LIVE TEST PROGRAM

Age-Based Live Test Packages

The 25-test live assessment pool is divided into three standard packages according to developmental stage and performance-assessment needs.

AGES 6–12	AGES 12–18	18+ YEARS
Development Package Motor development, coordination, balance, posture and basic strength/speed	Athletic Development Package Strength, reactive strength, speed, agility, unilateral asymmetry and injury risk	Professional Performance Package Comprehensive performance profile, asymmetry, fatigue and neurological monitoring

Sportoteam Live Test User Guide · September 2026

STANDARD PACKAGE APPROACH

One Pool, Three Age Bands

The goal is to divide the 25-test live assessment pool into three standard SPORTOTEAM packages according to the athlete's developmental stage and assessment needs. Not every test is applied to every athlete; the report is generated from the tests actually performed.

Ages 6–12 — Development Package

Motor development, coordination, balance, posture and basic strength/speed. 12 test categories.

Ages 12–18 — Athletic Development Package

Strength, reactive strength, speed, agility, unilateral asymmetry and injury risk. 20 test categories.

18+ — Professional Performance Package

Comprehensive performance profile, asymmetry, fatigue and neurological monitoring. Full-scope package.

PACKAGE 1 · AGES 6–12

Child Development & Fundamental Athleticism Package

Assessment purpose: Evaluation of fundamental motor skills, coordination, balance, posture, movement quality and left-right differences.

In this age band, jump and speed volume is kept low; movement quality and left-right balance are prioritized.

12 test categories

- CMJ
- Abalakov
- SLJ
- SLH — Left/Right
- Skater — Left/Right
- 10 m Sprint
- 5-10-5
- Flamingo — Left/Right
- Posture
- Overhead Squat
- ROM
- Sit & Reach

Note: SJ, SLV, Triple Hop, Crossover Hop, RSI 10/5, BOSCO, 20–30 m sprint, 505 COD, T-Test, ADA and Nordic Control are not included in the routine package; they may be added according to the athlete and sport.

PACKAGE 2 · AGES 12–18

Youth Athlete Performance & Injury Risk Package

Assessment purpose: Combined evaluation of explosive power, unilateral performance, reactive strength, speed, agility, asymmetry and movement quality.

This is the period in which growth spurts and injury risk are most prominent; asymmetry and reactive strength therefore receive special emphasis.

20 test categories

- CMJ
- Squat Jump (SJ)
- Abalakov
- SLJ
- SLH — Left/Right
- SLV — Left/Right
- Triple Hop — Left/Right
- Crossover Hop — Left/Right
- Skater — Left/Right
- RSI 10/5
- 10 / 20 / 30 m Sprint
- 5-10-5
- 505 COD — Left/Right
- T-Test
- Flamingo — Left/Right
- Posture
- Overhead Squat
- ROM
- Nordic Control
- Sit & Reach

Note: BOSCO and ADA may be added for advanced/elite youth athletes; PLR may be added for athletes undergoing regular load-fatigue monitoring.

PACKAGE 3 · 18+ YEARS

Advanced Performance & Professional Athlete Package

Assessment purpose: Comprehensive performance profiling including asymmetry, speed-agility, movement quality, fatigue and neurological monitoring.

The entire test pool in the system may be used according to the athlete's performance profile and sport.

- CMJ
- Squat Jump (SJ)
- Abalakov
- SLJ
- SLH — Left/Right
- SLV — Left/Right
- Triple Hop — Left/Right
- Crossover Hop — Left/Right
- Skater — Left/Right
- RSI 10/5
- BOSCO
- 10 / 20 / 30 m Sprint
- 5-10-5
- 505 COD — Left/Right
- T-Test
- ADA
- Flamingo — Left/Right
- Posture
- Overhead Squat
- ROM
- Nordic Control
- Sit & Reach
- Pupillary Light Reflex (PLR)

COMPARISON

Which Test Belongs to Which Package?

Test Group	6–12	12–18	18+
Vertical jump — CMJ · Abalakov · SLJ	Routine	Routine	Routine
Squat Jump (SJ)	—	Routine	Routine
Single-leg jump — SLH · Skater	Routine	Routine	Routine
SLV · Triple Hop · Crossover Hop	—	Routine	Routine
Reactive strength — RSI 10/5	—	Routine	Routine
Repeated jumping — BOSCO	—	Optional	Routine
Sprint	10 m	10/20/30 m	10/20/30 m
Change of direction — 5-10-5	Routine	Routine	Routine
505 COD · T-Test	—	Routine	Routine
Acceleration-deceleration — ADA	—	Optional	Routine
Single-leg balance — Flamingo	Routine	Routine	Routine
Posture · Overhead Squat · ROM	Routine	Routine	Routine
Nordic Control	—	Routine	Routine
Sit & Reach	Routine	Routine	Routine
Pupillary reflex — PLR	—	Optional	Routine

APPLICATION PRINCIPLES

How Should the Packages Be Used?

1. Age band is the starting point
Package selection begins with age; tests may be added or removed when the athlete's developmental level and sport require it.

2. Not every test is mandatory
The guide does not require all 25 tests to be performed. The report is generated from the tests completed that day.

3. Left/right tests are measured bilaterally
Single-leg tests and balance are recorded separately for both sides; asymmetry is calculated from these results.

4. Keep the same package for repeat testing
For comparisons to be meaningful, follow-up testing should use the same test set.

Source: Sportoteam Live Test User Guide · September 2026

One Package for Every Age,
One Standard for Every Package

Contact us to plan an assessment day or request a proposal for your club/school.

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