



RIESPO

PERFORMANCE LAB



**PERFORMANCE DIAGNOSTICS
IN SPORT**



GUIDING PRINCIPLES

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MORE PERFORMANCE OVER 90 MINUTES AND BEYOND!

We have the world's largest organisations to thank for the fact that **performance diagnostics** have become increasingly popular in **sport**.

Performance diagnostics is a procedure 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 whether they have been able to improve the performance level of their players.

CONTENTS OF PERFORMANCE DIAGNOSTICS

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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



AIM OF PERFORMANCE DIAGNOSTICS

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'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**.'

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.

TEST BATTERIES

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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.

ANALYTICS

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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 that of other players. This allows potential to be recognized and encouraged at an early stage.

On the other hand, by carrying out a certain test several times, the coach can track and record the development of his team's performance as accurately as possible.

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

DIAGNOSTICS

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

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

INFRASTRUCTURE

FÜR RIESPO – PERFORMANCE LAB CAMPS

INFRASTRUCTURE – WHERE CAN THESE TESTS BE CARRIED OUT

Here is a description of the **infrastructure in Gmunden**. Ideally, the test battery should be carried out on a very even surface. A sports hall is of course particularly suitable for this, but an artificial turf pitch is also very suitable. Further useful facilities can be found in the overview below.

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



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



MOBILE PERFORMANCE TESTS

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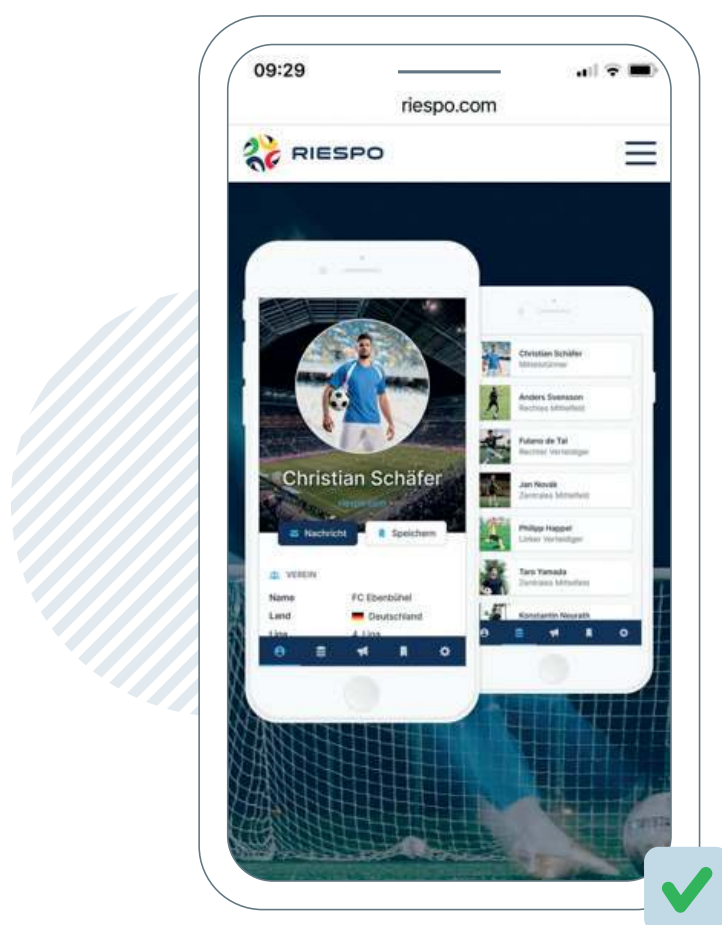
ARE YOU INTERESTED IN A PERFORMANCE TEST FOR YOUR ATHLETES?

No problem, our staff and equipment are mobile and we are happy to come to you.

‘Performance tests generate a large amount of data that overwhelms most athletes and coaches. The most important part is to interpret the data correctly and incorporate the results into training - our sports scientists and the appropriate software take care of this.’

CUSTOMIZED DATA MANAGEMENT

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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.



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