Individual Athlete Performance Report

LSP – Liteman Sport Physiology | Age-Based Norm Comparison

ATHLETE INFORMATION

Name	**Itamar Segev (איתמר שגב)**	**Age Group**	U15 / Born 2011
Position	Right Back (FB)	**Dominant Foot**	Right
Test Date	09.06.2026	**Evaluator**	Yuval Liteman MSc

Equipment: Sprint & T-Test — Brower TC-System timing gates (Utah, USA) | Vertical jump — Jumping Mat FSL Electronics (Co Tyrone, UK) | Horizontal jump — tape measure, heel-to-heel.

Norms: CMJ 2-leg and 2-Leg Broad Jump vs LSP U15 FB position norms (8 peer-reviewed studies, 12 European academies). Single-leg values (teal) = bilateral symmetry analysis only.

1. EXPLOSIVE POWER – JUMP PROFILE

Teal columns (R / L): single-leg values for asymmetry analysis — no external norm for this protocol. Norm band and status apply to 2-leg result only.

Metric	2-Leg	Norm P10 – P50 – P90 [U15 FB]	2-Leg Status	R (cm)	L (cm)	Asym %
Vertical Jump | CMJ — Jumping Mat (FSL Electronics)						
Counter Movement Jump (cm)	**50.38**	33.8 – 38.7 – 43.7	**Excellent (Top 10%)**	**26.7**	**28.84**	**7.4%**
Horizontal Jump | Standing Broad Jump — Tape Measure, Heel to Heel						
Standing Broad Jump (cm)	**260**	189.5 – 214.2 – 238.9	**Excellent (Top 10%)**	**213**	**224**	**4.9%**

Bilateral Symmetry Analysis

Clinical threshold: >10% = clinically significant (elevated injury risk). >15% = high risk — immediate corrective intervention required (Hewett et al., 2005; Myer et al., 2011).

Test	Right (cm)	Left (cm)	Diff (cm)	Asymmetry %	Interpretation
CMJ — Single-Leg Vertical	**26.7**	**28.84**	2.14	**7.4%**	7.4% ✔ **Within Normal Limits**
Broad Jump — Single-Leg Horizontal	**213**	**224**	11	**4.9%**	4.9% ✔ **Within Normal Limits**

2. SPEED – SPRINT TESTS | Brower Timing Gates

Test	Result (sec)	Norm Band P10 – P50 – P90 [U15 FB]	Status
10 m Sprint	**1.9**	1.75 – 1.83 – 1.92	**Developing (P50–P90)**
20 m Sprint	**2.98**	2.97 – 3.13 – 3.29	**Good (P10–P50)**
30 m Sprint	**4.47**	Max velocity indicator	Max velocity: 6.71 m/s (20–30 m split)

3. AGILITY – T-TEST | Brower Timing Gates

Test	Result (sec)	Norm Band P10 – P50 – P90 [U15 FB]	Status
T-Test (lower = better)	**Not recorded**	—	Not Recorded

4. PERFORMANCE SUMMARY

Key Strengths

- Sprint 20 m (2.98 sec): Good — at or above U15 FB P50 (3.13 sec).
- Max velocity (20–30 m split): 6.71 m/s — contextual indicator of top-end speed capacity.
- CMJ 2-leg (50.38 cm): Excellent — at or above U15 FB P50 (38.7 cm).
- 2-Leg Broad Jump (260 cm): Excellent — at or above U15 FB P50 (214.2 cm).
- SL vertical symmetry (R: 26.7 / L: 28.84 cm, 7.4%): Within normal limits — good bilateral neuromuscular balance.
- SL horizontal symmetry (R: 213 / L: 224 cm, 4.9%): Within normal limits.

Key Gaps / Limitations

- Sprint 10 m (1.9 sec): Below U15 FB P50 (1.83 sec) — acceleration mechanics need development.
- T-Test: Not recorded — complete at the next available session.

Potential Injury Risk Indicators

- SL vertical asymmetry 7.4%: Within normal limits. Monitor at each test cycle.
- SL horizontal asymmetry 4.9%: Within normal limits. Monitor at each test cycle.
- Age 15: Within the circum-pubertal growth spurt window. Monitor load tolerance every 6–8 weeks.

5. TRAINING FOCUS – 4 to 6 Weeks | Position-Specific Plan

> Dominant Foot: Right-footed player: monitor non-dominant (left) leg outputs in all SL assessments; ensure bilateral parity in unilateral loading.

Primary Goals

- Maintain elite vertical explosive power: CMJ 50.38 cm is above P90 (43.7 cm) — prioritise reactive power retention and transition to sport-specific elastic strength work.
- Maintain elite horizontal power: Broad Jump 260 cm above P90 (238.9 cm) — maintain with reactive horizontal plyometrics; reduce volume if near competition.

Strength Focus

- Reactive plyometric maintenance — hurdle hops, drop jumps, ankle stiffness drills — 2–3 × 5; keep elastic strength without accumulating fatigue. Bilateral maximal strength training reduced to 1× per week at 70–80% 1RM.
- Unilateral horizontal bounding + lateral bounds — 3 × 5 reps; elastic horizontal power maintenance. Reduce RDL volume; keep neuromuscular stimulus without fatigue accumulation.
- Single-leg press, Bulgarian split squat — 3 × 8 each leg; maintain bilateral symmetry (currently 7.4% vertical / 4.9% horizontal — within normal limits).
- Nordic hamstring curl — 3 × 5–6 reps (eccentric emphasis); mandatory for all players regardless of position or performance band. Reduces hamstring injury risk by ~51% in football populations (Petersen et al., 2011).

Speed & Agility Emphasis

- Acceleration (1.9 sec, below P50 1.83 sec): Moderate sled (15–20% BW) × 20 m — 6 reps; A-skips + B-skips for mechanics. Combine with short reactive starts (3-point position).
- Maximal velocity (2.98 sec, above P50): Flying 30 m reps × 4–5 at maximal effort; maintain with overspeed exposure (downhill or assisted) 1× weekly if available.
- COD agility (not recorded): Complete T-Test at next session to establish baseline. In the interim, include L-drills and 5-10-5 shuttle as standard agility maintenance.

Monitoring Plan

- Re-test full battery in 8–12 weeks vs U15 FB position norms.
- SL asymmetry re-check at 8-week battery.
- Monitor RPE + wellness after each session; adjust volume around match congestion.
- Complete T-Test at next session.

Reference Framework

FIFA Youth Football Development Guidelines • NSCA LTAD Position Statement — Lloyd et al. (2016) • Youth Physical Development Model — Lloyd & Oliver (2012) • AIS Physiological Tests for Elite Athletes — Tanner & Gore (2012) • And additional relevant peer-reviewed sources in youth football physical development.