ALLDREAMS VISION GEN AI PRO

Genetics · Performance · Intelligence — by SPORTOTEAM · Çobançeşme E5 Yanyolu Cad. Ataköy 7-8-9-10. Kısım Mah. Ataköy Towers B Blok Floor 12, Bakırköy 34110 Istanbul · Tel: 0090 537 296 46 58

ATHLETE ASSESSMENT REPORT · DETAILED ANALYSIS · SAMPLE REPORT

SAMPLE FOOTBALL PLAYER REPORT

Football · Male · Age 14

TEST DATE	TEST SYSTEM	REPORT DATE
10.08.2026	**VALD ForceDecks · ForceFrame · NordBord**	**26.09.2026**

5	1	12	21%
WITHIN NORMAL	MARKED ASYMMETRY	PARAMETERS MEASURED	HIGHEST ASYMMETRY

REPORTED INJURY HISTORY (ATHLETE-REPORTED)

No injury or surgical history reported.

The athlete is 14. Height, body mass, dominant foot and biological maturation were not provided — strength could not be normalised to body mass; VALD percentiles and literature bands are interpreted with this caveat.

CONTENTS

1 Assessment Scope & Data Sources

2 How to Read This Report

3 Executive Summary — Priority Findings

4 Test Analyses (detail per test) — 12

5 Synthesis: Landing Control & Muscle Balance

6 Literature Comparison

7 Injury History ↔ Measurement Scope

8 Assessments

This document is **a sample football player report** prepared to present the ALLDREAMS VISION GEN AI reporting format; athlete identity details have been removed.

1 · ASSESSMENT SCOPE & DATA SOURCES

This table clearly shows which data the assessment is based on and which areas were not measured — the report's transparency framework. No conclusions are drawn in this report from areas marked "NONE".

AREA	STATUS	DESCRIPTION
VALD strength-jump-landing battery	PRESENT	12 parameters underpin this report — values as exported
Clinical examination	NONE	Not performed — this report interprets measurement data and does not replace a clinical examination
Injury / surgical history	NOT REP.	No history reported; section 7 focuses on growth period and scope gaps
Body mass & height	NONE	Forces could not be converted to N/kg; relative strength comparison not possible
Biological maturation (PHV)	NONE	Maturation estimate via sitting height recommended — key to percentile interpretation at 14
Dominant foot	NONE	Cannot separate whether asymmetries stem from kicking/support foot difference
Ankle plantar flexor strength	NONE	Ankle part of landing/hop not measured
Hop / Drop Jump per-side values, RSI	NONE	Output contains only total value and asymmetry
Nutrition / body composition	NONE	No data provided
SPORTOTEAM field tests (hop LSI, sprint, change of direction)	ADVISED	SPORTOTEAM Video Lab completes single-leg horizontal profile and agility
Daily neuro-autonomic monitoring	ADVISED	20 s morning PLR — baseline in 2–3 weeks

2 · HOW TO READ THIS REPORT

Two reference systems. For each metric, the VALD percentile (device manufacturer's norm database) is given first, then the literature band (compiled from published studies). The two are deliberately kept separate and not mixed.

Asymmetry thresholds. ≤10% normal · 10–15% monitor · >15% *marked (Bishop et al. 2018 — asymmetry review · practical threshold convention)*

Lagging side. In strength tests, the side with the lower value; in stabilisation time tests, the side with the higher (slower) value.

Colours. NORMAL MONITOR MARKED — these labels are NOT injury predictions; they classify the size of the side-to-side difference.

Direction rule. In landing stabilisation a LOW time is good; in strength and power a HIGH value is good. Direction is also stated on each card.

Youth athlete note. At 14, athletes of the same chronological age differ widely in biological maturation; percentiles and literature bands indicate direction, not definitive classification.

3 · EXECUTIVE SUMMARY — PRIORITY FINDINGS

#	FINDING	VALUE	LAGGING SIDE	STATUS
1	Single-leg landing stabilisation asymmetry	**21%**	left	MARKED
2	Hip extension strength asymmetry	**15%**	right	MONITOR
3	Hop test peak force asymmetry	**11%**	left	MONITOR
4	Nordic hamstring eccentric strength asymmetry	**5.7%**	right	WITHIN NORMAL
5	Knee extension (45°) strength asymmetry	**3.2%**	left	WITHIN NORMAL
6	Double-leg landing (Land & Hold) asymmetry	**1.3%**	—	WITHIN NORMAL
7	Knee extension (90°) strength asymmetry	**0.9%**	right	WITHIN NORMAL
8	Hip flexion strength asymmetry	**0.3%**	—	WITHIN NORMAL

OVERALL PROFILE READING

• **Asymmetry differs by side and task:** in landing and reactive tasks LEFT lags (single-leg landing 21%, hop test 11%); in posterior chain strength RIGHT lags (hip extension 15%, Nordic 5.7%). Findings point to task-specific differences, not general one-sided weakness. As the dominant foot is unknown, this could not be separated from the kicking/support foot difference common in football.

• **Strength base strong and largely symmetrical:** Nordic 370 / 349 N (89th/82nd percentile), knee extension symmetrical at 45° and 90° at ~570–590 N, hip flexion fully symmetrical (257 / 257 N).

• **Reactive power high, concentric power average:** Drop Jump 83rd, Hop Test 90th percentile; by contrast CMJ 49th, Squat Jump 54th percentile. CMJ and SJ nearly equal (47.0 / 47.3 W/kg) — no extra power gain from the countermovement.

• **Double-leg landing excellent (0.50 s, 95th percentile):** landing skill is fundamentally good; the development area is left-side control in the single-leg task.

• **Groin profile protective:** Add:Abd ratio left 1.16, right 0.98 — both sides above the ≥0.90 target.

• **Growth-phase caveat:** age 14; without height, body mass and maturation data, forces could not be normalised to body mass and percentiles could not be adjusted for maturation.

4 · TEST ANALYSES

TEST 1 / 12

Nordic Hamstring — Max Force (NordBord)

370 / 349 N 5.7 %

Left — Right

89th / 82nd pctl

WHAT IT TESTS

Measures the braking (eccentric) strength of the hamstrings in Newtons per limb — the most studied field indicator of hamstring injury risk.

PROTOCOL

Kneeling position, ankles in NordBord's sensor hooks; controlled forward fall, peak force of each leg recorded separately.

SPORT CONTEXT

The most common muscle injury in football involves the hamstrings; the force braking the leg in the late swing phase of sprinting draws on this capacity. Its importance grows as sprint volume rises in youth players.

TRAINING IMPLICATION

Both sides in upper percentiles (89th/82nd), 5.7% difference within normal — protective profile: maintain 1-2 weekly doses of Nordic/eccentric hamstring work. The right side is slightly lower, matching the right lag in hip extension (15%). As body weight was not provided, relative strength (N/kg) could not be calculated.

TEST 2 / 12

Single-Leg Land & Hold — Stabilisation Time (ForceDecks)

1.24 / 0.99 s 21 %

Left — Right

45th / 62nd pctl

LOWER time is better in this test — a longer bar means slower stabilisation.

WHAT IT TESTS

Measures the time for the force platform to settle into balance after a single-leg drop landing (lower = better). The most specific indicator of neuromuscular landing control.

PROTOCOL

Single-leg landing from a box; reports time until the platform force curve stabilises (VALD: max time to stabilisation); each leg separately.

SPORT CONTEXT

In football, single-leg landing is the common basis of cutting, sudden stops and changes of direction — it demands the same control quality as the tasks where knee ligament injuries typically occur.

TRAINING IMPLICATION

Highest asymmetry in the battery (21%, left slower). Both sides in the middle band (45th/62nd percentile); the left settles noticeably later. Double-leg landing at the 95th percentile shows the issue is one-sided left control, not general landing skill. Programme: left drop landing from a low box → hop & hold (2 s hold) → lateral/diagonal landing → landing with change of direction. As the dominant foot is unknown, clarify whether the left is the support or kicking foot.

TEST 3 / 12

Double Leg Land & Hold — Stabilisation Time (ForceDecks)

0.50 s 1.3 %

VALD: 95th percentile · bilateral total

In this test a LOWER time is better.

WHAT IT TESTS

Stabilisation time and inter-limb load distribution in double-leg landing — an independent comparator for the single-leg test.

PROTOCOL

Double-leg land and hold from a box; platform reports bilateral total stabilisation time and asymmetry.

SPORT CONTEXT

Represents the double-leg part of landings after headers and sudden stops for ball control.

TRAINING IMPLICATION

95th percentile at 0.50 s — **best landing value in the battery**; asymmetry negligible at 1.3%. This does not invalidate the single-leg finding: in the double-leg task the load is shared by both legs, masking the left-side control difference.
Maintain current quality; shift development focus to the single-leg task.

TEST 4 / 12

Drop Jump — Peak Power / Body Mass (ForceDecks)

145.0 W/kg

VALD: 83rd percentile

WHAT IT TESTS

Measures mass-normalised peak power when dropping from a box and rebounding with a single contact — an indicator of the fast stretch-shortening cycle (reactive power).

PROTOCOL

Drop from a standard box, jump maximally with minimal contact; peak power / body mass of the best trial is reported.

SPORT CONTEXT

First-step acceleration, sudden jumps to reach the ball and rapid changes of direction draw on this quality.

TRAINING IMPLICATION

Strong reactive power profile at the 83rd percentile. As RSI and contact time are not in this output, contact strategy (short-stiff or long-soft) cannot be assessed; add RSI and contact time to the next test output. During growth, progress plyometric volume while monitoring below-knee and heel pain.

TEST 5 / 12

Hop Test — Peak Force, Bilateral Total (ForceDecks)

4738 N 11 %

VALD: 90th percentile · asymmetry: right higher → left lags

WHAT IT TESTS

Measures the total peak force of both legs in repeated low-amplitude hops and its inter-limb distribution — tendon-elastic loading capacity.

PROTOCOL

Repeated high-tempo hops in place; peak force and asymmetry reported for the best set.

SPORT CONTEXT

In football it corresponds to continuous running strides, jump-landing sequences and repeated loading of the ankle-Achilles complex.

TRAINING IMPLICATION

Total force at the 90th percentile — high capacity. However, the right leg carries 11% more force, i.e. left lags (monitor band). Matches the left slowness in single-leg landing (21%): the left side takes less load in reactive and landing tasks. Per-side values are not in the output; without body weight, N/kg could not be calculated.

TEST 6 / 12

Countermovement Jump — Peak Power / Body Mass (ForceDecks)

47.0 W/kg

VALD: 49th percentile

WHAT IT TESTS

Measures mass-normalised peak power in a countermovement jump — the basic field indicator of lower-limb explosive power.

PROTOCOL

Hands on hips; fast dip-and-jump; peak power / body mass of the best trial reported.

SPORT CONTEXT

Common power source for aerial duels, sprint starts and the explosive push before a shot.

TRAINING IMPLICATION

In the average band at the 49th percentile. The gap with reactive metrics (Drop Jump 83rd, Hop 90th) is clear: fast stretch-shortening cycle strong, slow countermovement power average. Jump height is not in this output. Development path: strength base + countermovement technique (fast down-up transition). As power output rises naturally with maturation, consider biological age when interpreting percentiles.

TEST 7 / 12

Squat Jump — Peak Power / Body Mass (ForceDecks)

47.3 W/kg

VALD: 54th percentile

WHAT IT TESTS

Measures peak power in a jump from a static squat without countermovement — pure concentric power capacity.

PROTOCOL

Hold ~90° knee angle for 2-3 s, jump without dipping; the best trial is reported.

SPORT CONTEXT

Sudden starts from standing and short-distance explosiveness rely on this capacity.

TRAINING IMPLICATION

Average band at the 54th percentile. Nearly equal to CMJ (47.0) — derived CMJ/SJ power ratio 0.99. Normally the countermovement adds power and CMJ is somewhat higher than SJ; this athlete shows no extra gain from countermovement. As the ratio is usually calculated from jump height, this interpretation is indicative; monitor with CMJ technique work.

TEST 8 / 12

Hip Adductor / Abductor Ratio — 45° (ForceFrame)

1.16 / **0.98** ratio

Add:Abd ratio · No VALD percentile

WHAT IT TESTS

Ratio of hip adductor to abductor strength — the most established field indicator of groin health; a BALANCE metric, not absolute strength.

PROTOCOL

Supine, hip at 45° flexion; maximal isometric squeeze (add) and push-out (abd); ratio reported by the device.

SPORT CONTEXT

Groin injuries are common in football with kicking, long passing and change-of-direction loading; a falling ratio is associated with this risk.

TRAINING IMPLICATION

Both sides above the ≥0.90 target; left 1.16 adductor-dominant, right 0.98 balanced. Protective groin profile. The inter-limb ratio difference is not a risk band but is monitored. As absolute N values are not in the output, adductor strength itself is not interpreted. Maintenance: continue a weekly Copenhagen-type adductor dose.

TEST 9 / 12

Hip Flexion Strength — Supine (ForceFrame)

257 / 257 N 0.3 %

Left — Right

No VALD percentile

WHAT IT TESTS

Measures isometric strength of the hip flexors (iliopsoas, rectus femoris).

PROTOCOL

Supine; maximal upward push of the leg against ForceFrame resistance, each side separately.

SPORT CONTEXT

Engine of the swing movement bringing the leg forward in shooting and sprinting. During growth, repeated shooting load can stress the muscle-bone attachment points of the anterior hip.

TRAINING IMPLICATION

Full symmetry at 257 / 257 N. Read with hip extension, the derived extension/flexion ratio is left 1.81, right 1.54 — extensors relatively lag on the right. No extra work needed; during high shooting volume periods, ask about anterior hip pain.

TEST 10 / 12

Hip Extension Strength — Prone (ForceFrame)

466 / 396 N 15 %

Left — Right

No VALD percentile · lagging: right

WHAT IT TESTS

Isometric push strength of the gluteal-hamstring chain — the engine group of sprinting and jumping.

PROTOCOL

Prone; maximal upward push with straight leg, each side recorded separately.

SPORT CONTEXT

Main source of propulsion in sprint acceleration; a weak side can turn into hamstring and lower-back compensation in running mechanics.

TRAINING IMPLICATION

Largest strength asymmetry in the battery (15%, right lagging) — at the upper limit of the monitor band. In the Nordic the right is also lower (5.7%): a slight but consistent lag in the right posterior chain. Programme: single-leg hip-dominant strength (single-leg RDL, split squat, step-up, SL hip thrust), extra set on right. Target <10%.

TEST 11 / 12

Knee Extension Strength — Seated 45° (ForceFrame)

574 / 593 N 3.2 %

Left — Right

No VALD percentile

WHAT IT TESTS

Measures the maximal isometric strength of the quadriceps at 45° knee flexion (short muscle length).

PROTOCOL

Seated, knee in 45° flexion; maximal push against resistance in front of the ankle, each side separately.

SPORT CONTEXT

Force source for braking, landing and kicking. In 12–15-year-old male footballers it is also monitored for loading of the bony prominence below the knee (tibial tubercle).

TRAINING IMPLICATION

574 / 593 N, difference 3.2% — symmetrical and strong. The small left-side difference has no clinical significance. Maintain the current level. Without body weight, relative strength could not be calculated; given the growth phase, check below-knee pain together with training load.

TEST 12 / 12

Knee Extension Strength — Seated 90° (ForceFrame)

572 / 566 N 0.9 %

Left — Right

No VALD percentile

WHAT IT TESTS

Measures quadriceps strength at 90° knee flexion (long muscle length); with the 45° test it gives the angle-specific profile.

PROTOCOL

Seated, knee in 90° flexion; maximal isometric push, each side separately.

SPORT CONTEXT

Represents the initial force for rising from deep landing and squat positions and for cutting movements.

TRAINING IMPLICATION

572 / 566 N, difference 0.9% — full symmetry. 45° and 90° values are very close; there is no angle-specific strength deficit. Hamstring:quadriceps ratio not calculated: Nordic is eccentric, knee extension isometric, and a ratio of two contraction modes is not valid.

5 · SYNTHESIS: LANDING CONTROL & MUSCLE BALANCE

Landing and reactive tasks — directional consistency

PROTOCOL	LEFT	RIGHT	ASYMMETRY	LAGGING SIDE
Single-leg landing — stabilisation time	**1.24 s**	**0.99 s**	21%	**left**
Hop test — peak force (total 4738 N)	—	—	11%	**left**
Double-leg landing — stabilisation (total 0.50 s)	—	—	1.3%	—

Single-leg landing and hop test **point the same way (left)**: in two different reactive tasks the left side stabilises later and takes less force. No difference in double-leg landing and time is very good — when load can be shared, the left deficit is hidden. Conclusion: development focus is left single-leg landing and load acceptance. Per-side values for hop and double-leg landing are not in the output (—).

Strength asymmetries — direction consistency

MEASURE	LEFT	RIGHT	ASYMMETRY	LAGGING SIDE
Hip extension strength (prone)	**466 N**	**396 N**	15%	**right**
Nordic hamstring eccentric strength	**370 N**	**349 N**	5.7%	**right**
Knee extension strength — 45°	**574 N**	**593 N**	3.2%	**left**
Knee extension strength — 90°	**572 N**	**566 N**	0.9%	**right**
Hip flexion strength (supine)	**257 N**	**257 N**	0.3%	—

The strength picture differs: in the posterior chain (hip extension + Nordic) **the right side lags**, while quadriceps and hip flexors are symmetrical. So the left-side landing-reactive difference is not due to a strength deficit; it is a matter of control and load acceptance. The right posterior-chain difference is a separate issue to close with a strength programme.

Muscle balance and power ratios

RATIO	LEFT	RIGHT	TARGET / REFERENCE	ASSESSMENT
Hip Add : Abd (45°)	**1.16**	**0.98**	≥0.90 target · <0.80 at risk	Both sides on target; left adductor dominant — protective
Hip Extension : Flexion (derived)	**1.81**	**1.54**	No published fixed reference	Extensors relatively lagging on right — consistent with hip ext. finding
CMJ : SJ peak power (derived, bilateral)	**0.99**	—	CMJ > SJ expected	No extra power gain from countermovement — technique issue

Power profile — VALD percentiles

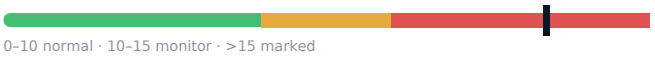
TEST	METRIC	VALUE	VALD PERCENTILE	INTERPRETATION
Hop Test	Peak force (total)	**4738 N**	**90th**	High-repetition elastic capacity
Drop Jump	Peak power / mass	**145.0 W/kg**	**83rd**	Strong fast stretch-shortening
Squat Jump	Peak power / mass	**47.3 W/kg**	**54th**	Average concentric power
Countermovement Jump	Peak power / mass	**47.0 W/kg**	**49th**	Average — development area

6 · LITERATURE COMPARISON

The needle is the athlete's position; coloured bands are broad ranges from a literature review (not exact norms). Bands derived from adult data do not apply directly to age 14 — they only indicate direction.

Single-leg landing asymmetry
stabilisation time · left slower

21% MARKED

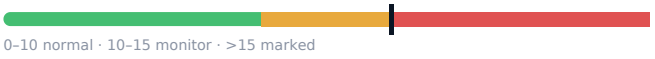


Asymmetry magnitude classes — *Bishop et al. 2018 (asymmetry review · practical threshold convention)*; thresholds do not predict injury.

Hip extension asymmetry

15% MONITOR

466 / 396 N · right lags



Value at the upper limit of the monitor band — *Bishop et al. 2018*

Hop test force asymmetry
total 4738 N · left lags

11% MONITOR



Same direction as single-leg landing — *Bishop et al. 2018*

Nordic — lower side (right)
VALD: 82nd percentile

349 N ABOVE



In adult professional footballers, preseason <337 N has been associated with higher hamstring injury risk — *Timmins et al. 2016*. Not directly applicable at age 14; exceeding the adult threshold indicates high capacity.

Hip Add:Abd — lower side (right)
No VALD percentile

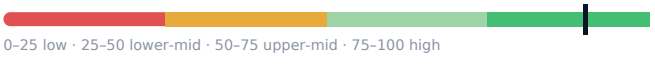
0.98 MET



Add:Abd ≥0.90 target; <0.80 associated with groin injury risk — *Thorborg et al. (adductor-abductor strength studies)*

Hop Test peak force
VALD: 90th percentile · total

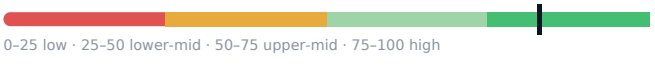
4738 N HIGH



Based on VALD percentile; per-side value is not in the output.

Drop Jump power / mass
VALD: 83rd percentile

145.0 W/kg HIGH



VALD percentile is used, as no consistent published age-14 band exists for mass-normalised power metrics.

Squat Jump power / mass

47.3 W/kg AVERAGE

VALD: 54th percentile



VALD percentile is used, as no consistent published age-14 band exists for mass-normalised power metrics.

CMJ power / mass
VALD: 49th percentile

47.0 W/kg AVERAGE



VALD percentile is used, as no consistent published age-14 band exists for mass-normalised power metrics.

7 · INJURY HISTORY ↔ MEASUREMENT SCOPE

TOPIC	COVERAGE IN BATTERY	SCOPE
Reported injury / surgical history	No history reported in the athlete's statement; findings were not linked to any injury.	NOT REP.
Growth phase — below-knee and heel loading	No pain or clinical data. Knee extension strength is symmetrical and high; plyometric capacity (Drop Jump, Hop) is high — load tolerance should be checked separately.	INDIRECT
Ankle plantar flexor strength	**Not measured.** Left single-leg landing and hop findings also involve the ankle; they give indirect information only.	NONE
Dominant foot	Not provided — left landing and right posterior-chain differences cannot be linked to kicking/support foot.	NONE
Biological maturation	Not provided — percentile and power metrics cannot be adjusted for maturation.	NONE

"NONE" rows are this report's scope statement: NO conclusion can be drawn from this data on that topic; further assessment needed. In a young footballer the two key gaps are dominant foot and biological maturation.

8 · ASSESSMENTS

HEALTH ASSESSMENT

Key findings

• **Left single-leg landing.** Left side markedly slower to stabilise: 1.24 / 0.99 s (21%). In the hop test the left side takes 11% less force — both reactive tasks in the same direction.

• **Right posterior chain.** Right side lags in hip extension: 466 / 396 N (15%, monitor). Right also slightly lower in Nordic (370 / 349 N, 5.7%). Knee extension and hip flexion symmetrical.

• **High overall capacity.** Nordic 89th/82nd, Hop 90th, Drop Jump 83rd, double-leg landing 95th percentile. Concentric jump power average (CMJ 49th, SJ 54th).

Clinical assessment

• **No injury history;** findings should be read as development and control topics, not as post-injury loss.

• Growth phase. In a 14-year-old male footballer, rapid height growth is when loading complaints at below-knee and heel bony prominences are common. Given high reactive capacity and plyometric volume, below-knee / heel pain after training should be checked regularly.

• **Left single-leg landing control.** For knee alignment in cutting and sudden stopping, a preventive neuromuscular warm-up (FIFA 11+ type) and single-leg landing coaching are recommended.

• **Recommended additional measurements.** Height, body mass and sitting height (maturation estimate); dominant foot; ankle plantar flexor strength; single-leg hop LSI and change-of-direction test.

PERFORMANCE ANALYSIS

Monitoring items

• **Left landing-reactive difference (priority 1):** single-leg landing 21% and hop test 11% point to the same side. As strength tests show no left deficit, the issue is control and load acceptance, not strength.

• **Right posterior chain (priority 2):** hip extension 15% and Nordic 5.7% lagging on right. Although absolute values are high, the difference is consistent; closing it is targeted for sprint mechanics.

• **Concentric power (priority 3):** CMJ and SJ in the average band and equal to each other. High reactive capacity suggests rapid gains via a strength base and countermovement technique.

Programme recommendation

• **For landing control:** left-emphasis single-leg landing progression — drop landing from a low box → hop & hold (2 s stable criterion) → lateral and diagonal landing → landing with change of direction. Knee-hip-ankle alignment is trained with mirror / video feedback; keep volume low, quality high.

• **For posterior-chain strength:** single-leg hip-dominant exercises (single-leg RDL, split squat, step-up, single-leg hip thrust) 2×/week, extra set on the right. Maintain Nordic/eccentric hamstring dose 1–2×/week. Target: hip extension difference <10%.

• For power development: age-appropriate, technique-first strength work (squat and hip-hinge patterns) plus CMJ countermovement technique — fast down-up transition. Keep plyometric volume at current level; tie increases to below-knee / heel pain monitoring.

• **Maintenance topics:** groin (Copenhagen-type adductor dose), quadriceps and hip flexor symmetry are maintained by the current programme; no extra targeted work needed.

• **Closing measurement gaps:** height-weight-sitting height, dominant foot and position, plantar flexor strength, per-side Hop/Drop Jump values and RSI, single-leg hop LSI and change of direction with SPORTOTEAM Video Lab.

• Priority order: (1) Close the left single-leg landing stabilisation asymmetry (21%, left lagging) · (2) increase right hip extension strength (15%, right lagging).