

“Dynamic Yo-Yo”
(high intensity aerobic exercise)

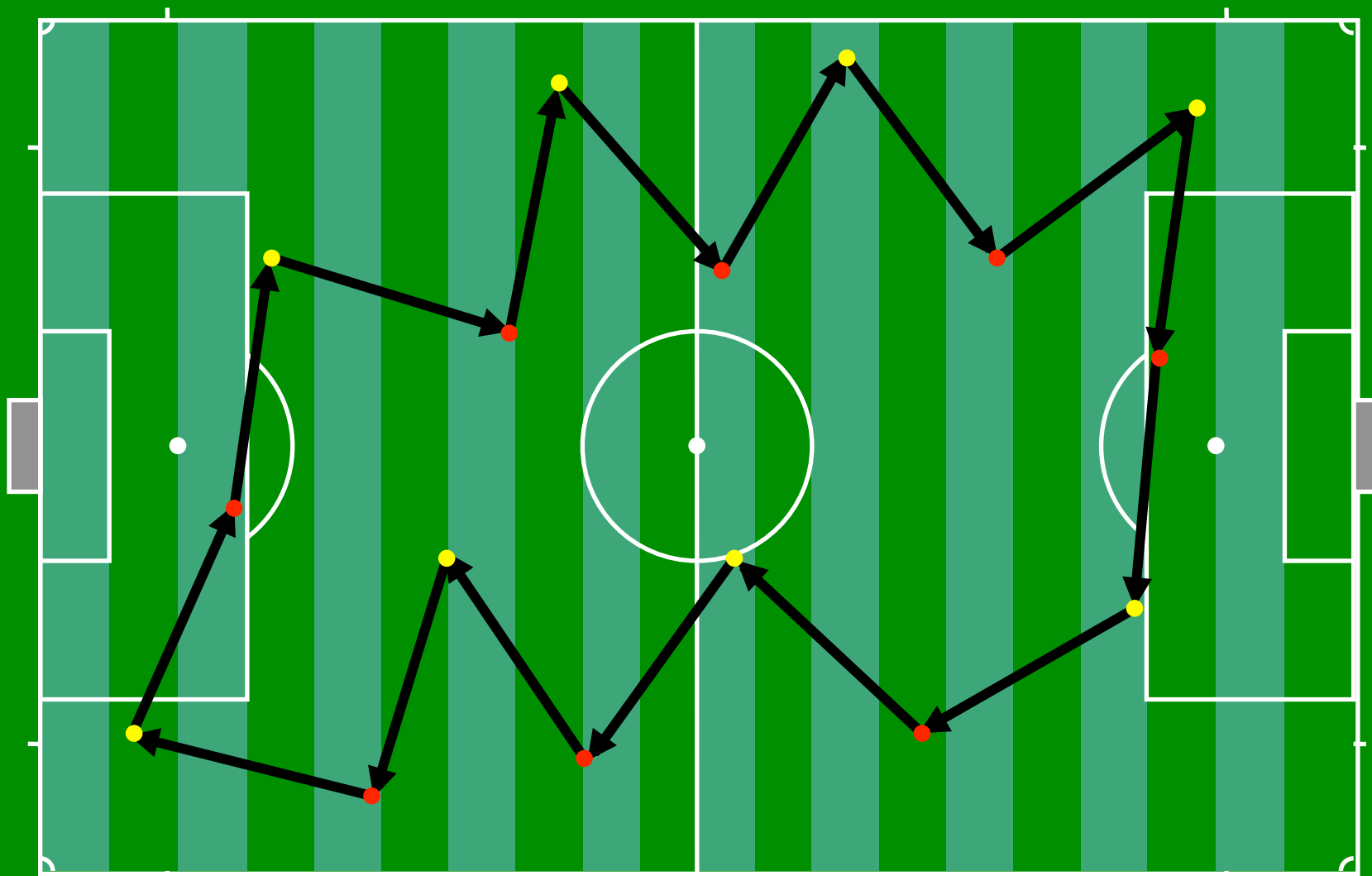
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Dynamic Yo-Yo

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Cone set up

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Dynamic Yo-Yo

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Set up:

- 1) Prepare 8 YELLOW and 8 RED cones (16 total)
 - Place the cones using the set up guideline
 - Use the penalty area, penalty mark, center circle, halfway line, touch line, and goal line as reference points
- 2) Distance between each cone is 20m
 - Use the distance measuring tape
 - Place 0.00m on top of the yellow cone, place 40.00m on top of the next yellow cone, then place 20.00m on top of the red cone in-between, creating a “V” shape with the measuring tape (adjust the red cone location as necessary)

Dynamic Yo-Yo

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Cone set up:

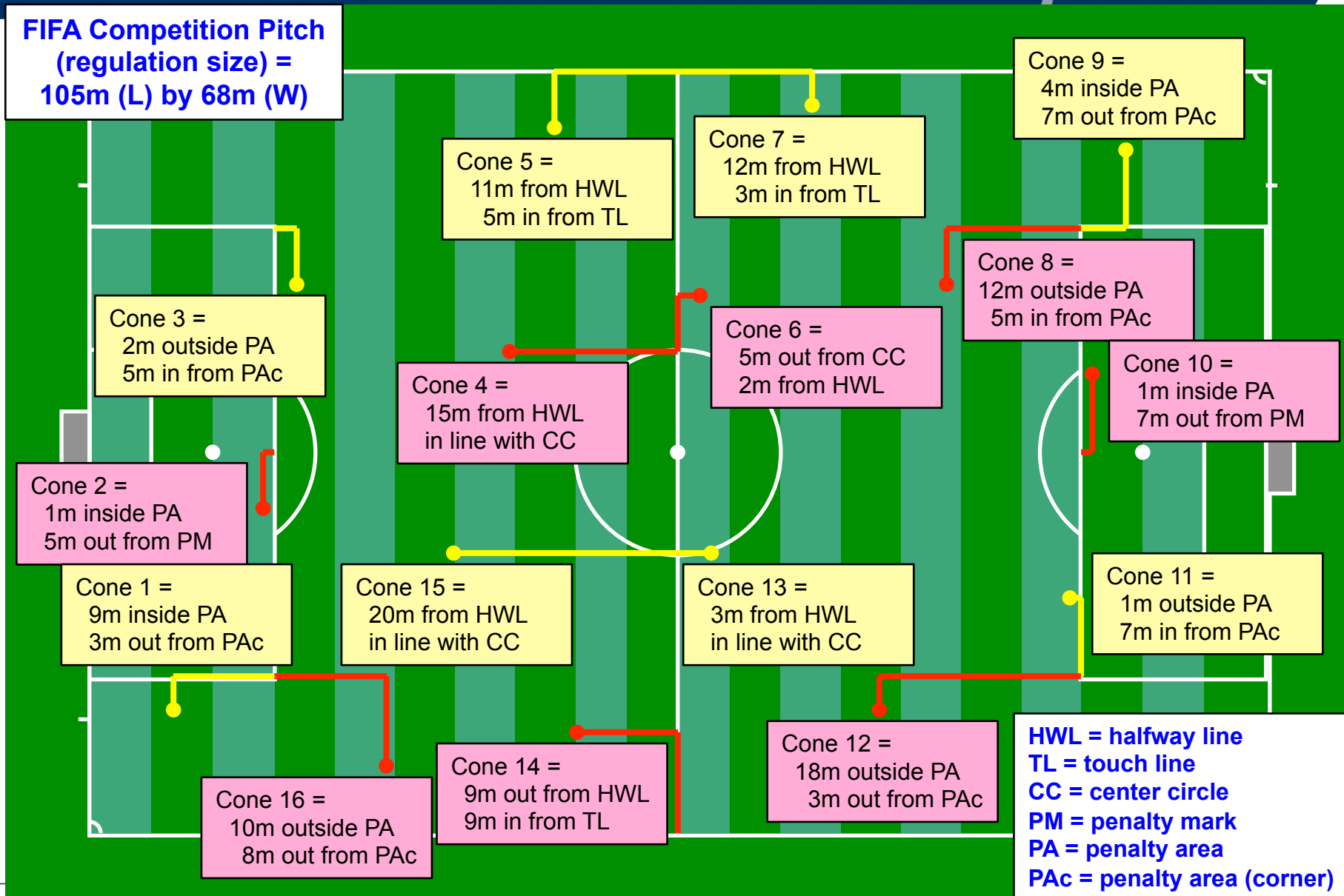
- 1) If you are using a FIFA Competition Pitch (regulation size, 105x68m), then you can utilize the lines and marks as an easy reference
- 2) If you are not using a FIFA Competition Pitch, then you have to measure all the cone locations from the “center mark”
 - Absolute minimum dimension required is 90m length by 62m width

Dynamic Yo-Yo ("EASY" cone set up)

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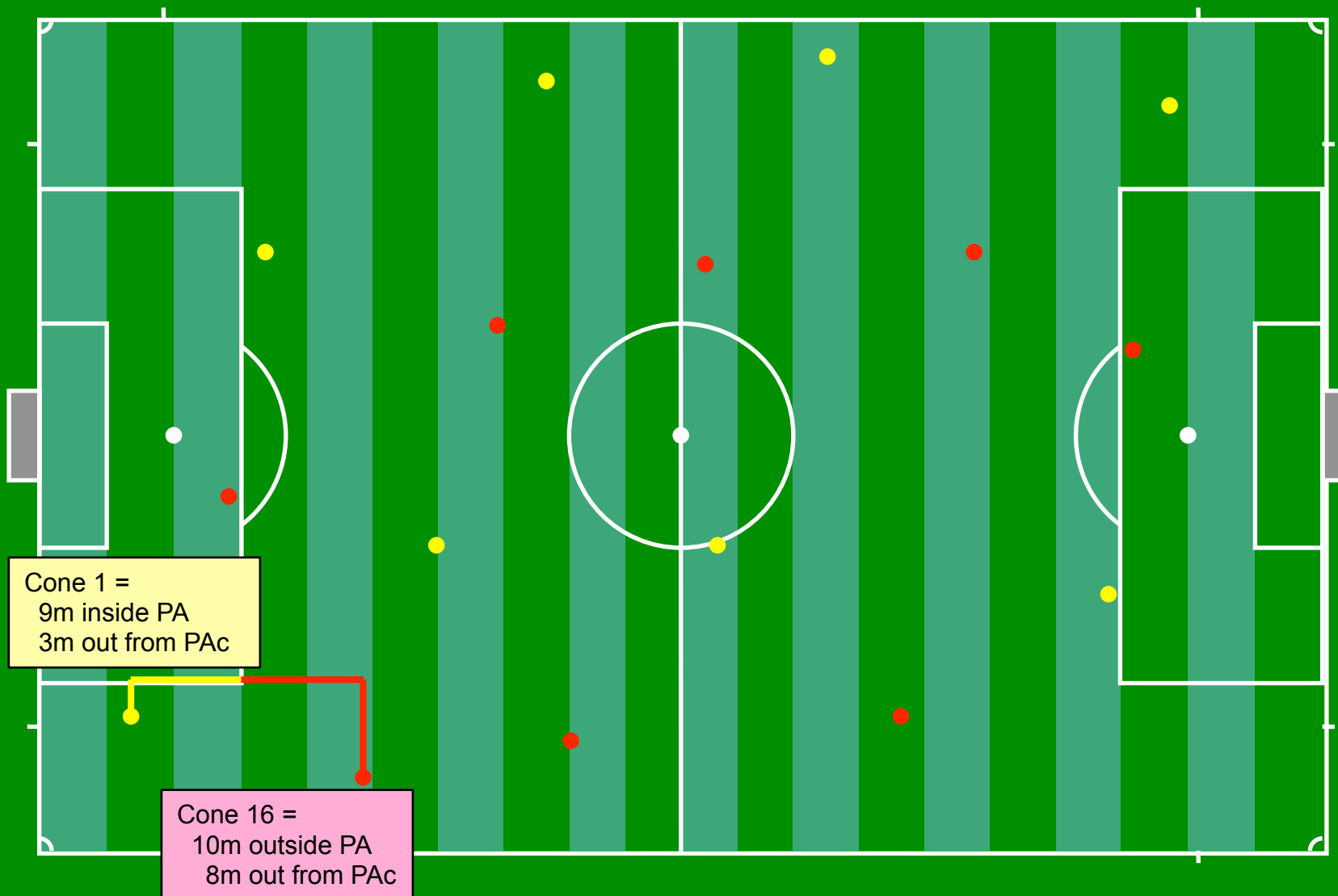
**FIFA Competition Pitch
(regulation size) =
105m (L) by 68m (W)**



“Recommended” set up order

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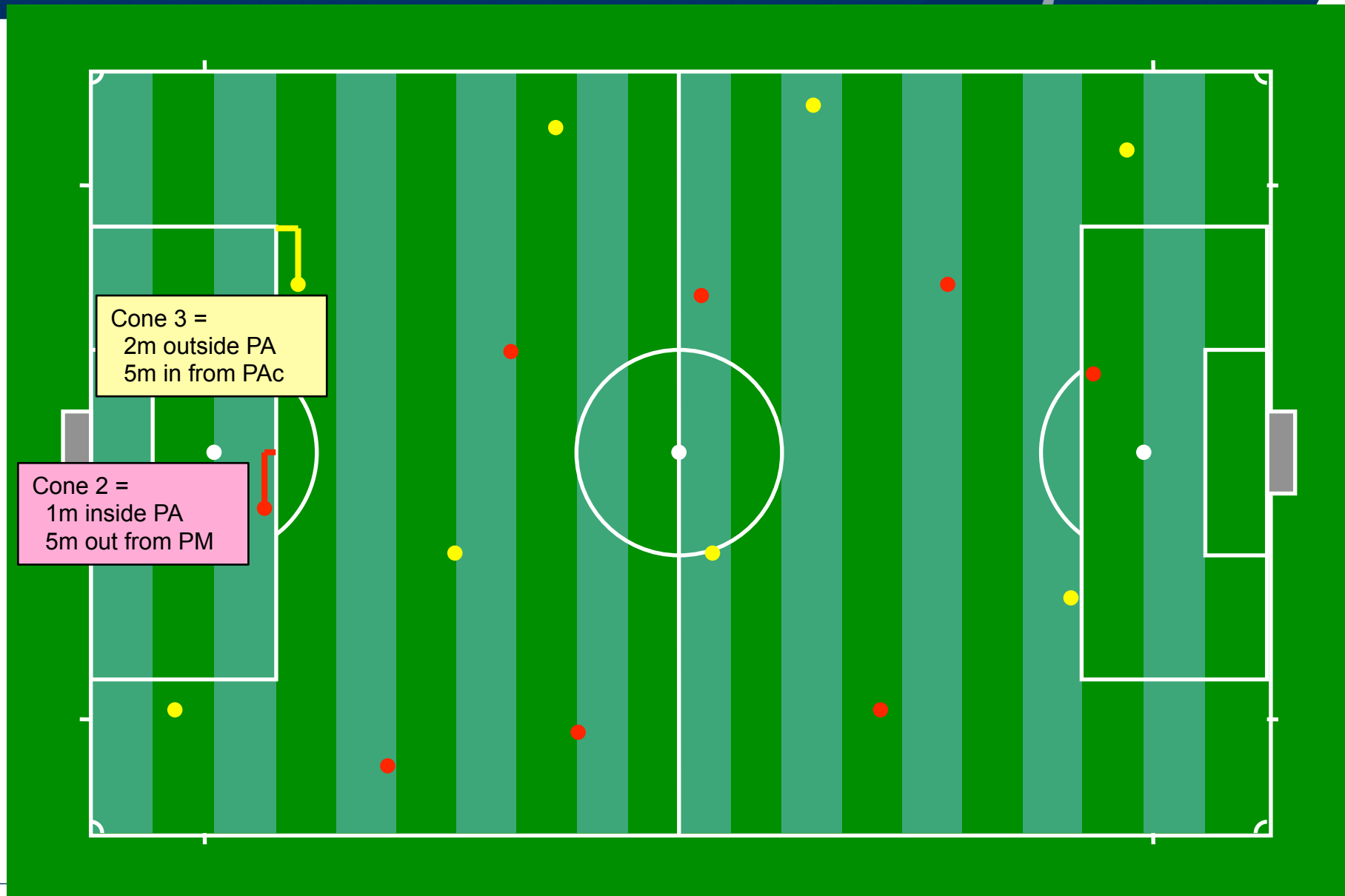
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“Recommended” set up order

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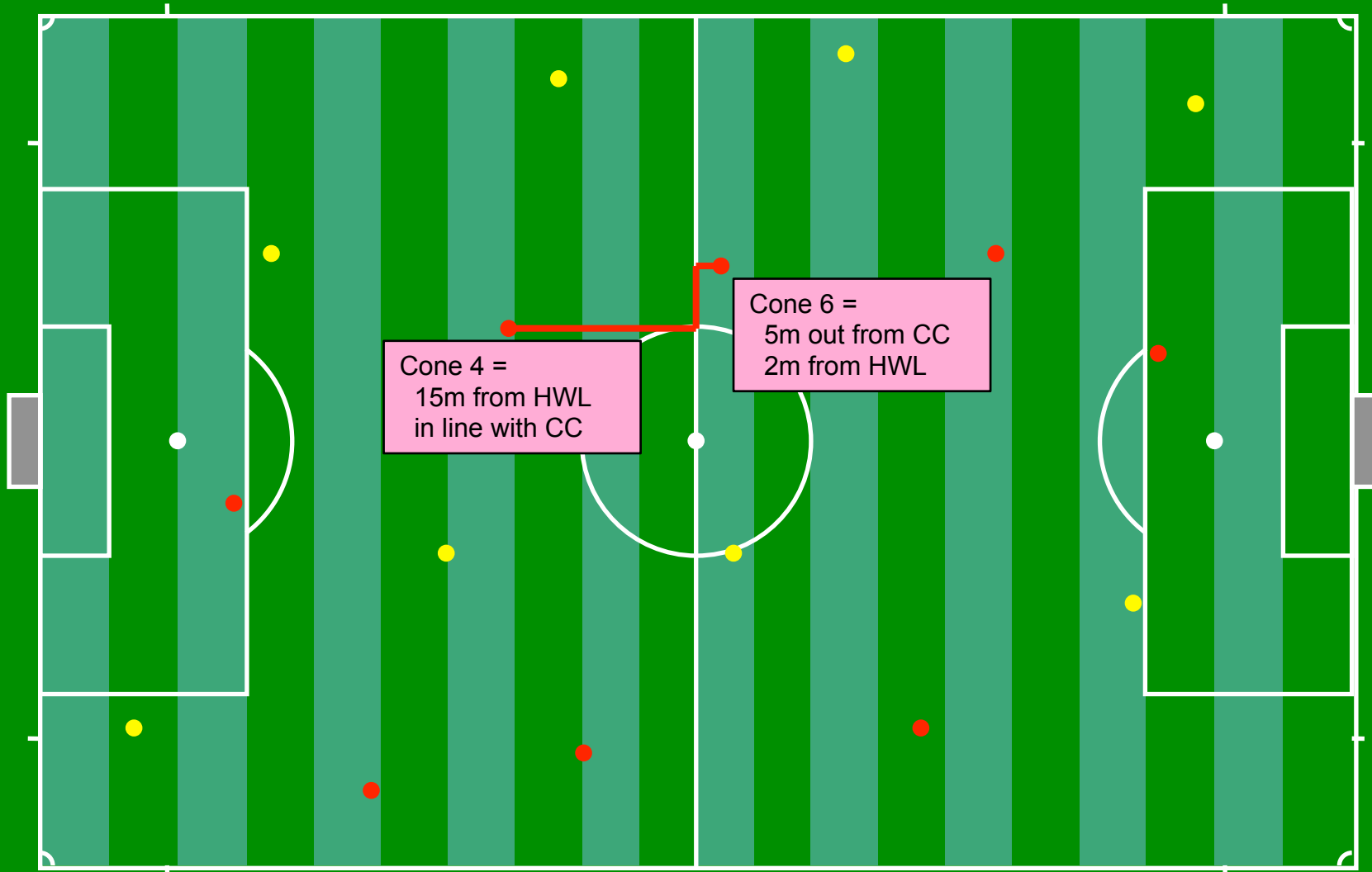
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“Recommended” set up order

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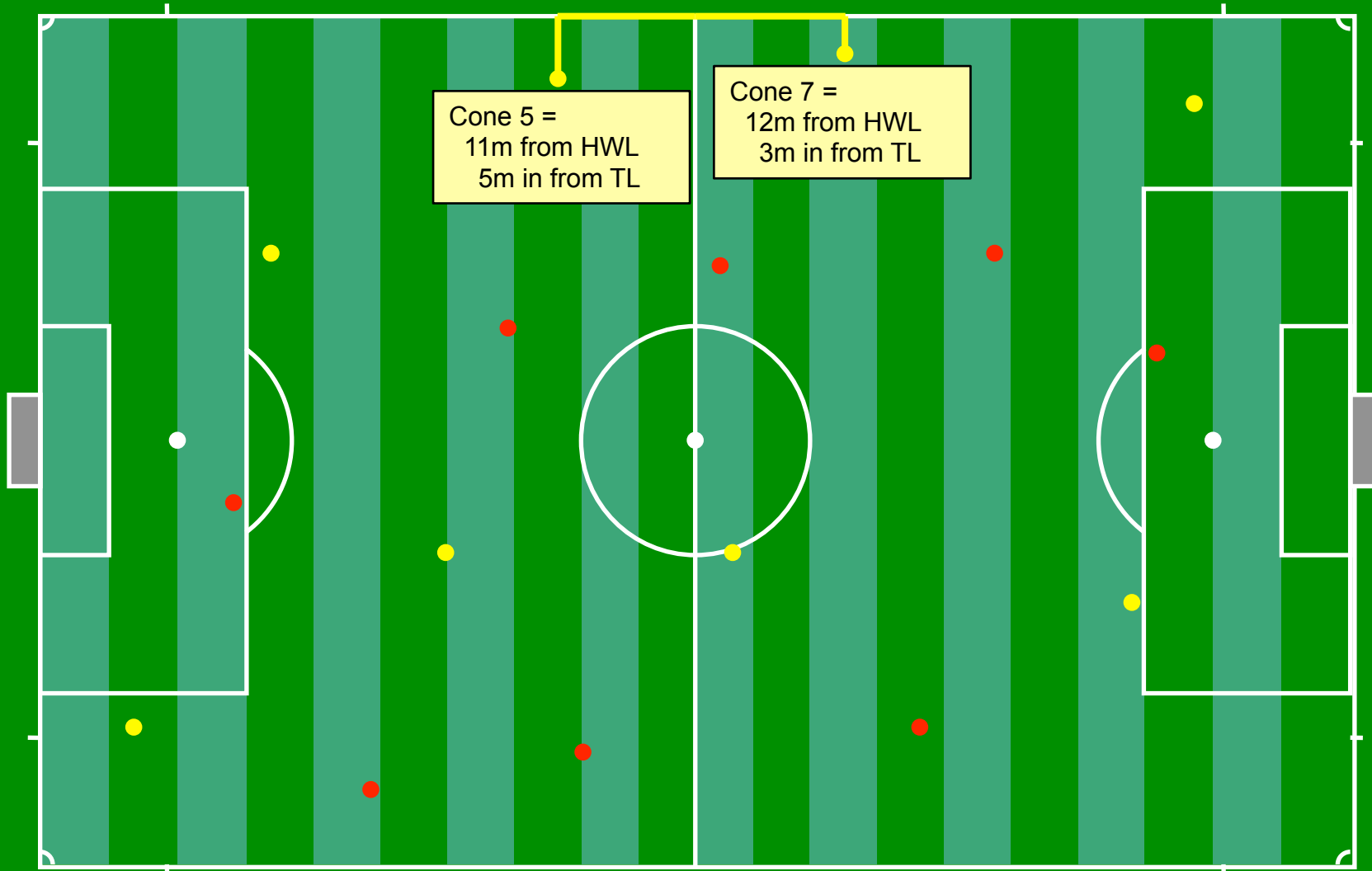
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“Recommended” set up order

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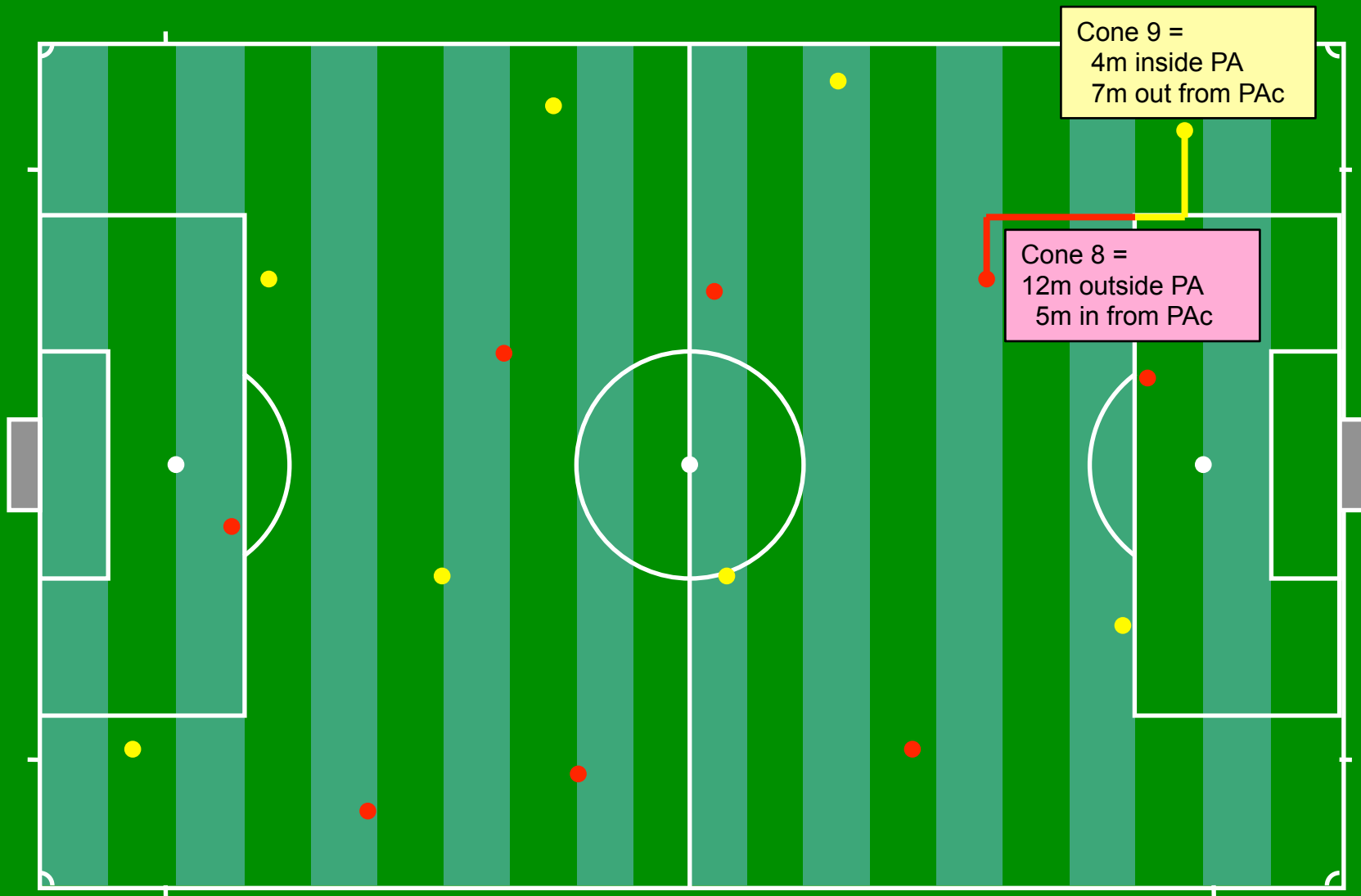
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“Recommended” set up order

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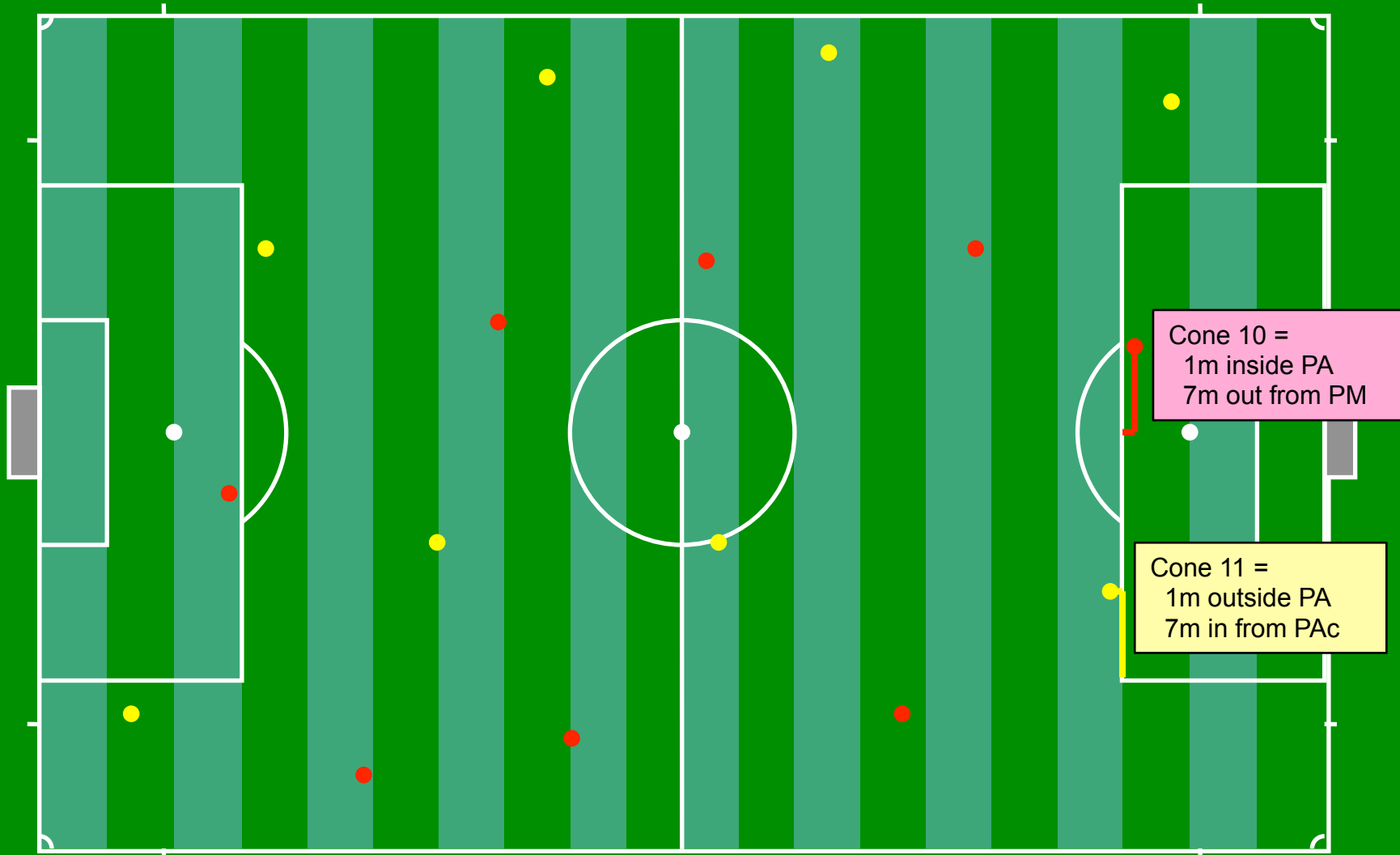
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“Recommended” set up order

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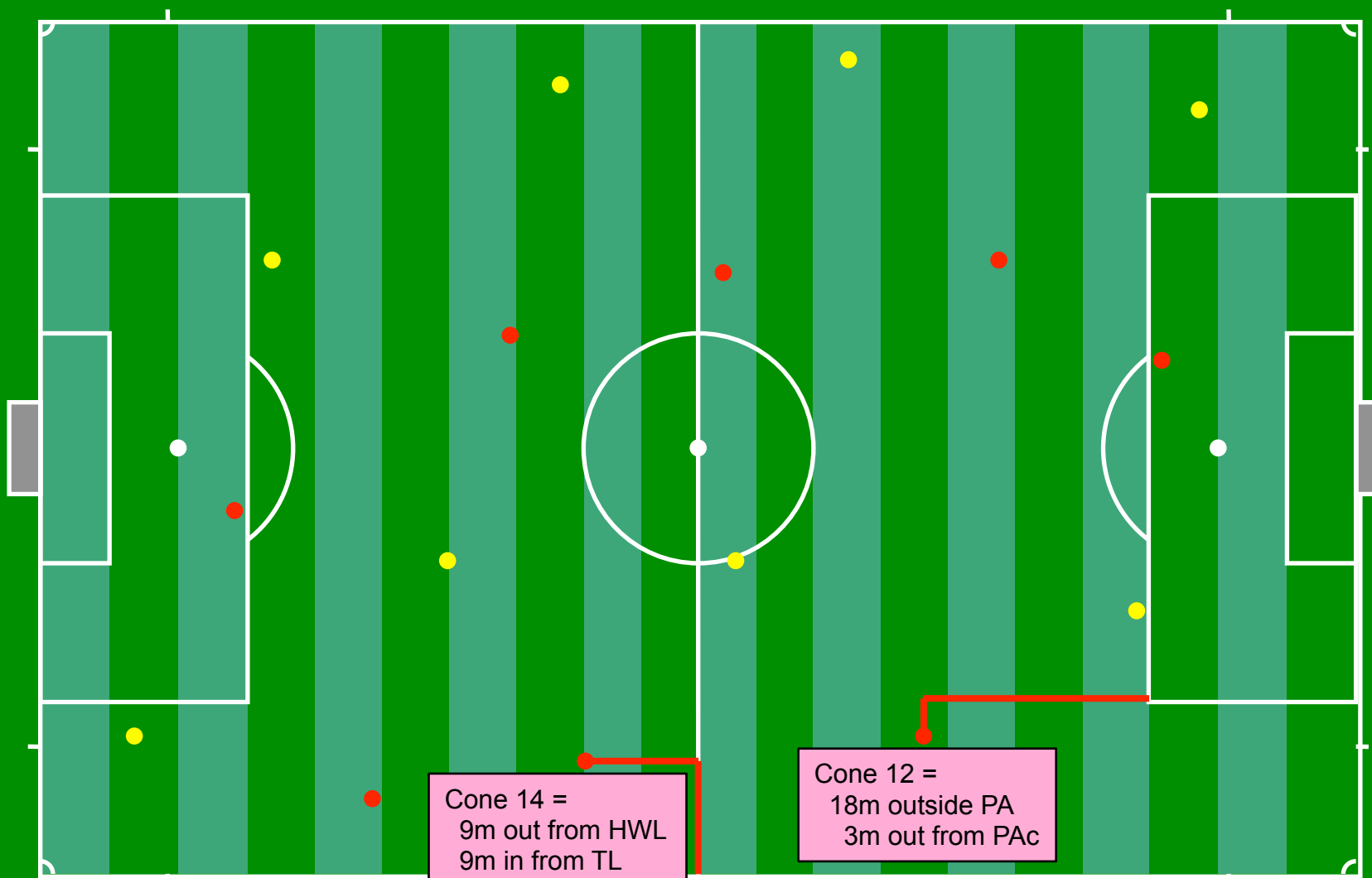
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“Recommended” set up order

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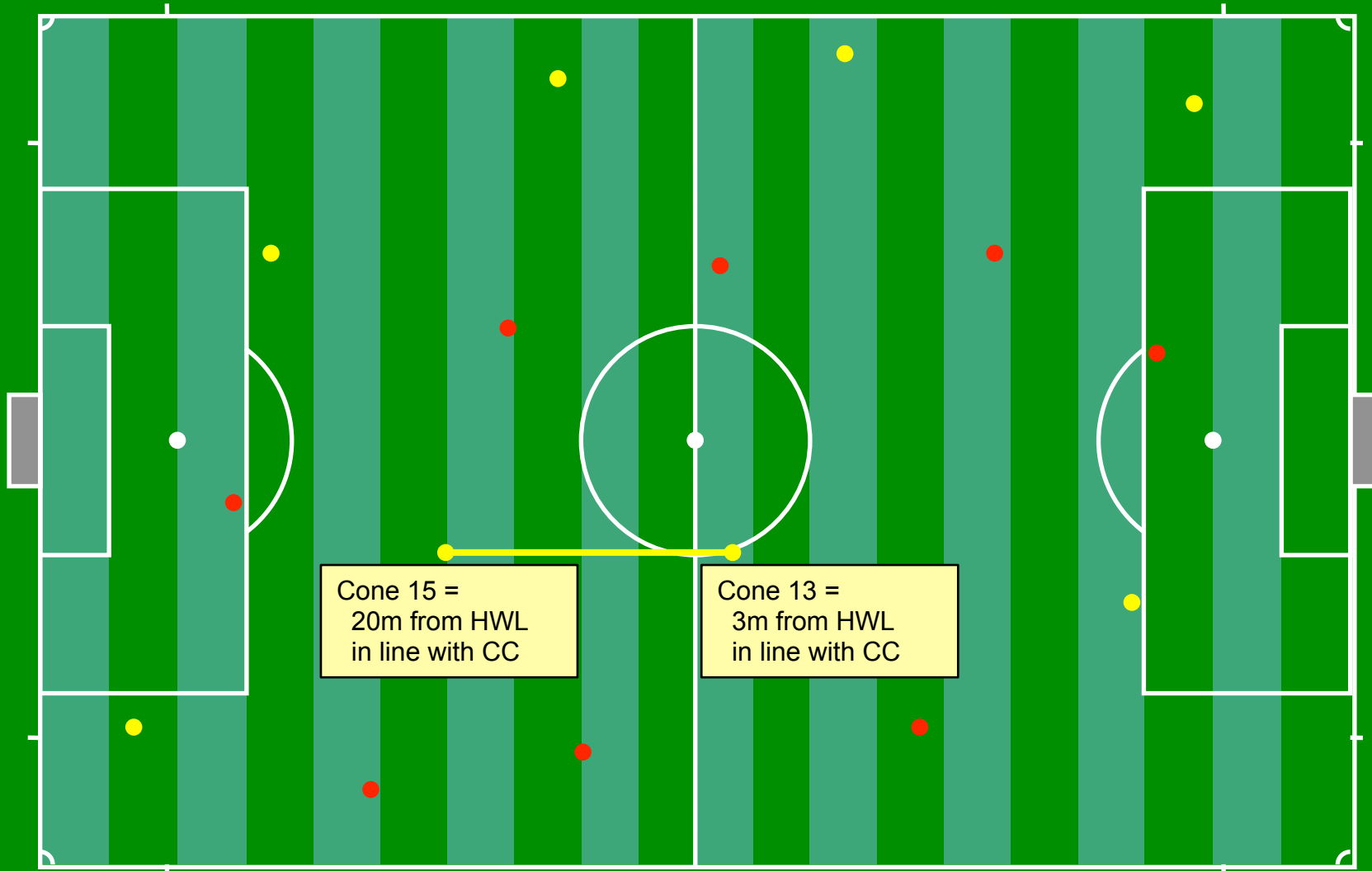
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“Recommended” set up order

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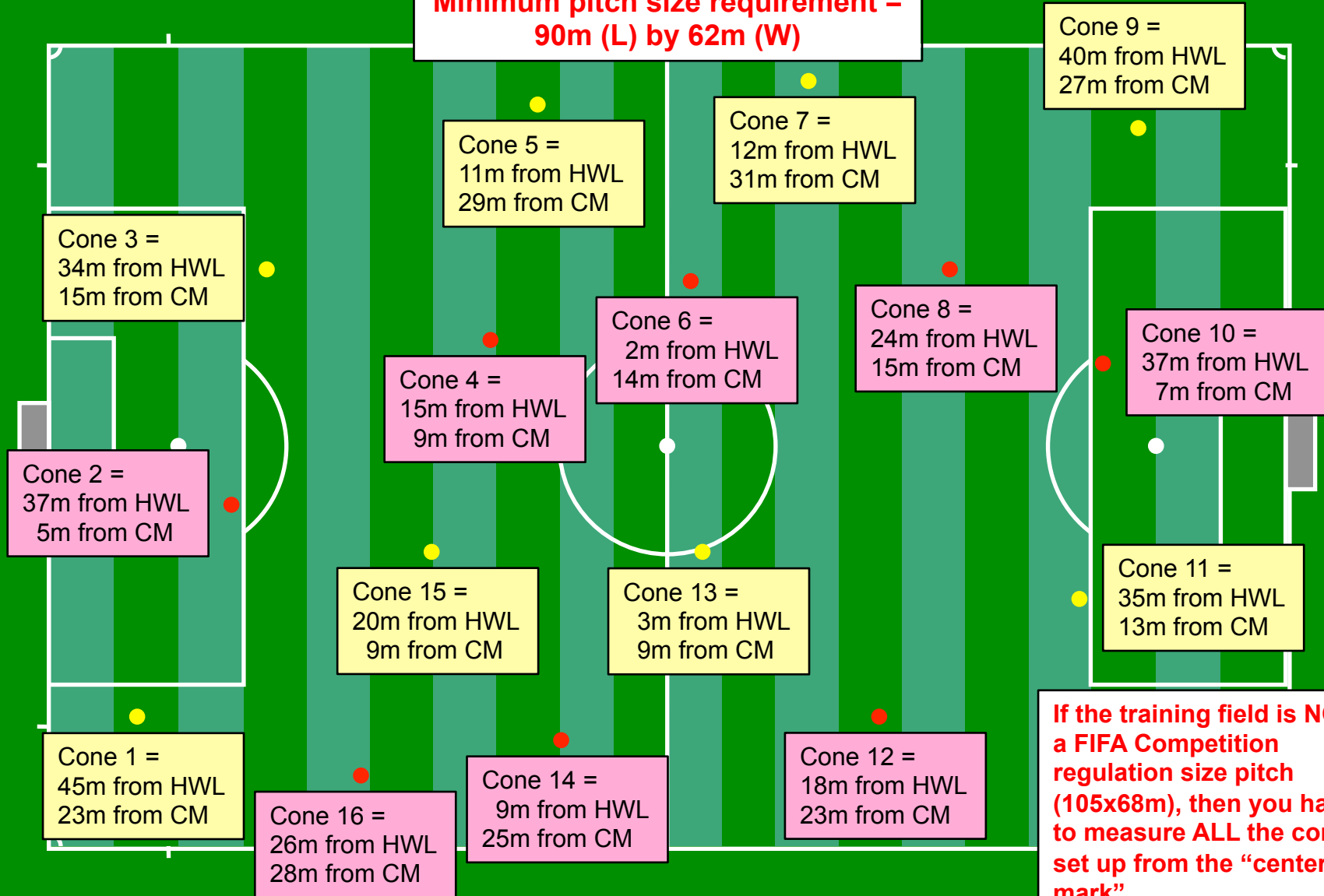


Dynamic Yo-Yo (“standard” cone set up)

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**Minimum pitch size requirement =
90m (L) by 62m (W)**



If the training field is NOT a FIFA Competition regulation size pitch (105x68m), then you have to measure ALL the cone set up from the “center mark”

Training session

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Exercise protocol (training session 1):

- 1) Start from the YELLOW cone (any location)
- 2) RUN two cones (40m), then WALK one cone (20m)
 - Run “around” the cone (do not “short cut”)
 - Decelerate (slow down) then accelerate (speed up) again
 - RUN = 7 out of 10 points on the intensity scale (very hard)
 - WALK = 2 out of 10 points on the intensity scale (very easy)
- 3) Finish within a 3m radius circle around the finish cone
- 4) Next start from the RED cone
 - Start cone colour will alternate each time (yellow, then red, then yellow, then red...)
 - 3 laps = return to the initial start cone
- 5) No need to use the “Yo-Yo Intermittent Recovery Test Level 1” audio file
 - Referees can control his own running and walking pace

Exercise protocol (training session 2):

- 1) Start and finish at the YELLOW cone (any location)
- 2) Turn around the RED cone
 - Run “around” the cone (do not “short cut”)
 - Decelerate (slow down) then accelerate (speed up) again
- 3) Finish within a 3m radius circle around the YELLOW finish cone
- 4) Wait (stand or walk) near the YELLOW cone during a 10 second recovery
- 5) Use the “Yo-Yo Intermittent Recovery Test Level 1” audio file
 - Recovery time is consistent (always 10 seconds)
 - Running speed will gradually increase (time limit will decrease)