

# MODULO PREPARAZIONE ATLETICA

## TABELLA TEST ATLETICI

### ARBITRI EFFETTIVI

	Uomini	Donne
<b>CAN A-B</b>		
40 mt	6s	
Yo-Yo IR1	1800 mt (18.2)	
5 x 30 mt (30 sec recupero)	4.80s sprint	
<b>CAN PRO</b>		
40 mt	6s	6.60s
Yo-Yo IR1	1800 mt (18.2)	1200 mt (16.3)
5 x 30 mt (30 sec recupero)	4.80s sprint	5.30s sprint
<b>CAN D - CAI</b>		
40 mt	6.10s	6.70s
Yo-Yo IR1	1520 mt (17.3)	1080 mt (15.8)
5 x 30 mt	4.90s sprint	5.40s sprint
<b>CRA SELEZIONABILI</b>		
40 mt	6.10s	6.70s
Yo-Yo IR1	1320mt (16.6)	920 mt (15.4)
<b>CRA NON SELEZIONABILI</b>		
40 mt	6.80s	7.50s
Yo-Yo IR1	920 mt (15.4)	760 mt (14.8)
<b>OTS SELEZIONABILI</b>		
40 mt	6.10	6.90
Yo-Yo IR1	1080 mt(15.8)	800 mt (15.1)
<b>OTS NON SELEZIONABILI</b>		
40 mt	6.80s	7.50s
Yo-Yo IR1	840 mt (15.2)	680 mt (14.6)
<b>BEACH SOCCER</b>		
Agility Test 10-8-8-10	10.40	11.40
30 mt	4.70s	5.20s
ARIET	1210mt(15.5.1)	855mt (14.5)
Prove da effettuarsi su superficie solida (non sabbia)		
<b>CAN 5</b>		
4 x 10 mt	10.40s	11s
30 mt	4.70s	5.20s
ARIET	1210mt (15.5.1)	855mt (14.5)
<b>C5 CRA SELEZIONABILI</b>		
4 x 10 mt	10.60s	11.20s
30 mt	4.80s	5.30s
ARIET	1015mt (14.5.1)	755mt (14.1)
<b>C5 CRA NON SELEZIONABILI</b>		
4 x 10 mt	10.80s	11.40s
30 mt	5.10s	5.60s
ARIET	845mt (14.4)	520mt (13.5.2)

### ASSISTENTI ARBITRALI

	Uomini	Donne
<b>CAN A-B</b>		
Agility Test 10-8-8-10	10.40s	11.40s
5 x 30 mt (30 sec recupero)	4.70s sprint	5.20s sprint
CODET	8.40s per sprint	9s per sprint
ARIET	1300mt (15.5.4)	910mt (14.6)
<b>CAN PRO</b>		
Agility Test 10-8-8-10	10.40s	11.40s
5 x 30 mt (30 sec recupero)	1°-5° sprint 4"70	1°-5°sprint 5"20
CODET	8"40 per sprint	9" per sprint
ARIET	1300mt (15.5.4)	910mt (14.6)
<b>CAN D</b>		
Agility Test 10-8-8-10	10.40s	11.40s
5 x 30 mt (30 sec recupero)	1°sprint 4.70s	1°sprint 5.20s
	2°-5°sprint 4.80s	2°-5°sprint 5.30s
ARIET	1105mt (15.1)	755mt (14.1)
<b>CRA SELEZIONABILI</b>		
Agility Test 10-8-8-10	11s	12s
5 X 30 mt (30 sec recupero)	1°sprint 4.80s	1°sprint 5.30
	2°-5°sprint 4.90	2°-5°sprint 5.40s
ARIET	1015mt (14.5.1)	650mt (13.5.6)
<b>CRA NON SELEZIONABILI</b>		
Agility Test 10-8-8-10	11.30s	12.30s
5 X 30 mt (30 sec recupero)	sprint 5.10s	Sprint 5.50s
ARIET	845mt (14.4)	520mt (13.5.2)

Associazione  
Italiana  
Arbitri  
SETTORE TECNICO

