

Performance Screening Report Card					
Athlete Name	sarah	Position	Goalkeeper	Date	9/4/25
Test	Result	Goal	Comments		
Isometric Mid-Thigh Pull (IMTP)	1800 Peak Force (N)	>1800N	n/a		
IMTP					
Force:Bodyweight Ratio	2.62 xbody weight (BW)	>1.5-2x BW	n/a		
Drop Vertical Jump	11 Stiffness (kN/m)	~10–14 kN/m	knee pain reported		
Drop Vertical Jump	0.45 Reactive Strength Index	>0.5	Below Goal		
Drop Vertical Jump-Quality	Trunk	Knees	Ankles	Overall Impression	LESS Score
	Large lateral flexion	Decreased flexion Large valgus moment noted			
			Feet rotated	Need improvement	6
Summary					
Key Takeaways	This athlete is very strong but has decreased reactivity and plyometric ability. They also demonstrate some errors during the drop landing that is likely due to their deficits in power and rate of force development. Mild knee pain was reported				
Recommended Next Step	☒	Standard injury prevention	Focus on landing mechanics		
	☐	Strength Training			
	☒	Plyometric Training			
	☒	Speed training			