CAN PERFORMANCE

INDIVIDUAL PERFORMANCE ANALYSIS

Football Performance Report

Anonymised sample · CAN Performance, London

ATHLETE	AGE / SEX	SPORT	TEST DATE	REFERENCE DATA
Player A	7 years · Male	Football	September 2026	CAN Performance database

Headline results

Compared with 7-year-old male peers (n = 4)

CMJ HEIGHT

21.6 cm

▲ 4.0 cm above avg

Peer average **17.6 cm**
Rank **1 of 4** in age group

PEAK POWER

35.3 W/kg

▲ 2.6 W/kg above avg

Peer average **32.7 W/kg**
Rank **2 of 4** in age group

0–15 M SPRINT

3.01 s

▲ 0.42 s faster

Peer average **3.43 s**
Rank **1 of 4** in age group

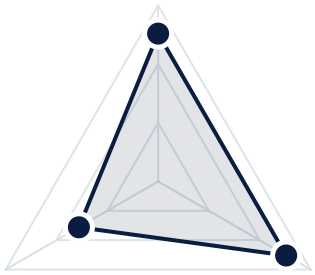
FOOTBALL TEST

43.77 s

▼ 0.36 s slower

Peer average **43.41 s**
Rank **3 of 4** in age group

Performance profile



Summary rating (Low · Medium · High) based on the athlete's test results

Key takeaways

- **Sprint speed.** Fastest of the 7-year-old peer group over 0–15 m (3.01 s) and 0–30 m (5.53 s), and faster than all 14 athletes 1–2 years older over 0–15 m.
- **Jump height.** Highest CMJ of the 7-year-old peer group (21.6 cm) and above all nine 8-year-old athletes tested.
- **Left foot.** No left-foot use was observed in the football test (right foot 100%). Two-footed ball work is recommended.
- **Leg impulse asymmetry.** 21% (concentric) and 34% (eccentric), left leg higher, both above the 10% reference threshold. Re-test under the same protocol before drawing conclusions.

How to read this report

Rank
1 = best result in the group. "n" is the number of athletes with a valid result.

7-yr peers
7-year-old male athletes in the CAN Performance database (n = 4).

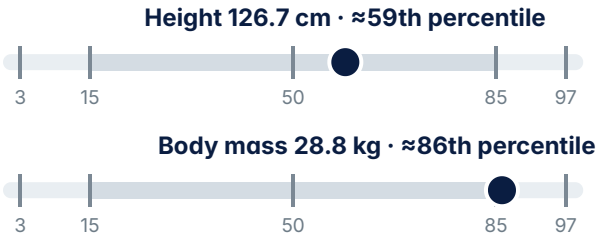
Male football, all ages
Male football athletes of every age in the database (n = 28–30).

All CAN athletes
All male athletes of any age tested by CAN Performance (n = 70–93).

01 Growth and body size

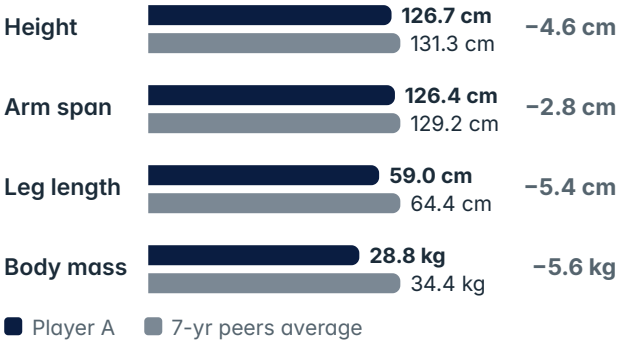
Anthropometry

Growth vs WHO 2007 reference (boys, percentiles)



Both measures are above the median for age; body mass sits higher within its age reference than height does. These values do not determine body composition, maturation timing or growth rate.

Compared with 7-year-old peers (average, n = 4)



Arm span (126.4 cm) is very close to height (126.7 cm; ratio 1.00), suggesting a balanced length profile. Leg length (59.0 cm; rank 4 of 4) is below the peer average; given the small comparison group and the measurement technique, this should not be read on its own as a performance disadvantage.

02 Jump and power

Higher is better

Player A | Group average

CMJ JUMP HEIGHT

Countermovement jump: hands on hips, a rapid knee bend, then the highest jump possible. Monitors lower-body explosive power.



ANAEROBIC PEAK POWER (RELATIVE TO BODY MASS)

Max Peak Power: the highest relative power (W/kg) produced in the test. Used to track the force–power profile.



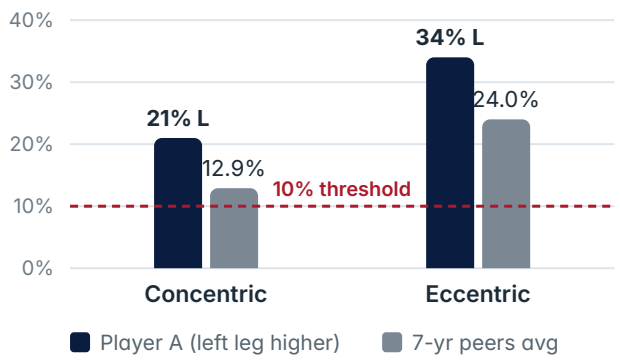
Older athletes surpassed

Each square is one older male athlete in the database; a filled square means Player A achieved the higher value.

CMJ · athletes 1 year older (age 8)	■■■■■■■■■	100% (9/9)
CMJ · athletes 2 years older (age 9)	■■□□	50% (2/4)
Peak power · athletes 1 year older (age 8)	■■■■■□□□□	55.6% (5/9)
Peak power · athletes 2 years older (age 9)	■□□□	25% (1/4)

03 Leg impulse asymmetry

Left leg relative to right leg



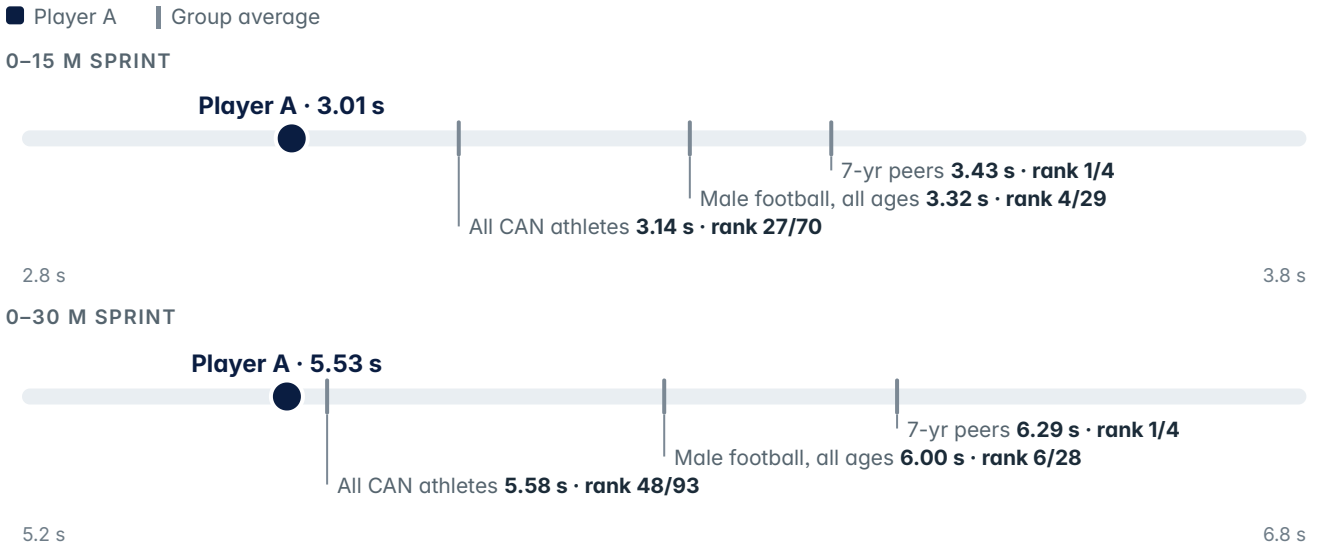
! Above the 10% threshold in both phases

Concentric impulse is the total effect, over time, of the force produced during the upward push and jump phase. **Eccentric impulse** is the same for the downward countermovement, when the load is received and the movement is braked.

The left leg produced higher impulse than the right in both phases. High asymmetries in children's groups may reflect inconsistent jump mechanics rather than a distinct strength difference. A single measurement does not diagnose injury risk; evaluate with repeated tests under the same protocol and technical observation.

04 Linear sprint

Lower time is faster



Faster than older athletes

Each square is one older male athlete; a filled square means Player A was faster.

0–15 m · athletes 1 year older (age 8)	■■■■■■■■■■	100% (10/10)
0–15 m · athletes 2 years older (age 9)	■■■■	100% (4/4)
0–30 m · athletes 1 year older (age 8)	■■■■■■■■■■■	100% (11/11)
0–30 m · athletes 2 years older (age 9)	■■■■■■■	100% (8/8)

AVG. SPEED 0–15 M
17.9 km/h

AVG. SPEED 0–30 M
19.5 km/h

In the current CAN Performance data, both sprint times are shorter than every valid record in the groups 1 and 2 years older. This shows performance within the current dataset; monitor sprint performance at regular intervals with the same test protocol.

05 Football-specific tests

Ball speed and a football circuit

Foot use

Right foot 100% **Left foot 0%**

Share of ball contacts in the football test (not ranked)

! No left-foot use observed

Reading the ball tests

Ball-speed values come from a single session and are compared with 7-year-old peers and with male football athletes of all ages. Technical skills are still developing at this age, so football skill tests can vary from test to test.

Player A | Group average

Higher is better, except completion time

BALL SHOT SPEED

Player A · 42.1 km/h

7-yr peers **47.4 · rank 4/4**
Male football, all ages **49.9 · rank 27/28**

0 60 km/h

DRIBBLING MAXIMUM SPEED

Player A · 11.2 km/h

7-yr peers **10.4 · rank 2/4**
Male football, all ages **11.6 · rank 14/28**

0 16 km/h

AVERAGE TURNING SPEED WITH BALL

Player A · 7.2 km/h

7-yr peers **7.6 · rank 3/4**
Male football, all ages **8.0 · rank 23/28**

0 12 km/h

MAXIMUM RUNNING SPEED

Player A · 11.5 km/h

7-yr peers **12.6 · rank 3/4**
Male football, all ages **14.3 · rank 24/28**

0 20 km/h

Football test completion time

Lower time is faster

Player A · 43.77 s

7-yr peers **43.41 s · rank 3/4**
Male football, all ages **38.27 s · rank 23/28**

30 s 50 s

Player A completed the football test in 43.77 s: 0.36 s slower than the 7-year-old peer average (43.41 s) and 5.50 s (14.4%) slower than the average of all male football athletes of every age (38.27 s, n = 28).

How to read these results

- **Early maturation** is one possible explanation for strong results, but it cannot be concluded from single-time height, weight and performance measurements. Early athletic success does not guarantee long-term performance.
- **Jump results** can be influenced by technique (countermovement depth, trunk control, coordination), test familiarity and effort.
- **Peak power in W/kg** is also affected by body mass and build; without body composition and force–mass balance their contribution cannot be separated.
- **Asymmetry and small groups.** A single measurement does not diagnose injury risk, and the age group is small (n = 4). Follow the process with repeated tests under the same protocol and the principles of age-appropriate, long-term athletic development.

06 Interpretation and next steps

What the results suggest

What the data suggest

Player A is 7 years old. The standout characteristics are jumping, power and sprint performance. At this age, football skill tests may vary from test to test because technical skills are still developing.

In this single session no clear linear relationship was seen between ball-striking speed and the lower-limb power produced during jumping. Measurements from one athlete are not enough to confirm or exclude such a relationship.

Suggested focus

- **Both feet.** No left-foot use was observed; include ball control, passing and shooting work with both feet.
- **Varied, age-appropriate work.** Considering age and the risk of early specialisation, football-specific coordination, shooting and other skill work can help transfer power and sprint capacity into the game.
- **Transfer to the pitch.** Sprint speed (17.9 km/h over 0–15 m), dribbling (11.2 km/h) and running without the ball (11.5 km/h) were measured under different conditions and are not directly equivalent; keep developing football-specific speed while maintaining ball control.

Full results

Rank (1 = best) and group average

MEASURE	PLAYER A	7-YR PEERS (N = 4)	MALE FOOTBALL, ALL AGES	ALL CAN ATHLETES
CMJ jump height	**21.6 cm**	**1/4** · avg 17.6	**14/30** · avg 20.9	**56/76** · avg 26.3
Anaerobic peak power	**35.3 W/kg**	**2/4** · avg 32.7	**19/30** · avg 35.8	**64/76** · avg 41.7
0–15 m sprint	**3.01 s**	**1/4** · avg 3.43	**4/29** · avg 3.32	**27/70** · avg 3.14
0–30 m sprint	**5.53 s**	**1/4** · avg 6.29	**6/28** · avg 6.00	**48/93** · avg 5.58
Ball shot speed	**42.1 km/h**	**4/4** · avg 47.4	**27/28** · avg 49.9	same as football
Dribbling max. speed	**11.2 km/h**	**2/4** · avg 10.4	**14/28** · avg 11.6	same as football
Turning speed with ball	**7.2 km/h**	**3/4** · avg 7.6	**23/28** · avg 8.0	same as football
Maximum running speed	**11.5 km/h**	**3/4** · avg 12.6	**24/28** · avg 14.3	same as football
Football test time	**43.77 s**	**3/4** · avg 43.41	**23/28** · avg 38.27	same as football

Foot use (right 100% · left 0%) is not ranked. Football-specific tests use the same group in the football and all-athlete columns.

Performance testing for your academy

Science-based testing and reporting for athletes, families and clubs, so progress can be tracked over time with the same protocol.

Dr. Emek Can, PhD
Sport Scientist / Athletic Performance Coach
canperformance.co.uk · info@canperformance.co.uk
+44 7427 166699