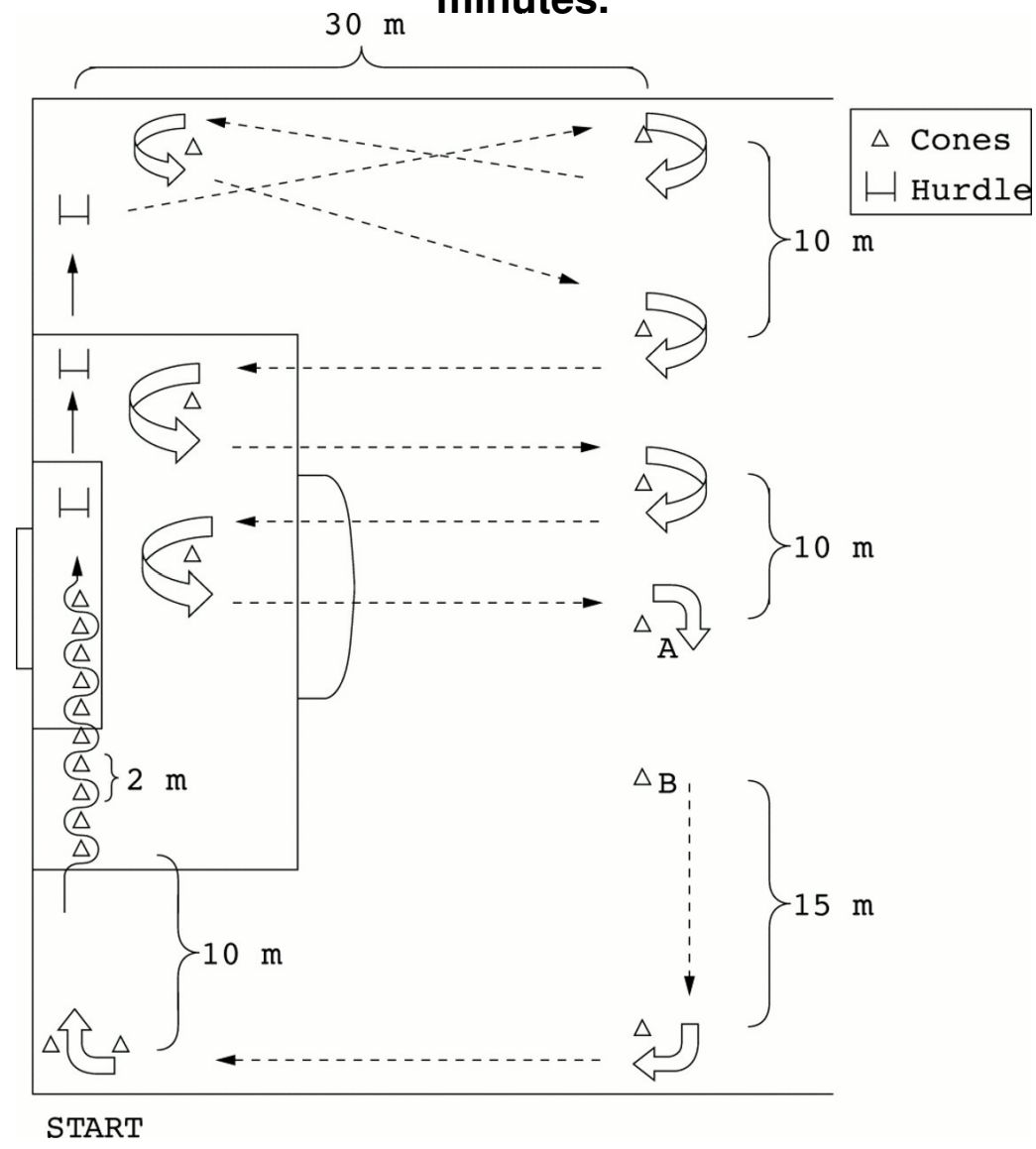


**Figure 1 Soccer specific "dribbling track" for measuring maximal oxygen uptake (VO<sub>2</sub>MAX). The ball is dribbled in the direction of the arrows, with backward running between points A and B. Subjects were instructed to gradually increase intensity to a level that brought them to VO<sub>2</sub>MAX within six minutes.**



Hoff, J et al. Br J Sports Med 2002;36:218-221