set up

Tape measure, 30 m

2 cones: start, finish

Stopwatch or phone

An adult to time you

⌚ Dose

3 runs, 3+ min rest

Fastest, 2 decimal places

Test on day 0 and again at day 90 (the Football Reach plan's check-in, not an FA rule).

What it trains

A 30 m sprint time you can repeat: a standing start, an adult timing at the finish line and the fastest of 3 runs. Time it the same way every time: hand times are only compared with hand times, and gate times with gate times.

How it works

- 1 Warm up fully first, every time: the FIFA 11+ Kids warm-up (ages 7-13) or FIFA 11+ from 14 (episode 2 shows it), or your club warm-up. Then do 2-3 build-up runs.
- 2 With a tape measure or measuring wheel, measure 30 m on a flat, non-slip surface (grass, a 3G pitch, a track or a sports hall) with room to slow down after the finish (we suggest 10-15 m). Put a cone on the start line and one on the finish line.
- 3 Start standing, with your front foot just behind the start line. No run-up: go in your own time.
- 4 The timer (an adult with a stopwatch or phone timer) stands level with the finish line, starts the clock on your first movement and stops it as your chest crosses the line.
- 5 Run 3 times with at least 3 minutes of rest in between. Record the fastest time, to two decimal places.
- 6 Always time it the same way: hand times (stopwatch or phone) are only compared with hand times, and electronic timing-gate times with gate times. Keep the surface, shoes and time of day the same too. Your first result is your baseline: what matters is how it changes.

Coaching points

- 1 **Front foot behind the line**
Stand still with your front foot just behind the start line and go in your own time. No run-up, and no rocking or stepping back first: the clock starts on your first movement.
- 2 **Sprint through the finish**
Keep sprinting until your chest is past the finish line, then slow down in the run-off. Easing up before the line adds time.

✗ **Not this:** Taking a run-up, or a step back before you go. The test starts from a still, standing start, so a moving start gives a time you cannot compare with your others.

↗ HARDER

At a club with electronic timing gates? Use them, but compare gate times only with gate times, never with hand times. On a full test day, do the jumps first, then this sprint, with at least 3 minutes between tests, and the bleep test last or on another day.

↘ EASIER

New to flat-out sprints? Practise the standing start with a few build-up runs at three-quarter pace, and test on another day. Never shorten the lane: a shorter run is a different test, and its time does not compare.

🛡 Safety

- Test safely: warm up fully first, with an adult there (under 18), on a flat, non-slip surface such as grass, a 3G pitch, a track or a sports hall, with room to slow down, never a road or pavement. Do the bleep test last or on another day, and do not test 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.
- 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/test-yourself-30-m-sprint

Then take the free test at footballreach.com