# SAMPLE FOOTBALL PLAYER REPORT

Football · Age 14 · Test Date: 10.08.2026 · Report Date: 26.09.2026

## Athlete Information & Test Scope

| Field | Information | Field | Information |
|---|---|---|---|
| Name | Sample Football Player | Dominant (Kicking) Leg | Not specified |
| Age | 14 | Injury History | Not reported |
| Sport / Position | Football · position not specified | Test / Report Date | 10.08.2026 / 26.09.2026 |
| Height / Weight | Not provided | Test System | VALD ForceFrame, NordBord, ForceDecks |

*This assessment includes no clinical exam, body composition, gait/foot-posture analysis or biological maturation (growth spurt) data; dominant leg was not reported. As body mass was not provided, strength values could not be converted to N/kg. Percentiles are by chronological age. Interpretations are based solely on VALD measurement data.*

## Balance & Landing Control (Stabilisation Time) — *VALD ForceDecks — Time to Stabilisation*

| Test | Left | Right | Asymmetry |
|---|---|---|---|
| Single-Leg Land & Hold (single-leg landing) | 1.24 s (45th pct.) | 0.99 s (62nd pct.) | **21% (left slower)** |
| Land & Hold (double-leg landing — bilateral total) | 0.50 s (95th pct.) | | **1.3%** |

*Colour code: green ≤10% · orange 10–15% · red >15% asymmetry (Bishop 2018). In stabilisation tests a higher value is slower, i.e. the lagging side.* ***Single-leg landing control is the most notable finding in this report.*** *Double-leg landing achieved the battery's highest percentile (95th) at 0.50 s — the deficit lies not in general landing skill but in* ***single-leg control****. Coordination may be temporarily disrupted during a growth spurt; persistence should be confirmed by retesting.*

## Strength & Symmetry — *VALD ForceFrame & NordBord — Max Force*

| Test | Left | Right | Asymmetry |
|---|---|---|---|
| Nordic Hamstring (eccentric) | 370 N (89th pct.) | 349 N (82nd pct.) | **5.7%** |
| Hip Extension — Prone | 466 N | 396 N | **15% (right lagging)** |
| Knee Extension — Seated 45° | 574 N | 593 N | **3.2%** |
| Knee Extension — Seated 90° | 572 N | 566 N | **0.9%** |
| Hip Flexion — Supine | 257 N | 257 N | **0.3%** |

| Muscle Balance Ratios | Left | Right | Reference |
|---|---|---|---|
| Hip Add : Abd (45°) | 1.16 | 0.98 | ≥0.90 target |
| Hip Flexion : Extension (derived) | 0.55 | 0.65 | Extensor dominant |

*In strength tests the* ***lower value*** *is the lagging side. Eccentric hamstring strength is in the upper band of the age group on both sides (above the adult risk thresholds of 256 / 337 N — Opar 2015, Timmins 2016). Add:Abd on target on both sides (Thorborg) — a protective profile for the groin.* ***Right hip extension (15%) is at the upper limit of the monitoring band****; as other strength tests are symmetrical, the deficit is specific to the hip extensors.*

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## Functional Performance — Jump & Power — *VALD ForceDecks*

| Test | Value | Percentile / Comment |
|---|---|---|
| Hop Test — Peak Force (bilateral) | 4738 N | 90th percentile — high; asymmetry 11% (left lagging) |
| Drop Jump — Peak Power / BW | 145.0 W/kg | 83rd percentile — strong reactive power |
| Squat Jump — Peak Power / BW | 47.3 W/kg | 54th percentile — mid band |
| Countermovement Jump — Peak Power / BW | 47.0 W/kg | 49th percentile — mid band |

*Reactive power and strength are high (Hop 90th, Drop Jump 83rd pct.); countermovement and static jump power are in the mid band.* ***CMJ ≈ SJ (ratio 0.99) — use of the stretch-shortening cycle is limited.*** *The 11% Hop Test difference (left lags) points the same way as the single-leg landing finding. RSI, contact time and jump height are not reported in this output.*

## Findings Summary & Risk Ranking

| Priority | Finding | Value | Risk |
|---|---|---|---|
| 1 | Single-leg landing stabilisation asymmetry (left slower) | 21% | High |
| 2 | Hip extension strength asymmetry (right lags) | 15% | Moderate-High |
| 3 | Hop Test peak force asymmetry (left lags) | 11% | Moderate |
| 4 | SSC efficiency (CMJ/SJ power ratio) | 0.99 · 49th / 54th pct. | Moderate |
| 5 | Nordic hamstring asymmetry | 5.7% | Within normal |

## Specialist Assessments

### PHYSICIAN / HEALTH ASSESSMENT

The athlete (14) reports no injury or surgical history; findings should be read within a **prevention and development framework**, not as the result of an injury. The strength profile is symmetrical and strong; development areas are **left single-leg landing control** and **right hip extension strength**. The athlete may be in the growth spurt phase.

#### Key findings

- **Strength profile symmetrical and strong:** Nordic 370 / 349 N (89th / 82nd percentile), knee extension asymmetry ≤3.2% at 45° and 90°, hip flexion 0.3%.
- **Single-leg landing 21% (left slower) and Hop Test 11% (left lags)** — two ForceDecks tasks show the left side accepts reactive load less well.
- **Hip extension 15% (right lags)** — opposite in direction to the landing findings; no one-sided cluster, two separate issues.

#### Clinical advice

- **Growth-phase apophysis screening:** the tibial tubercle (Osgood-Schlatter), calcaneal apophysis (Sever) and pelvic apophyses are the most stressed sites in footballers. Given high reactive strength, pain screening and a simple exam are advised.
- **Maturation measurement:** height, sitting height and weight should be measured to estimate biological maturation; load planning and single-leg coordination expectations are adjusted accordingly.
- **Record check:** the age entry in the VALD profile should be verified — percentile accuracy depends on age.

#### Conclusion

- **No history declared; findings should be monitored through a prevention programme.** If apophyseal pain is present, plyometric and sprint volume should be adjusted.

Physician (MD) _____

*Name / Signature*

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## PHYSIOTHERAPIST ASSESSMENT

**Priority order:** (1) left single-leg landing control, (2) right hip extensor strength, (3) left-side reactive loading, (4) countermovement technique and power efficiency.

### Interpretation of findings

- Left single-leg landing at the 45th percentile — a genuine control deficit; double-leg landing at the 95th percentile shows the deficit is specific to the single-leg task.
- Knee and hamstring strength are symmetrical; deficits stem more from task-specific control and loading strategy than from lack of strength.

### Programme recommendation

- **Single-leg landing control (priority 1):** left-biased single-leg Land & Hold (2 s hold criterion) → multidirectional jump-landing → transfer to cutting/stopping tasks.
- **Right hip extensors:** single-leg bridge, single-leg RDL, step-up and hip thrust variations; extra set on the right, age-appropriate technique-first loading.
- **Jump technique and power:** jumps emphasising fast eccentric-concentric transition; low volume, high quality instead of high-volume depth jumps.
- **Maintenance areas:** Nordic (1–2× per week), Copenhagen adductor and quadriceps strength continued at maintenance dose.

### Follow-up criteria

- Retest targets: **single-leg landing asymmetry <10%**, **hip extension asymmetry <10%**, Hop Test difference below the monitoring band.
- Dominant leg, maturation measurement, body mass and Drop Jump RSI / contact time should be added to the next assessment.

PT _____

*Name / Signature*

# Field Recommendations for the Coach

## TRAINING RECOMMENDATIONS FOR THE COACH (FIELD)

**Priority: Left single-leg landing control** — double-leg landing is very good (95th percentile), on one leg the left side lags; this gap should be closed.

### Weekly field application

- **Warm-up before every session:** the single-leg and landing components of the FIFA 11+ programme applied regularly.
- **Single-leg Land & Hold:** left-biased; 2-second hold required on each landing, then multidirectional jump-landing.
- **Hip strength:** single-leg bridge, step-up and hip thrust variations — extra set on the right side.
- **Maintenance:** Nordic hamstring 1–2× per week, Copenhagen adductor at maintenance dose.

### Football-specific application

- **Landings after headers, sudden stops and cutting all fall on one leg;** landing control work should be finished by transferring it to these tasks.
- Kicking and support leg loads differ — the coach should note the athlete's dominant leg and pass it on for the next assessment.

### Load management & points to watch

- **Plyometric contacts should be planned weekly;** with high reactive strength, load on growth-phase apophyseal sites is also high.
- **If pain occurs below the knee, at the heel or the front of the hip,** reduce jump and sprint volume and inform the medical team.

*Note: These assessments are general interpretations based on test data; they do not replace an in-person clinical examination, physiotherapist assessment or individual nutrition counselling. This document is a sample football player report introducing the SPV GEN AI reporting format; identifying details have been removed, measurement values are from a real VALD session.*