



»» **PERFORMANCE DIAGNOSTICS**

»» **TRAINING CONTROL**

»» **INJURY PREVENTION**



WHO IS THE RIESPO COMPANY?



RIESPO is an **Austrian company** that specialises in **supporting athletes and clubs** in the **areas of performance diagnostics, data management and transfer management.**

Its main customers include football clubs and players from the amateur and professional sectors from 12 countries on 3 continents. The company is based in 4810 Gmunden, Upper Austria and currently employs 21 people.



WHAT IS PERFORMANCE DIAGNOSTICS?



Performance diagnostics is a procedure that is used to **determine physical performance**, particularly in sport. It is used to determine a person's **current fitness level** and identify **individual strengths and weaknesses**. It typically includes various tests that analyse **endurance, strength, speed, agility and coordination**.

If you want to be successful in sport, you cannot avoid performance tests. This is the only way for coaches to objectively determine the current performance level of their players.



WHO USES PERFORMANCE DIAGNOSTICS?



The biggest associations in the world have been working with performance diagnostics for years to bring their talented players up to the top of the world. It is thanks to them that **performance diagnostics** have become increasingly popular in **sport**.



Football associations and football clubs also use performance diagnostics to scout potential young players, as the standardised and objective tests allow potential young talent to be identified quickly.

At club level, performance diagnostics are also used to monitor the general fitness and performance of the entire team. This helps the coaching team to manage the workload over the course of the season and thus promote the physical development of the players in the long term.

WHAT ARE THE CONTENTS OF A PERFORMANCE DIAGNOSTICS?



1. CONDITIONAL PERFORMANCE TESTS:

- Endurance tests
(optionally with lactate test)
- Speed tests
- Speed endurance tests

2. STRENGTH TESTS:

- Maximum strength tests
- Speed strength tests
- Explosive strength tests

3. AGILITY TESTS:

- Testing of joint mobility and muscular flexibility

4. COORDINATION AND AGILITY:

- Agility test

5. TECHNICAL ANALYSIS:

- Technical skills such as ball control

6. BODY COMPOSITION AND ANTHROPOMETRIC MEASUREMENTS:

- Measurement of body fat percentage, muscle mass and fluid balance



MORE INFORMATION IN OUR VIDEO ON THE TOPIC OF PERFORMANCE DIAGNOSTICS – EXAMPLE TEST BATTERY IN FOOTBALL:



WATCH THE VIDEO

Link to our YouTube channel



or



Scan QR code

WHAT IS THE AIM OF PERFORMANCE DIAGNOSTICS?



THE MAIN OBJECTIVES OF PERFORMANCE DIAGNOSTICS ARE:

- 1. TRACKING PERFORMANCE DEVELOPMENT:**
Repeated tests over a certain period of time allow progress to be measured and training successes to be evaluated.
- 2. ANALYSING THE CURRENT PERFORMANCE LEVEL:**
The tests provide an accurate insight into fitness levels, e.g. by measuring lactate levels in the blood.
- 3. TRAINING MANAGEMENT:**
Based on the test results, a customised training plan can be created to specifically increase performance.
- 4. AVOIDANCE OF OVERLOADING:**
Regular diagnostics make it possible to recognise at an early stage whether training is too intensive and whether there is a risk of injury or overtraining.

‘Targeted **performance diagnostics**, measures can be taken in **sport** to successfully utilise the development potential of the individual athlete. In addition to **achieving the individual's best form**, the **risk of injury** can also be effectively **minimised**.’

WHY PERFORMANCE DIAGNOSTICS SHOULD BE TESTED IN STANDARDISED TEST BATTERIES?



Performance diagnostics are of great importance for athletes of all levels, which is why they should be carried out in standardised test batteries:

- 1. COMPARABILITY:**
Standardised test batteries make it possible to directly compare the results of different individuals, groups or points in time can be directly compared. Without a standardised basis, comparability and consistency of results would be more difficult.
- 2. OBJECTIVITY:**
Standardised tests ensure that all individuals are tested under the same conditions. This minimises subjective influences and ensures that the results are based on the actual abilities of the person being tested.
- 3. VALIDITY AND RELIABILITY:**
Standardised test batteries are usually well researched and validated. They therefore offer reliable and meaningful results that are scientifically sound. They guarantee that the test measures what it claims to measure (validity) and that the results are consistent when repeated (reliability).
- 4. EFFICIENCY:**
A test battery combines several individual tests and covers different performance areas, such as endurance, strength, flexibility and reaction speed. This enables comprehensive diagnostics of physical and often also cognitive performance within a structured and time-efficient method.
- 5. INDIVIDUAL & COLLECTIVE TRAINING CONTROL:**
The standardized tests allow coaches or doctors to assess the performance development of individual athletes or entire teams over time and to control and adapt training in a targeted manner.
- 6. SCIENTIFIC BASIS:**
Standardized test batteries are generally developed on the basis of scientific studies, which underpins their validity and applicability in practice.



AT WHAT AGE DO YOU START PERFORMANCE DIAGNOSTICS?

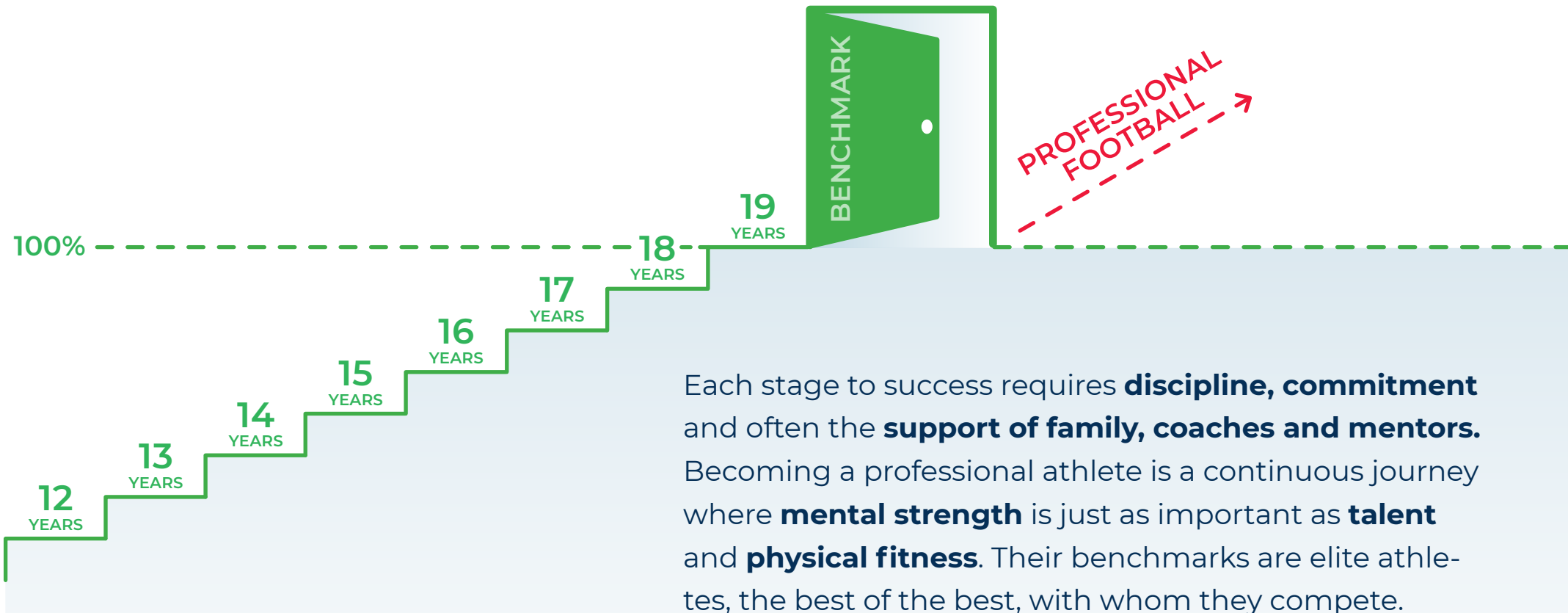


The first tests are carried out by most associations and clubs at **youth level between the ages of 10 and 12**. These tests are used for **basic development** in the areas of **fitness, agility** and **motor skills**.

The most important phase of player development is considered to be **between the ages of 13 and 19**. Here, performance diagnostics are an essential part of training and performance monitoring. The players have already developed their physical abilities to a certain extent and the tests focus more on **optimising performance** and **preparing for professional football**.



THE STEPS TO SUCCESS



PERFORMANCE DIAGNOSTICS FOR ADULT PLAYERS



For adult players, performance diagnostics are used for performance monitoring and injury prevention: For adult players who may need to focus on physical maintenance and stress management, regular performance diagnostics are particularly important **to avoid overloading** and **maintain maximum performance**.

Focus: The emphasis here is often on recovery processes, injury prevention and adapting training to maintain fitness and performance at a high level.



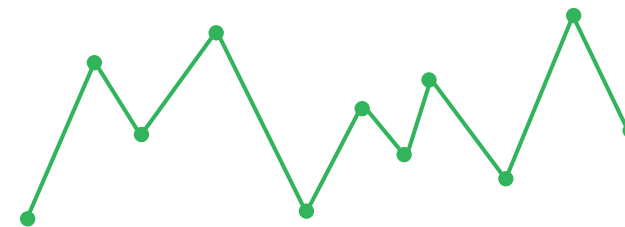
WHAT DOES THE ANALYSIS TELL US?



The **results of performance diagnostics** are best suited for a direct comparison. On the one hand, the coach can use comparative values to determine how the player's performance compares to other players (internal leaderboard). This allows potential to be recognised and encouraged at an early stage. They also receive information on how their results compare to the benchmark.

On the other hand, by carrying out a specific test several times, the coach can closely monitor and record the development of their team's performance.

The methods of performance diagnostics are helpful because they can make direct recommendations for the intensity and optimisation of training content for the various players.



WHY ARE DIAGNOSTICS SO IMPORTANT?



Football in particular has gained enormously in speed as a sport.

In recent years in particular, the demands placed on players, for example in terms of the amount of running or the number of sprints per game, have risen sharply. This leads to the need for more effective training, which must be carried out in the same preparation time. This is where diagnostics comes in, as it is used to **optimise and individualise training.**



PERFORMANCE DIAGNOSTICS IS A WIN-WIN SITUATION FOR PLAYERS, COACHES AND THE CLUB



The players feel that they are receiving more individualized support, as they receive objective feedback on their performance and performance potential through the complex performance diagnostics. The results can also increase the players' motivation and willingness to perform.

Coaches, on the other hand, receive direct training control and analysis of their content and can use it to improve short, medium and long-term training planning. Strengths and weaknesses in the usual processes can be recognized and optimized, and permanent monitoring helps to detect and readjust even the smallest effects. However, performance diagnostics can be helpful not only in relation to training, but above all in checking whether a player is at all able to perform after an injury.

On the one hand, **the club** is able to use the values from the performance diagnostics to consult an objective value for new signings, which also helps them in talent identification and talent forecasting. On the other hand, the coach's work can of course also be assessed in this respect.

Nowadays, the tests can be carried out on a football-specific basis.

There are a large number of (semi-)football-specific field tests in which time is primarily used as a benchmark in terms of speed, endurance or passing. In contrast, there are also football-specific complex tests in which an attempt is made to combine as many core elements of the game and the requirements as possible.



WHAT INFRASTRUCTURE IS NEEDED FOR A TEST?



INFRASTRUCTURE – WHERE CAN THESE TESTS BE CARRIED OUT

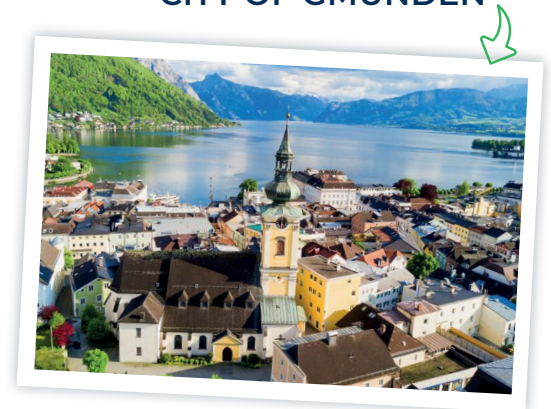
Ideally, the tests should be carried out on a level floor and regardless of the weather, so a **sports hall** is ideal, whereby the sides must be at least 45 metres long (30 metre sprint). If this is not available, an artificial turf is also very suitable. Here is a description of the **infrastructure in Gmunden**. Further useful facilities in the overview.

OVERVIEW

- 3 grass pitches
- 1 artificial grass pitch
- 9 changing rooms
- 1 weight room and athletics room
- 1 multi function hall
- 1 recovery area
- 1 medical department



CITY OF GMUNDEN



- 1 Main pitch (artificial turf)
- 2 Auxiliary pitch (natural grass)
- 3 Changing rooms & restaurant
- 4 Stands
- 5 Children's soccer field

PROCEDURE OF A PERFORMANCE TEST



PROCEDURE OF A PERFORMANCE TEST IN GMUNDEN OR AT YOUR PREMISES:

1. Our trained employees record all test results and enter them in lists provided for this purpose.
2. The evaluated results are sent to the office (internet access), where our sports scientists and the appropriate software carry out the evaluation.
3. Each participant receives an evaluation summarising their strengths and weaknesses. In the attached diagrams, each participant can see how their results compare to their teammates (internal leaderboard) and also to the benchmark.
4. Each participant receives a recommendation on how they can train and thus optimise their weaknesses.

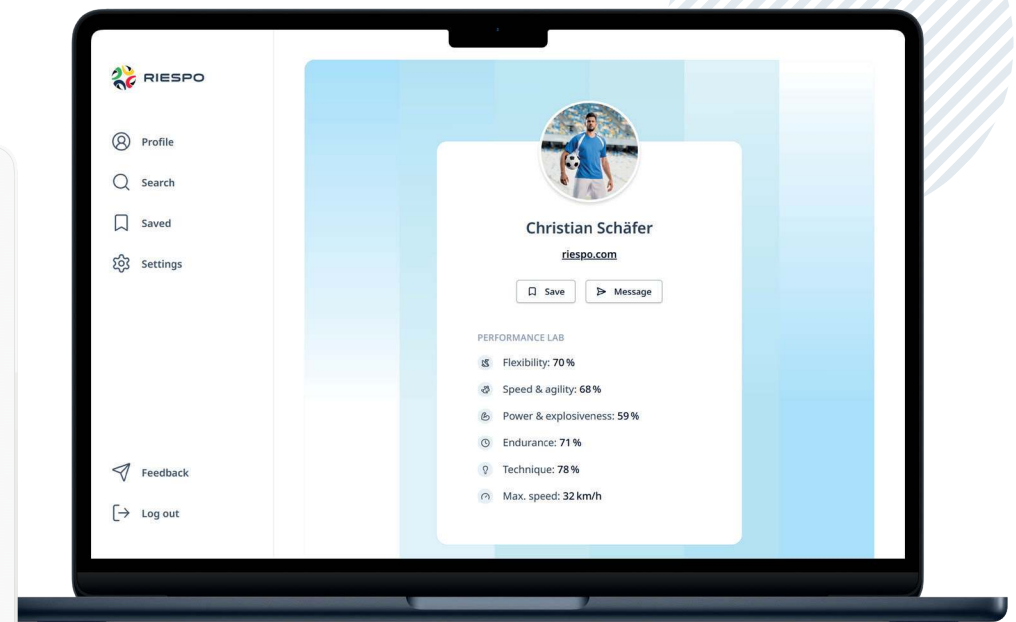
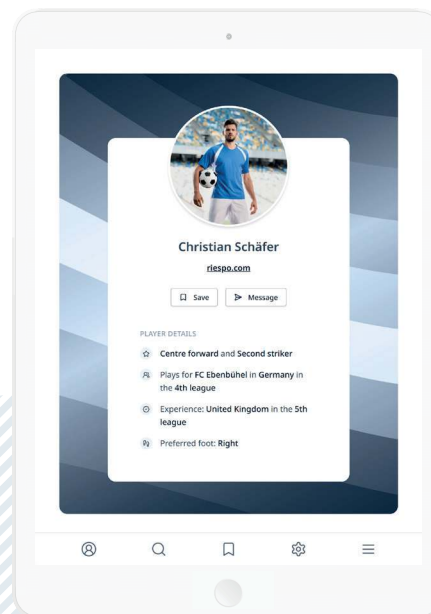


INDIVIDUAL DATA MANAGEMENT



Every participant in a test battery receives a free Premium Membership for 12 months in the dedicated **RIESPO web app**.

Here, each participant can create their own **personal profile**, compare themselves with athletes worldwide and communicate with members, clubs and coaches.



TRANSFER MANAGEMENT



Transfer management in football is a **complex process** that goes far beyond the mere signing of players. It is an interplay of sporting, financial and contractual aspects. Transfer management is a multi-layered process that requires precise planning, negotiation and a high level of experience. It is crucial for the long-term success of a club, as well as important for the sporting and financial success of the players.

We have a **large network** of players, coaches and clubs at our disposal.

We would be happy to advise you on request.





OUR PARTNERS



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