|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Naam speler** | | **T-test Links** | | | **T-test Rechts** | | | **Quadrado** | | | **Shuttle Tempo-Test** | | |
|  | | ***19/8*** | ***4/11*** | ***3/4*** | ***19/8*** | ***4/11*** | ***3/4*** | ***19/8*** | ***4/11*** | ***3/4*** | ***19/8*** | ***4/11*** | ***3/4*** |
| Milan | R | 10'07" |  |  | 10'32" |  |  | 6'82" |  |  | 1.14'86" |  |  |
| Besnik | R | 10'25" |  |  | 9'44" |  |  | 6'78" |  |  | 1.16'59" |  |  |
| Laurens | R | 9'87" |  |  | 10'19" |  |  | 6'56" |  |  | 1.13'70" |  |  |
| Niels | L | 9'98" |  |  | 10'50" |  |  | 7'02" |  |  | 1.12'08" |  |  |
| Jellis | L | 9'50" |  |  | 9'62" |  |  | 6'69" |  |  | 1.12'41" |  |  |
| Pieter-Jan | R | 9'65" |  |  | 10'06" |  |  | 6'45" |  |  | 1.12'75" |  |  |
| Michiel | R | 9'94" |  |  | 9'87" |  |  | 7'70" |  |  | 1.20'48" |  |  |
| Bjarne | R | 9'95" |  |  | 9'94" |  |  | 7'33" |  |  | 1.20'15" |  |  |
| Ben | R | 9'81" |  |  | 10'07" |  |  | 7'13" |  |  | 1.19'67" |  |  |
| Siebe | R | 9'69" |  |  | 9'69" |  |  | 7'50" |  |  | 1.14'50" |  |  |
| Egon | R | 9'50" |  |  | 9'71" |  |  | 6'38" |  |  | 1.13'82" |  |  |
| Jonas | R | 10'00" |  |  | 10'37" |  |  | 7'94" |  |  | 1.16'80" |  |  |
| Mohamed | L | 10'19" |  |  | 9'96" |  |  | 7'50" |  |  | 1.19'50" |  |  |
| Sam-Lucas | L | 9'46" |  |  | 9'39" |  |  | 6'70" |  |  | 1.10'83" |  |  |
| Mathijs | L | 9'18" |  |  | 9'44" |  |  | 6'58" |  |  | 1.11'15" |  |  |
| Lennert | R | 9'77" |  |  | 9'62" |  |  | 7'46" |  |  | 1.09'42" |  |  |
| Ilias | R | 9'57" |  |  | 9'96" |  |  | 6'81" |  |  | 1.09'07" |  |  |
| Ian | R | 10'82" |  |  | 10'06" |  |  | 7'56" |  |  | 1.18'33" |  |  |
| Quinten | R | 9'62" |  |  | 9'81" |  |  | 6'68" |  |  | 1.14'47" |  |  |
| Benjamin | R | 10'19" |  |  | 9'71" |  |  | 6'70" |  |  | 1.18'11" |  |  |
| Tibo | R | 9'12" |  |  | 9'76" |  |  | 7'25" |  |  | 1.20'06" |  |  |
| Wassim | R |  |  |  |  |  |  |  |  |  |  |  |  |

**uitleg van de testen:**

T-test: wendbaarheid, kort draaien, kort sprintvermogen, optrekken, juiste been afstoten.

**Quadrado:**

idem T-test maar dan met de bal = voetbalspecifieke wendbaarheid

**shuttle tempo test:**

uithoudingsvermogen icm snelheid

**omstandigheden 19/8:** droog, droog hard veld, gras, 20°C, voor de testen, klein ontspannend wedstrijdje