



Pre-Season Soccer Combine

Bioimpedance

Bioimpedance measures body fat%, intracellular vs. extracellular water, basal metabolic rate (BMR), phase angle, body capacitance and total body water (% fat free mass). In conjunction with physiological testing, these data enable the staff to devise exercise or training prescriptions that enable you to better manage heat stress, fluid balance, intracellular mechanisms, motor functions, and plasticity of muscle fibers, critical elements for high level performers and preventing overtraining.

[Click](#) to learn more about the specific metrics regarding bioimpedance.

Vertical Jump

Studies have shown that soccer players have only moderate vertical jump heights in comparison with many other groups of athletes. One might imagine that the results for the vertical jump and the times for short sprints would be highly correlated, but testing has not always shown this to be the case. Technique plays a part in both these tests, and is believed that a good vertical jump can indicate the potential, at least, to develop sprint speed – even though the latter may be quite moderate because of lack of coordination.

20 Meter Sprint

Acceleration and speed are crucial requirements in soccer, and many studies have proven that these variables differentiate players at different levels of the game. Obtaining a baseline 20 meter time is critical in determining which athletes need power training. Furthermore, this data can be compared to position-specific norms.

Aerobic Capacity

Obtaining baseline VO₂ is absolutely critical for any endurance sport, especially soccer because of the different energy system demands. Through this test, each player will obtain their absolute and relative vo₂, lactate thresholds (aerobic and anaerobic), 7 metabolic training zones, a 12-lead ekg, and an explanation of what the data means. By gathering all this information on your athletes you will know of any predisposed heart conditions, where they stand from an aerobic standpoint, where their deficiencies are and how to target those deficiencies scientifically. Furthermore, this data will help monitor each player's training effect and prevent them from being over-trained – which leads to injury.

Anaerobic Power

Just like VO₂ max testing, which takes a snapshot of your aerobic capacity, the wingate test measures a player's anaerobic capacity, anaerobic fatigue, power decline, average power output, and maximum/minimum power output. These metrics are critical for soccer players because of the anaerobic nature of soccer. Being able to determine each players anaerobic deficiencies and then targeting these during practice/weight training will help you gain a competitive advantage.

METABOLIC PRESCRIPTION

POTENTRx

Name	Sample	Age	Test Date	1/19/2010
		Ht (in)	Test Time	10:34 PM
		Wt (lbs)	Protocol	Custom

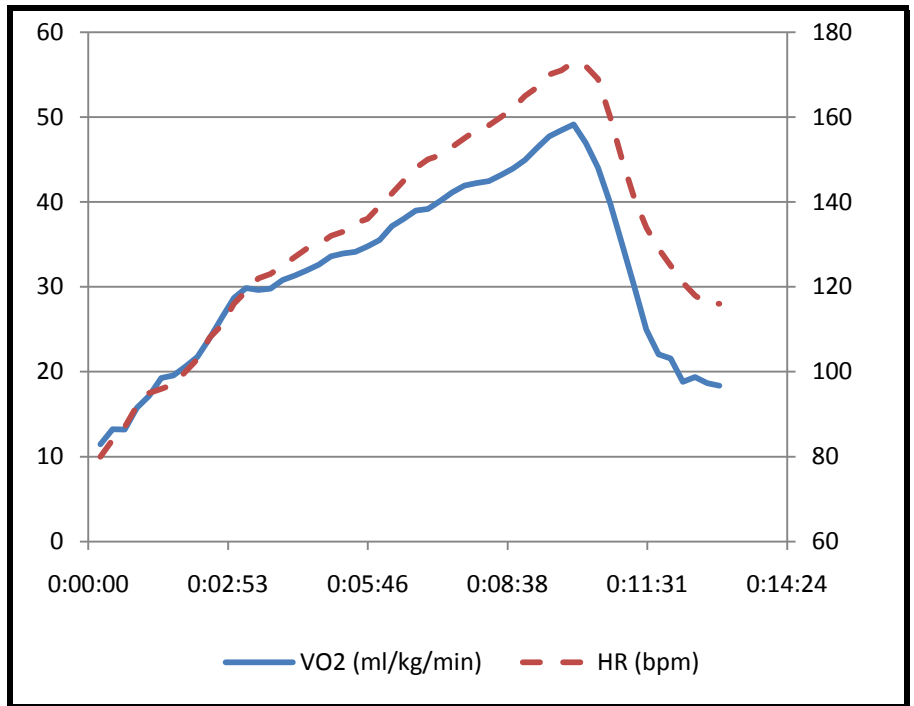
VO₂ MAX	49.12	Avg. Relative VO₂	31.60 ml/kg/min
	ml/kg/min	Absolute VO₂	3566 ml/min
		Avg. Absolute VO₂	2294 ml/min

Aerobic Threshold	60.8%	29.85 ml/kg/min	2 RPE
		119 bpm	4.25 mph

Anaerobic Threshold	75.6%	37.15 ml/kg/min	5 RPE
		142 bpm	5.75 mph

HR Zones

	HR	to	HR
REC	100	to	115
AEG1	116	to	121
AEG2	122	to	139
LAC	140	to	145
ANG1	146	to	160
ANG2	161	to	172
ATPCP	173		



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