



ATHLETE RE-ASSESSMENT REPORT

Name: Jack Malleret

Date: Saturday, December 21, 2013

Soccer Fitness Individual Field Test Results:

DATE	COUNTER MOVEMENT JUMP	SQUAT JUMP	DROP JUMP		10M SPRINT	20M SPRINT	35M SPRINT	YO-YO INTERMITTENT RECOVERY TEST
	(centimetres)	(centimetres)	Contact Time (seconds)	Jump Height (centimetres)	(seconds)	(seconds)	(seconds)	(level)
December 21, 2013	23.7	20.3	0.272	18.5	1.88	3.36	5.46	19.3
October 26, 2013	25.9	20.0	0.334	23.9	1.91	3.40	5.59	17.3
↑ OR ↓	↓	I/D	↑	↓	I/D	I/D	↑	↑

Soccer Fitness Individual Lab Test Results: Anthropometry:

DATE	ANTHROPOMETRY							
	DOB (M/D/YYYY)	STANDING HEIGHT (cm)	SITTING HEIGHT (cm)	WEIGHT (kg)	AGE OF PEAK HEIGHT VELOCITY	YEARS PAST PEAK HEIGHT VELOCITY	BODY MASS INDEX	REACTIVE STRENGTH INDEX
December 21, 2013	Nov 24, 2000	165.5	125.5	50.4	7.68	5.40	18.4	0.68
October 26, 2013	Nov 24, 2000	164.0	124.5	47.8	7.84	5.09	17.8	0.72
↑ OR ↓	N/A	↑	↑	↑	N/A	N/A	↑	↓

Soccer Fitness Individual Lab Test Results: Functional Movement Screen:

DATE	FUNCTIONAL MOVEMENT SCREEN											
	DEEP SQUAT	HURDLE STEP		IN-LINE LUNGE		SHOULDER MOBILITY		ACTIVE STRAIGHT LEG RAISE		PUSH-UP	ROTARY STABILITY	
		RIGHT SIDE	LEFT SIDE	RIGHT SIDE	LEFT SIDE	RIGHT SIDE	LEFT SIDE	RIGHT SIDE	LEFT SIDE		RIGHT SIDE	LEFT SIDE
December 21, 2013	2	2	2	2	3	1	3	1	1	2	2	2
October 26, 2013	3	3	3	2	2	1	2	2	1	3	2	2
↑ OR ↓	↓	↓	↓	N/D	↑	N/D	↑	↓	N/D	↓	N/D	N/D

↑ - INCREASE IN PERFORMANCE

↓ - DECREASE IN PERFORMANCE

I/D - INSIGNIFICANT DIFFERENCE IN PERFORMANCE

N/D - NO DIFFERENCE IN PERFORMANCE

N/A - NOT APPLICABLE

Yo-Yo Intermittent Recovery Test, Level 1:

Previous Date: October 26, 2013

Current Date: December 21, 2013

Level	5.1								
Distance	40								
Level	9.1								
Distance	80								
Level	11.1	11.2							
Distance	120	160							
Level	12.1	12.2	12.3						
Distance	200	240	280						
Level	13.1	13.2	13.3	13.4					
Distance	320	360	400	440					
Level	14.1	14.2	14.3	14.4	14.5	14.6	14.7	14.8	
Distance	480	520	560	600	640	680	720	760	
Level	15.1	15.2	15.3	15.4	15.5	15.6	15.7	15.8	
Distance	800	840	880	920	960	1000	1040	1080	
Level	16.1	16.2	16.3	16.4	16.5	16.6	16.7	16.8	
Distance	1120	1160	1200	1240	1280	1320	1360	1400	
Level	17.1	17.2	17.3	17.4	17.5	17.6	17.7	17.8	
Distance	1440	1480	1520	1560	1600	1640	1680	1720	
Level	18.1	18.2	18.3	18.4	18.5	18.6	18.7	18.8	
Distance	1760	1800	1840	1880	1920	1960	2000	2040	
Level	19.1	19.2	19.3	19.4	19.5	19.6	19.7	19.8	
Distance	2080	2120	2160	2200	2240	2280	2320	2360	
Level	20.1	20.2	20.3	20.4	20.5	20.6	20.7	20.8	
Distance	2400	2440	2480	2520	2560	2600	2640	2680	
Level	21.1	21.2	21.3	21.4	21.5	21.6	21.7	21.8	
Distance	2720	2760	2800	2840	2880	2920	2960	3000	
Level	22.1	22.2	22.3	22.4	22.5	22.6	22.7	22.8	
Distance	3040	3080	3120	3160	3200	3240	3280	3320	
Level	23.1	23.2	23.3	23.4	23.5	23.6	23.7	23.8	
Distance	3360	3400	3440	3480	3520	3560	3600	3640	

Test Synopsis: Field Tests:

10 / 20 Metre Sprint Test:

The sprint tests indicate how fast a player covers the average sprint distance during the course of a soccer game. A strong correlation has been observed in sprint speeds over different age groups, as well as playing levels, with older and more elite players covering the distance in a faster time.

35 Metre Sprint Test:

The 35 metre sprint test indicates how fast a player covers the longest sprint distance observed during the course of a soccer game. The test is also designed to determine the player's peak speed. A strong correlation has been observed in sprint speeds differing over different age groups, as well as playing levels, with older and more elite players covering the distance in a faster time.

Yo-Yo Intermittent Recovery Test:

The purpose of the Yo-Yo Intermittent Recovery Test is to assess the anaerobic reserve and aerobic capacity of each athlete. The Yo-Yo Test involves the athlete performing two 20 metre running bouts, followed by a 10 second recovery interval. The running bouts are performed at a speed greater than the minimum speed required to elicit VO_{2Max} . The test continues until the athlete cannot perform two consecutive bouts in the time required. The level reached and distance covered are reported.

This test is a performance test for soccer players. The distance covered during this test correlates highly with the amount of high intensity running covered in a game as assessed with time motion analysis. Therefore, a player who covers a greater distance in this test, can perform more high intensity running during a game.

Squat Jump / Counter Movement Jump / Drop Jump:

The purpose of the Soccer Fitness Jump Tests (Squat Jump / Counter Movement Jump / Drop Jump) is to assess the ability of each player to generate power. All jumps are performed with the athlete's hands on the hips, to ensure that only leg power is measured. The Squat Jump assesses athletes' leg muscle power, with the athlete lowering their body into a fixed squat position, then jumping as high as possible. The Counter Movement Jump assesses athletes' leg muscle elasticity, with the athlete lowering their body and then exploding quickly upwards, keeping the hand on the hips. The Drop Jump assesses athletes' leg muscle reactive strength, with the athlete dropping down from a box 40 cm in height, then jumping upwards as high as possible. A strong correlation has been observed in jump heights over different age groups, as well as playing levels, with older and more elite players reaching higher jump heights.

The chart below defines some average performance parameters for female Elite Provincial and National soccer players at different levels of play:

Tests	Regional Teams (U16)	Junior National Teams (U18)	Senior International Teams
20m Sprint	3.51 s	3.32 s	3.42 s
35m Sprint	5.66 s	5.35 s	5.30 s
RSA Sprint	3.79 s	3.70 s	3.67 s
Yo Yo Level 1 (Stage)	15.9	16.3	16.3
CMJ	29.0 cm	29.8 cm	29.7 cm

The chart below defines some average performance parameters for male Elite Provincial and National soccer players at different levels of play:

Tests	Regional Teams (U16)	Junior European Teams (U18)	Senior Professional Teams
20m Sprint	3.24 s	3.20 s	3.18 s
35m Sprint	5.08 s		
RSA Sprint	3.47 s		
Yo Yo Level 1 (Stage)	19.1	19.1	20.1
Yo Yo Level 2 (Stage)	21.4	21.8	22.4
CMJ	35.5 cm	44 cm	47 cm

The chart below defines some average performance parameters for female Club and College soccer players at different levels of play:

Tests	U10	U12	U14	U16	U18	Senior
20m Sprint	4.28s	3.89s	3.64s	3.46s	3.43s	3.37s
35m Sprint	7.72s	6.48s	6.06s	5.58s	5.63s	5.40s
RSA Sprint	4.62s	4.08s	4.07s	3.86s	3.78s	3.75s
Yo Yo Level 1 (Stage)	15.1*	13.6	14.8	14.6	15.2	16.1
Counter-Movement Jump		16.8cm	18.5cm	20.8cm	24.5cm	
Squat Jump		20.1cm	20.7cm	23.5cm	27.1cm	
RSI		0.51	0.61	0.61	0.61	

* U10 standard for the Yo-Yo IR1 established using a 16-metre line as opposed to the conventional 20-metre line.

The chart below defines some average performance parameters for male Club and College soccer players at different levels of play:

Tests	U10	U12	U14	U16	U18	Senior
20m Sprint	4.28s	3.88s	3.61s	3.31s	3.13s	3.11s
35m Sprint	6.51s	6.04s	5.77s	5.20s	5.03s	4.76s
RSA Sprint	4.55s	4.05s	3.90s	3.56s	3.45s	3.48s
Yo Yo Level 1 (Stage)	16.8*	13.9	14.6	15.8	16.2	17.2
Counter-Movement Jump	11.6cm	17.6cm	20.9cm	22.6cm	27.4cm	38.9cm
Squat Jump	16.0cm	19.1cm	23.3cm	25.2cm	35.2cm	42.5cm
RSI		0.49	0.61	0.66	0.75	0.89

* U10 standard for the Yo-Yo IR1 established using a 16-metre line as opposed to the conventional 20-metre line.

Test Synopsis: Lab Tests:

Standing Height:

(measured in centimetres)

Sitting Height:

(measured in centimetres)

Age of Peak Height Velocity:

Once values for a player's standing height and sitting height are known, the difference between the two values can be used to determine how close an athlete is to their peak height velocity – an indication of growth and physical maturation. The smaller the difference between standing height and sitting height, the closer that athlete is to peak height velocity. Females' average age of peak height velocity is 8 years old; males' average age of peak height velocity is 10 years old.

Weight:

(measured in kilograms)

Body Mass Index:

This figure displays the relationship between height and weight. BMI, or Body Mass Index, is calculated by dividing weight (measured in kilograms) by height (measured in metres) squared. BMI can be used as an initial screen for body composition, but its major use is to screen for cardiovascular risk factors. A healthy BMI for athletes should fall within the range of 18 – 25.

Functional Movement Screen:

The Functional Movement Screen is designed to detect faulty movement patterns in movements utilizing muscles which are important for optimal physical performance in soccer. The results of your Functional Movement Screen are used to develop your Functional Strength Program, with the aim of correcting some of the strength imbalances and faulty mechanics detected at the time of the Test. The Functional Movement Screen assesses a Deep Squat, Hurdle Step, In-Line Lunge, Shoulder Mobility, Active Straight Leg Raise, Trunk Stability / Push-Up, and Rotary Stability, all of which are movements utilizing muscles that are of great importance to soccer players. The scoring system for the Functional Movement Screen rates athletes' movements from 1-3, 1 being the lowest possible score, and 3 being the highest possible score.