



MODULO PREPARAZIONE ATLETICA

Tabella TEST ATLETICI

ARBITRI EFFETTIVI		
CAN	Uomini	Donne
40 mt	6.00s	6.30s
S.D.S. 20-20-20	IDONEO	IDONEO
Yo-Yo IR1	1800 mt (18.2)	1280 mt (16.5)

CAN C	Uomini	Donne
40 mt	6.00s	6.60s
S.D.S. 20-20-20	IDONEO	IDONEO
Yo-Yo IR1	1800 mt (18.2)	1280 mt (16.5)

CAN D	Uomini	Donne
40 mt	6.10s	6.70s
S.D.S. 20-20-20	IDONEO	IDONEO
Yo-Yo IR1	1520 mt (17.3)	1200 mt (16.3)

CRA/CPA	Uomini	Donne
40 mt	6.10s	6.70s
S.D.S. 17-17-17	IDONEO	IDONEO
Yo-Yo IR1	1320 mt (16.6)	1080 mt (15.8)

OTS	Uomini	Donne
40 mt	6.10s	6.90s
S.D.S. 15-15-15	IDONEO	IDONEO
Yo-Yo IR1	1080 mt (15.8)	800 mt (15.1)

CAN 5	Uomini	Donne
4 x 10 mt	10.40s	11.00s
30 mt	4.70s	5.20s
ARIET	1210mt (15.5.1)	855mt (14.5)

Calcio a 5 CRA/CPA	Uomini	Donne
4 x 10 mt	10.60s	11.20s
30 mt	4.80s	5.30s
ARIET	1015 mt (14.5.1)	755 mt (14.1)

BEACH SOCCER	Uomini	Donne
Agility Test 10-8-8-10	10.40s	11.40s
30 mt	4.70s	5.20s
ARIET	1210 mt (15.5.1)	855 mt (14.5)

ASSISTENTI ARBITRALI		
CAN	Uomini / Donne	
Agility Test 2X (10-8-8-10)	10.00s	
2 x 30 mt	4.60s sprint	
ARIET	1560 mt (16.6)	

CAN C	Uomini	Donne
Agility Test 10-8-8-10	10.00s	11.00s
5 x 30 mt	4.70s	5.10s
ARIET	1300 mt (15.5.4)	910 mt (14.6)

CAN D	Uomini	Donne
Agility Test 10-8-8-10	10.10s	11.10s
5 x 30 mt	1° sprint 4.70s	1° sprint 5.20s
	2°-5° sprint 4.80s	2°-5° sprint 5.30s
ARIET	1105 mt (15.1)	755 mt (14.1)

CRA/CPA	Uomini	Donne
Agility Test 10-8-8-10	11.00s	12.00s
5 X 30 mt	1° sprint 4.80s	1° sprint 5.30s
	2°-5° sprint 4.90s	2°-5° sprint 5.40s
ARIET	1015 mt (14.5.1)	650 mt (13.5.6)

Federazione Italiana Giuoco Calcio
Associazione Italiana Arbitri



SETTORE
TECNICO
ARBITRALE

Modulo Preparazione Atletica

S.S. 2024/2025