

Tailor Made

Physiotherapy

9481 9856

Pty Ltd



Sports Testing Sample Coaches Report 2015

TAILOR MADE PHYSIOTHERAPY SAMPLE

Dear -----

Thank you for your team's recent participation in Tailor Made Physiotherapy's sports testing program. The average results of your team and age matched percentiles are listed in the table below:

Team: ----- 16/1

Date of Testing: -----

Location: -----

	Team Average	Percentile
Height	174cm	75
Weight	63.6kg	75
Sit and Reach (Flexibility)	30.4cm	80
Vertical Jump (Power)	44.8cm	50
20m Sprint (Speed)	3.100 seconds	90
Illinois Agility (Agility)	17.611 seconds	50
20m Shuttle Run/Beep Test (Endurance)	10.3	70

These results indicate that your team is performing at a high level in terms of **speed, flexibility and endurance** when compared to their age-matched peers. From the results it is evident that a focus on **power and agility** would assist your team in developing a more complete fitness base and thus improve on-field performances.

Each individual player has been given a record of their sports testing results and a handout of basic strategies to improve performance in their two weakest areas. These components consist of power, speed, agility, flexibility and endurance. We have included each player's results and recommendations for you to review. These handouts also encourage the players to seek advice from you regarding progressions and alternative exercises that would be of benefit. It would be ideal to create some time during training for each player to work on their individual areas of concern. Alternatively, encourage them to complete these drills independently at home. We are happy to give you further training ideas for each exercise if you require.

If you would like any additional information concerning the sports testing results, exercise ideas or injury prevention strategies then please contact Tailor Made Physiotherapy on 9481 9856.

Kind Regards

Paul Taylor

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Player Development Summary Table

Players Name	Strengths	Areas for Development
John Smith	Speed Endurance	Flexibility Agility
Olivier Giroud	Speed Flexibility	Agility Power
Santi Cazorla	Speed Endurance	Agility Power
Mesut Ozil	Speed Endurance	Flexibility Power
Theo Walcott	Speed Power	Agility
Jack Wilshere	Speed Flexibility	Power Agility
Aaron Ramsey	Speed Endurance	Agility Power
Per Mertesacker	Speed Endurance	Agility Power
Kieran Gibbs	Speed Endurance	Power Flexibility
Tomas Rosicky	Speed Endurance	Power Flexibility
Francis Coquelin	Speed Flexibility	Power Endurance
Nacho Monreal	Speed Flexibility	Agility Power
Lorient Koscielny	Speed Endurance	Flexibility Power
Mathieu Debucy	Speed Flexibility	Power Agility
Alexis Sanchez	Speed Endurance	Flexibility Agility

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Name	Gender	DOB	Age	Club/Team	Date of Testing	Location of Testing	Height (cm)	Height %	Height GA (cm)	Weight (kg)	Weight %	Weight GA (kg)	Sit and reach (cm)	Adjusted S+R score	Sit and reach %	Sit and reach GA (cm)	Vertical Jump (cm)	Vertical Jump %	Vertical Jump GA (cm)	20m sprint (sec)	20m sprint %	20m sprint GA (sec)	Illinois Agility (sec)	Illinois Agility %	Illinois Agility GA (sec)	20m Shuttle Run	20m shuttle run %	20m shuttle run GA
John Smith	males	1/01/1999	16	U16/1	12/03/2015	Wembley	174	75	174	61.9	50	63.6	45	42	90	30.4	39	20	44.8	3.151	90	3.100	17.203	50	17.611	4.4	10	10.3
Oliver Giroud	males	1/01/1999	16	U16/1	12/03/2015	Wembley	179	75	174	60.3	50	63.6	39	36	75	30.4	37	10	44.8	3.336	70	3.100	17.797	50	17.611	10.1	50	10.3
Santi Cazorla	males	1/01/1999	16	U16/1	12/03/2015	Wembley	179	75	174	70.4	75	63.6	24	21	30	30.4	47	50	44.8	3.099	90	3.100	16.847	50	17.611	10.4	70	10.3
Mesut Ozil	males	1/01/1999	16	U16/1	12/03/2015	Wembley	177.5	90	174	63.6	75	63.6	28	25	60	30.4	51	60	44.8	3.019	90	3.100	18.162	25	17.611	9.2	70	10.3
Theo Walcott	males	1/01/1999	16	U16/1	12/03/2015	Wembley	163	10	174	52.8	25	63.6	26.5	23.5	50	30.4	44	30	44.8	3.151	90	3.100	17.719	50	17.611	11	80	10.3
Jack Wilshere	males	1/01/1999	16	U16/1	12/03/2015	Wembley	163	10	174	56.2	25	63.6	10	7	5	30.4	39.5	10	44.8	3.014	90	3.100	17.521	50	17.611	11.5	80	10.3
Aaron Ramsey	males	1/01/1999	16	U16/1	12/03/2015	Wembley	178	75	174	99.6	97	63.6	29	26	50	30.4	38	10	44.8	3.289	90	3.100	19.66	10	17.611	8.6	50	10.3
Per Mert.	males	1/01/1999	16	U16/1	12/03/2015	Wembley	185.5	97	174	75.2	90	63.6	36.5	33.5	90	30.4	50	60	44.8	2.862	90	3.100	17.275	50	17.611			10.3
Kieran Gibbs	males	1/01/1999	16	U16/1	12/03/2015	Wembley	169	25	174	51.1	25	63.6	29	26	60	30.4	47	50	44.8	3.102	90	3.100	17.02	50	17.611	10.9	80	10.3
Tomas Rosicky	males	1/01/1999	16	U16/1	12/03/2015	Wembley	182	90	174	59.3	50	63.6	29	26	60	30.4	43	30	44.8	2.936	90	3.100	16.795	50	17.611	10.1	80	10.3
Francis Coquelin	males	1/01/1999	16	U16/1	12/03/2015	Wembley	170	50	174	52.7	25	63.6	34.5	31.5	80	30.4	38	10	44.8	3.232	90	3.100	18.539	10	17.611	12.5	90	10.3
Nacho Monreal	males	1/01/1999	16	U16/1	12/03/2015	Wembley	171.5	50	174	73	75	63.6	43.5	40.5	90	30.4	43.5	50	44.8	3.207	90	3.100	17.483	50	17.611	10.4	70	10.3
Lorient Koscielny	males	1/01/1999	16	U16/1	12/03/2015	Wembley	171	50	174	52.5	25	63.6	27	24	50	30.4	45	40	44.8	3.096	90	3.100	17.455	50	17.611	12.4	90	10.3
Mathieu Debuchy	males	1/01/1999	16	U16/1	12/03/2015	Wembley	179	75	174	66.4	75	63.6	21	18	20	30.4	52	60	44.8	3.041	90	3.100	17.717	50	17.611	12.1	80	10.3
Alexis Sanchez	males	1/01/1999	16	U16/1	12/03/2015	Wembley	172.5	50	174	59	50	63.6	33.5	30.5	80	30.4	58	100	44.8	2.963	90	3.100	16.966	50	17.611	10.1	80	10.3

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