

# PUSH PERFORMANCE

# PERFORMANCE ASSESSMENT REPORT

Ryan Schiefer

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AGE

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HEIGHT

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WEIGHT

194 lbs

## Force Plate Test Reasoning

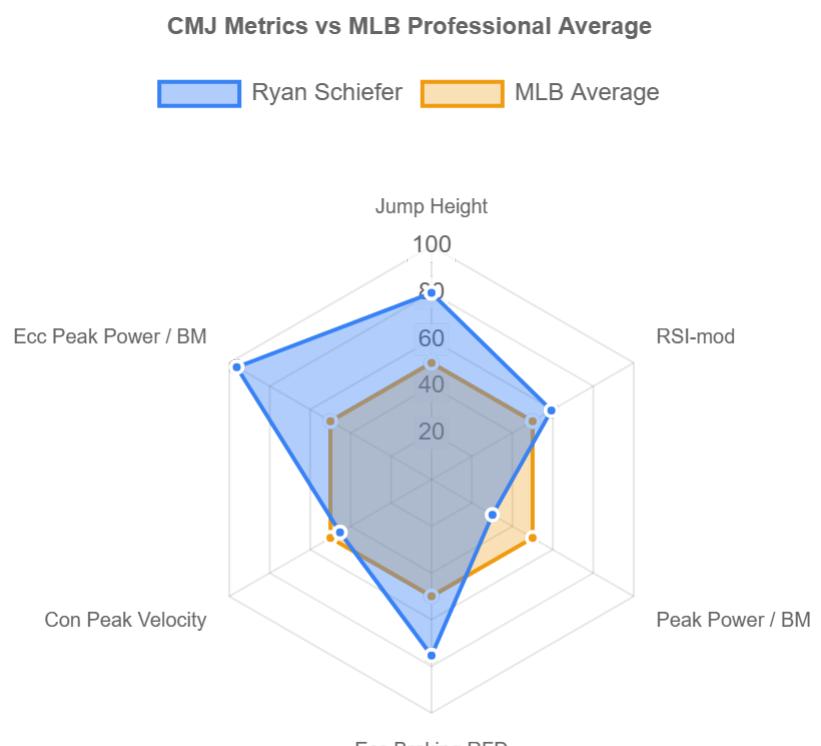
Performing multiple VALD force plate tests during an assessment provides a comprehensive understanding of an athlete's performance, asymmetries, injury risk, and readiness to train or return to play. These tests capture detailed metrics such as force production, rate of force development, and neuromuscular control, which are critical in a highly asymmetrical and explosive sport like baseball. By using a variety of tests—such as countermovement jumps, squat jumps, single leg counter movement jumps, hop test, isometric mid-thigh pulls and plyometric push ups—coaches and clinicians can identify imbalances, monitor fatigue, track training progress, and make objective decisions around injury prevention, rehabilitation and performance. This data-driven approach supports tailored training programs and long-term athlete development.

# Countermovement Jump - Detailed Metrics

Metric	Athlete Value	Percentile
Jump Height	45.30 cm	79.9%
Eccentric Braking RFD	11100.00 N/s	75.3%
Force @ Zero Velocity	2513.49 N	40.8%
Eccentric Peak Force	2635.49 N	53.5%
Concentric Impulse	261.20 Ns	24.4%
Eccentric Peak Velocity	-2.07 m/s	12.1%
Concentric Peak Velocity	3.08 m/s	45.3%
Eccentric Peak Power	3971.15 W	95.6%
Eccentric Peak Power / BM	45.56 W/kg	96.3%
Peak Power	5046.87 W	23.3%
Peak Power / BM	57.90 W/kg	30.1%
RSI-mod	73.22	59.3%
Countermovement Depth	-43.93 cm	21.7%

Compared against professional baseball players from MLB/MiLB

# CMJ Metrics vs MLB Pro Average

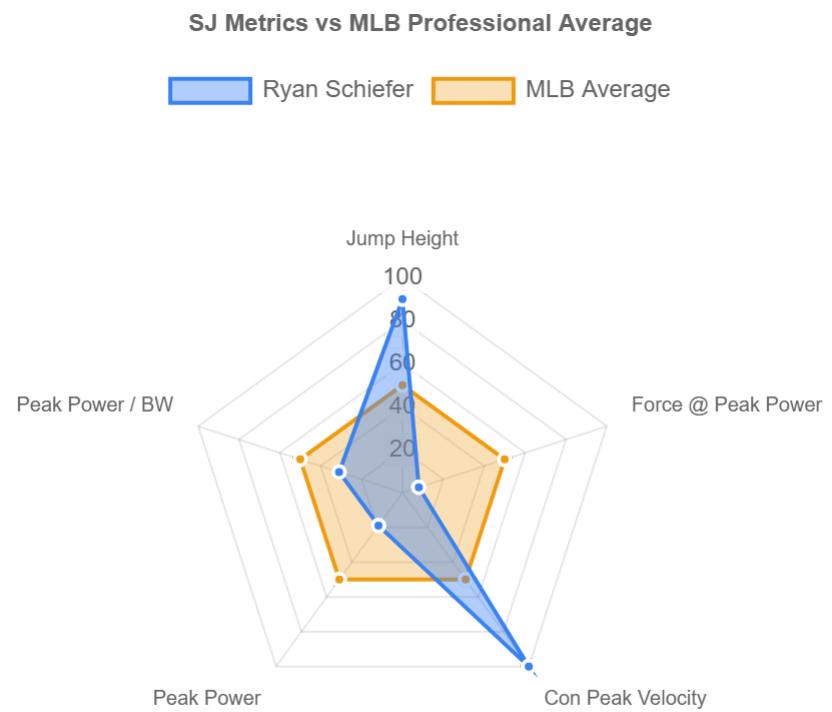


## Squat Jump - Detailed Metrics

Metric	Athlete Value	Percentile
Jump Height	49.90 cm	90.0%
Force @ Peak Power	1735.00 N	8.0%
Concentric Peak Velocity	2.95 m/s	100.0%
Peak Power	4755.49 W	19.0%
Peak Power / BW	54.05 W/kg	31.0%

Compared against professional baseball players from MLB/MiLB

## SJ Metrics vs MLB Pro Average



## IMTP - Detailed Metrics

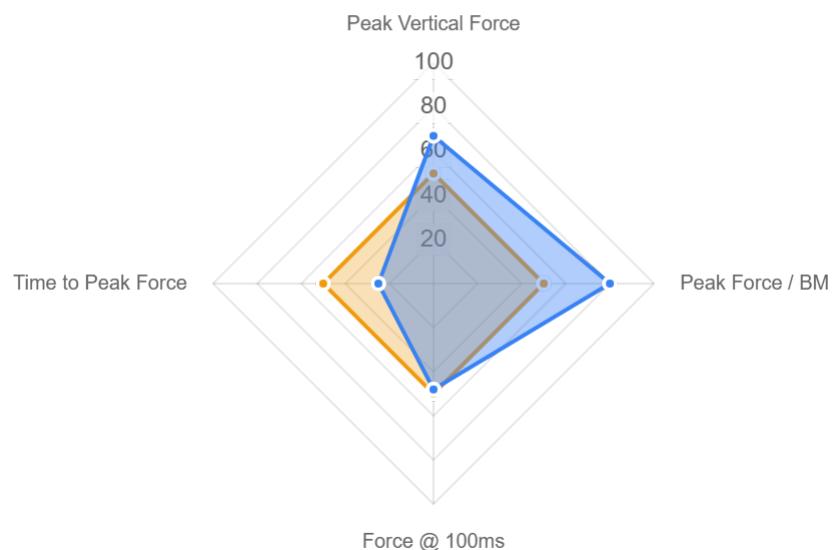
Metric	Athlete Value	Percentile
Peak Vertical Force	3655.19 N	67.0%
Peak Force / BM	41.59 N/kg	80.0%
Force @ 100ms	1524.19 N	48.0%
Time to Peak Force	3.00 s	25.0%

Compared against professional baseball players from MLB/MiLB

## IMTP Metrics vs MLB Pro Average

IMTP Metrics vs MLB Professional Average

Ryan Schiefer  MLB Average



## Single Leg Countermovement Jump - Left vs Right Comparison

Metric	Left	Right	Asymmetry
Jump Height	21.65 cm	N/A	N/A
Eccentric Peak Force	1549.19 N	N/A	N/A
Eccentric Braking RFD	4273.65 N/s	N/A	N/A
Concentric Peak Force	1653.19 N	N/A	N/A
Eccentric Peak Velocity	-1.17 m/s	N/A	N/A
Concentric Peak Velocity	2.22 m/s	N/A	N/A
Peak Power / BW	34.46 W/kg	N/A	N/A
RSI-mod	29.257	N/A	N/A
Peak Power	3033.82 W	N/A	N/A

### Asymmetry Color Guide:

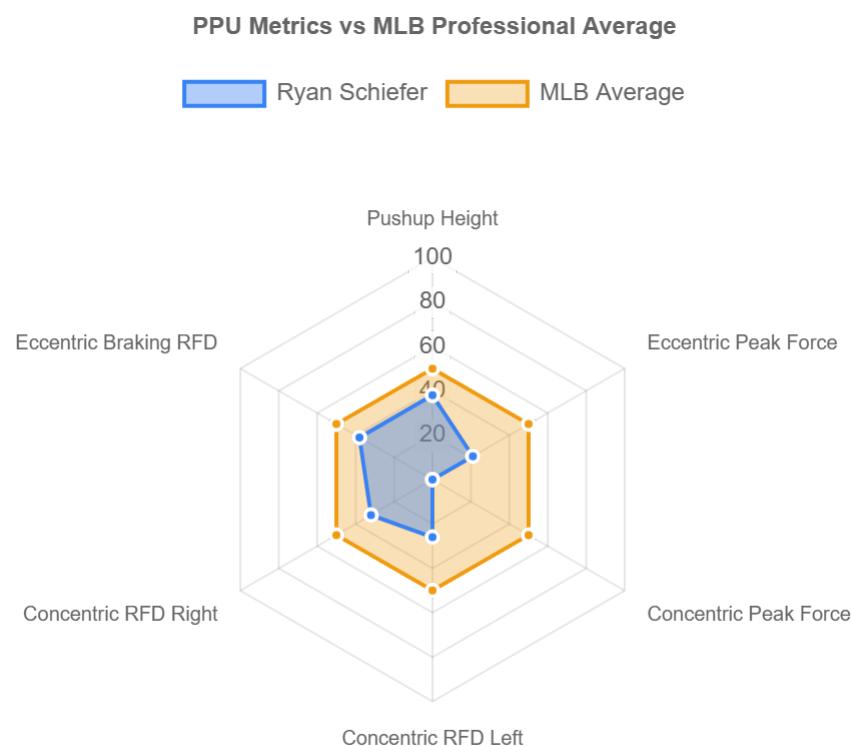
- **Green:** ≤5% (Good)
- **Yellow:** 5-10% (Moderate)
- **Red:** >10% (High)

## Plyometric Push-Up (PPU) - Detailed Metrics

Metric	Athlete Value	Percentile
Pushup Height	8.94 cm	38.0%
Eccentric Peak Force	1001.19 N	21.0%
Concentric Peak Force	1016.19 N	0.0%
Concentric RFD Left	208.33 N/s	26.0%
Concentric RFD Right	458.33 N/s	32.0%
Eccentric Braking RFD	2549.18 N/s	38.0%

Compared against professional baseball players from MLB/MiLB

## PPU Metrics vs MLB Pro Average



## Hop Test

### Hop Test Metrics vs Pro Average

