Example Player - Performance Report

Age	Position
30.6	Defender

Foot:	**Right**	Shirt Number:	**6**
Height:	**1.72 m**	Age Group:	**Seniors**
Weight:	**62 kg**	D.O.B:	**23/04/1988**

Body Comp and Maturation

Test	Latest	Previous	Change	Rating
Height (cm)	172.0	171.8	↑ 0.2 cm	
Seated Height (cm)	91.1	91.1	↓ 0 cm	
Weight (kg)	62	61.6	↑ 0.4 kg	
Sum of 7 (mm)	41.3	41.4	↓ 0.1 mm	Good
DEXA Body Fat (%)	8.7	8.8	↓ 0.1 %	Excellent
DEXA Lean Mass (kg)	56.6	56.2	↑ 0.4 kg	

Predicted Growth rates

Maturation Status:	Unknown
Predicted Adult Height:	172.0
Height Left to Grow:	0.0
Years from PHV:	17.6

Extended Maturation Measures - FFA

Test	2/11/2018	2/10/2018
Age at Test (Days)	11150	11119
Chronological Age (Years)	30.5	30.5
Seated Height w/ Stool (cm)	131.8	131.8
Stool Height (cm)	40.7	40.7

Test	2/11/2018	2/10/2018
Leg Length - Left (cm)	95.9	94.2
Leg Length - Right (cm)	95.0	94.3
Tibial Length - Left (cm)	40.5	40.3
Tibial Length - Right (cm)	40.5	40.5

Physical Profile

Speed

Test	Latest	Previous	Change	Rating
20m Sprint (s)	2.79	2.86	↓ 0.07 s	Excellent
RSI - 10/5 Repeat	1.7	1.91	↓ 0.21	Poor
RSI - Drop Jump (30cm)	1.83	1.5	↑ 0.33	Fair

Power

Test	Latest	Previous	Change	Rating
10m Sprint (s)	1.60	1.63	↓ 0.03 s	Excellent
Broad Jump (m)	2.34	2.46	↓ 0.12 m	Average
CMJ (cm)	51	50	↑ 1 cm	Average

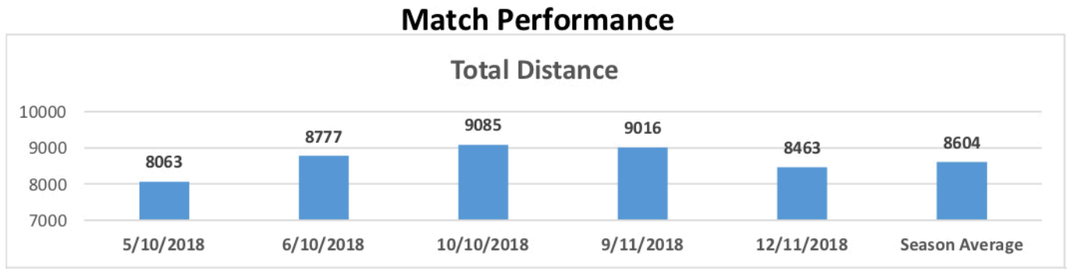
Capacity

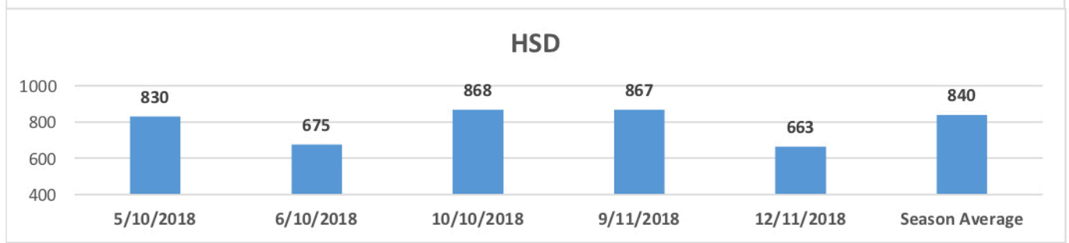
Test	Latest	Previous	Change	Rating
6 min run (m)	1745	1699.77	↑ 45 m	Average

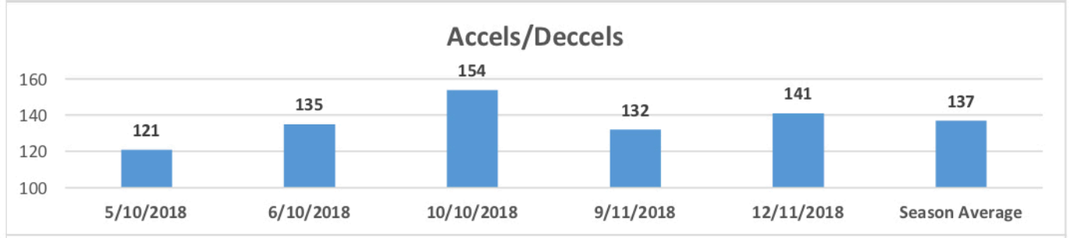
Mobility

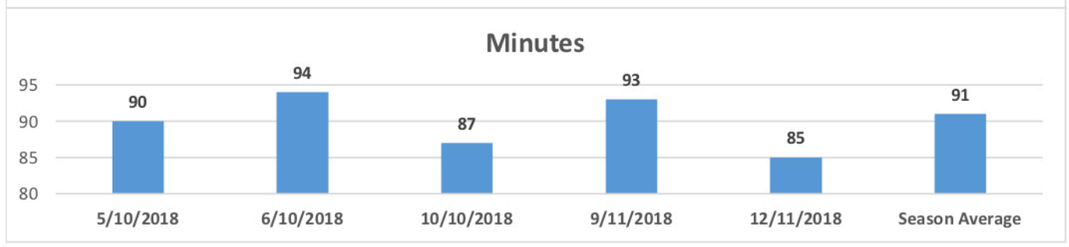
Test	Latest	Previous	Change	Rating
NYL Screening /33	28	26	↑ 2	Excellent
Modified FMS /12	9	9	=	Good

Match Performance









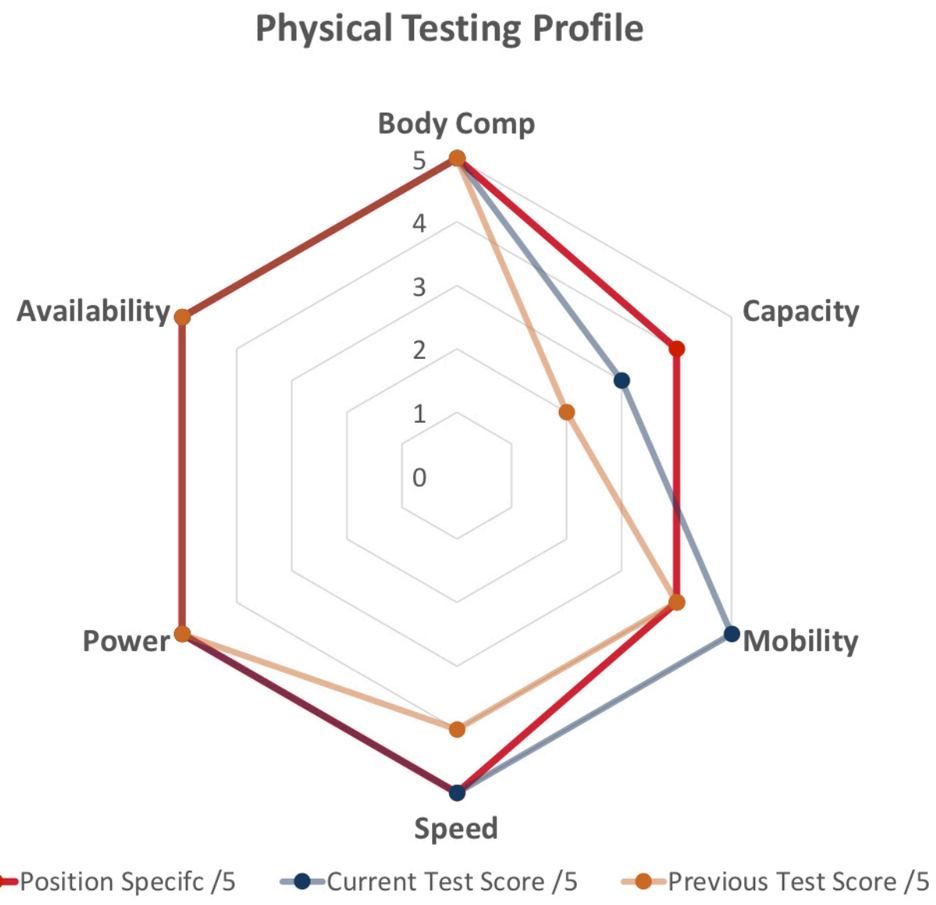
Injury Prevention

Test	Latest	Previous	Change	Rating
Nordics Max Force - Left (N)	333	374	↓ 41 N	Poor
Nordics Max Force - Right (N)	338	378	↓ 40 N	Poor
Nordics Force Imbalance (%)	1.5	1.1	↑ 0.4	Excellent
Adductor Max Force - Left (N)	384	361	↑ 23 N	Fair
Adductor Max Force - Right (N)	384	372	↑ 12 N	Fair
Abductor Max Force - Left (N)	381	379	↑ 2 N	Fair
Abductor Max Force - Right (N)	409	385	↑ 24 N	Average
Groinbar - Add:Abd Ratio Left	1.01	0.95	↑ 0.06	Average
Groinbar - Add:Abd Ratio Right	0.94	0.97	↓ 0.03	Fair
Max Calf Raise - Left (n)	53	48	↑ 5	Good
Max Calf Raise - Right (n)	55	46	↑ 9	Good

Availability

Test	2018	2017	Change	Rating
Full Training (%)	88	85	↑ 3 %	Good
Modified - Load (%)	8	12	↓ 4 %	Excellent
Modified - Injury (%)	0	0	↑ 0 %	Excellent
Rehabilitation (%)	0	0	↑ 0 %	Excellent
Injured (%)	0	0	↑ 0 %	Excellent
Off (%)	4	3	↑ 1 %	Excellent

Physical Testing Profile



Coaches Notes

Strengths

- Outstanding leadership, leads by example, big game player
- Playing out from the back, great technical ability, high level ball retention and distribution
- Defensive organsation, high level ability to read opposition tactics and set up defensive structure accordingly

Weaknesses

- Needs to improve on 1v1 defending, gets beaten too often
- Long ball delivery, accuraccy needs to improve