

Women Basketball Players' Performance Report

Name: A Gender: W Age: 25 Height: 172 cm Weight: 56 kg

SMI / Fat%			
Category	Result	Score	Standard
* SMI&Fat%		5 / 10	
- SMI	8 kg/m ²		8.5 kg/m ²
- Fat %	22 %		22 %

Physical Ability			
Category	Result	Score	Standard
* Agility		8 / 10	
- Lane Agility	11.5 s		12 s
- 505	3.1 s		3.3 s
* Strength		2 / 10	
- Squat	0.14 kg/bw		1 kg/bw
- Deadlift	0.11 kg/bw		1 kg/bw
- Chest Press	0.04 kg/bw		0.5 kg/bw
* Power		4 / 10	
- CMJ	35 cm		36 cm
* Speed		6 / 10	
- 21m sprint	3.6 s		3.5 s
* Endurance		4 / 10	
- Push ups	14 reps		18 reps
* Anaerobic Abil.		6 / 10	
- RSA	3.8 s		3.8 s
* Aerobic Abil.		2 / 10	
- 30-15	13.2 VIFT		15 VIFT

Skills			
Category	Result	Score	Standard
* 5 Spot Shooting	45 s	6 / 10	
* 5 Spot Layup	52 s	6 / 10	

Total Score
*49 / 100

** Scores highlighted in red indicate a score of 4 or below.

** 5 Spot Layup & 5 Spot Shooting are relative scores based on peer performance in this session.

** Test Date: 2025-05-05