



Soccer Player Evaluation – Online

Player Information

Name:

Age:

Training Frequency (practices/week):

Position:

Preferred Foot: (Right/Left)

Main Playing Surface: (Grass/Turf)

Orthotics: (Yes/No)

Are you aware of a leg length discrepancy? (Yes/No)

Concussion History: (Yes/No)

If yes, when was the most recent?

How many have you had overall?

Injury History:

Current Injury/Issues:

What Skills Do You Want to Improve?

i.e. – dribbling; passing; shooting; reception; heading; protecting (covering) the ball; other

Physical Assessment

Feet


Beside each test you'll find a link to a video explaining the testing procedure. Please review each video prior to ensure you are performing the test correctly

In bare feet, take the following pictures click the  for examples:

1. Rear-view of both feet, shoulder width apart. From the knees down
2. View of inside of left foot while standing on one leg. From the knee down
3. View of inside of right foot while standing on one leg. From the knee down


* Please contact jason@stridephysio.ca regarding a secure way to send the pictures

Knee to Wall Test  : (Positive/Negative)

Full Squat with Heels Down  : (Positive/Negative)

Left unilateral Heel Raise  : (10 reps/No)

Right unilateral Heel Raise: (10 reps/No)

Single Leg Balance for one-minute, left leg  : (Yes/No; Easy/Hard)

Single Leg Balance for one-minute, right leg: (Yes/No; Easy/Hard)

Knees


Beside each test you'll find a link to a video explaining the testing procedure. Please review each video prior to ensure you are performing the test correctly


In shorts, take the following pictures click the  for examples:

1. View of both knees from front, from 6 inches above knees to floor.
2. View of outside of left knee, from 6 inches above knee to floor.
3. View of outside of right knee, from 6 inches above knee to floor.


* Please contact jason@stridephysio.ca regarding a secure way to send the pictures

2 step Duck Walk  : (Positive/Negative)

Active SLR  : (Positive/Negative)

Hamstring Flexibility with hip and knee at 90, ankle dorsiflexed  : (Positive/Negative)

Left Quad bulk test (thigh circumference, 6" above kneecap)  :


Right Quad bulk test (thigh circumference, 6" above kneecap)  :

Hips

Beside each test you'll find a link to a video explaining the testing procedure. Please review each video prior to ensure you are performing the test correctly

Left leg cross test in sitting  : (Positive/Negative)

Right leg cross test in sitting: (Positive/Negative)

Left prone leg hip internal rotation test  : (Positive/Negative)

Right prone hip internal rotation: (Positive/Negative)

Left hip abduction  : (Positive/Negative)

Right hip abduction: (Positive/Negative)

Left Thomas Test hip flexors  : (Positive/Negative)

Left Thomas Test quads: (Positive/Negative)


Right Thomas Test hip flexors: (Positive/Negative)

Right Thomas Test quads: (Positive/Negative)

Pelvis/Core

Beside each test you'll find a link to a video explaining the testing procedure. Please review each video prior to ensure you are performing the test correctly


30 second front plank test  : (Yes/No; Easy/Hard)

Right 30 second side plank test  : (Yes/No; Easy/Hard)

Left 30 second side plank test: (Yes/No; Easy/Hard)

Right leg 10 second single-leg bridge test  : (Yes/No; Easy/Hard)

Left leg 10 second single-leg bridge test: (Yes/No; Easy/Hard)

Left arm forward, right leg back in 4-point test - 10 seconds  : (Yes/No; Easy/Hard)

Right arm forward, left leg back in 4-point test - 10 seconds: (Yes/No; Easy/Hard)

Trunk

Beside each test you'll find a link to a video explaining the testing procedure. Please review each video prior to ensure you are performing the test correctly

Left thoracic rotation in sitting : (Positive/Negative)

Right thoracic rotation in sitting: (Positive/Negative)

Posture vs wall position : (Positive/Negative)

Shoulders

Functional internal rotation test : (describe results as per video)