

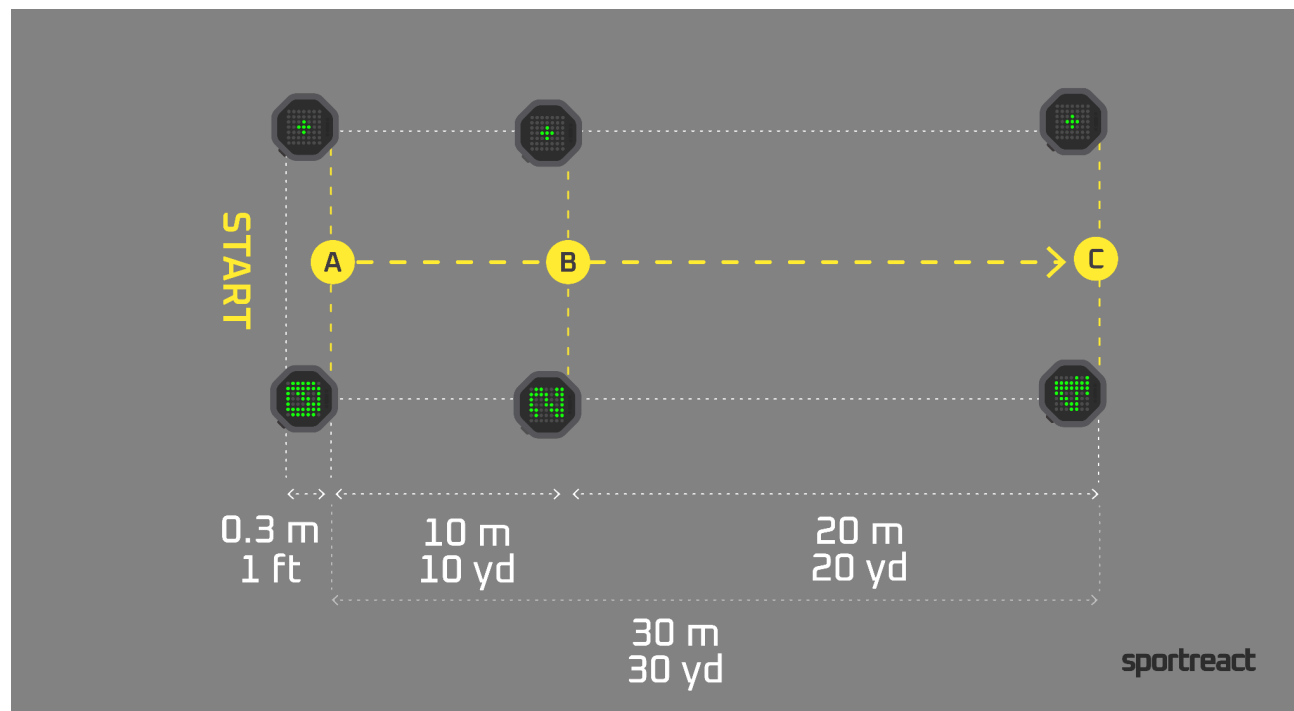
**Athlete Performance Metrics: Speed and Change of Direction**  
**Zlatko Dalic Soccer camp**  
Livno 6 - 8.08.2024

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**0-10-30 m/yd Sprint Test - [video](#)**

This test measures both starting and maximum straight-line speed. The 10-30 meter/yards sprint is crucial in soccer for assessing a player's acceleration and speed over short distances, which are vital for situations like chasing a ball or breaking away from defenders. It shows how quickly a player can reach top speed, essential for both attacking and defensive plays.

Procedure: Start in a split-stance position 0.3 meters (one foot) behind the starting line (A). Accelerate to maximum speed and pass through the timing gates at 10 meters/yards (B) and 30 meters/yards (C) as quickly as possible. Perform the test three times, following the same protocol each time, and use the average of the three attempts for the final result.



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0-10-30 m/yd Sprint Test								
Name	Last Name	Age	0m-10m [s]	10m-30m [s]	30 meter [s]	AVG Speed [km/h] 0-10m	AVG Speed [km/h] 10-30m	AVG Speed [km/h] 30m
ID	#1	U14	1,777	2,493	4,270	20.26	28.88	25.29
ID	#2	U14	1,787	2,562	4,349	20.15	28.10	24.83
ID	#3	U14	1,824	2,614	4,438	19.74	27.54	24.34
ID	#4	U14	1,829	2,620	4,449	19.68	27.48	24.28
ID	#5	U14	1,920	2,580	4,500	18.75	27.91	24.00
ID	#6	U14	1,931	2,642	4,573	18.64	27.25	23.62
ID	#7	U14	1,939	2,636	4,575	18.57	27.31	23.61
ID	#8	U13	1,930	2,691	4,621	18.65	26.76	23.37
ID	#9	U13	1,861	2,766	4,627	19.34	26.03	23.34
ID	#10	U14	1,992	2,653	4,645	18.07	27.14	23.25
ID	#11	U14	1,905	2,816	4,721	18.90	25.57	22.88
ID	#12	U13	1,937	2,813	4,750	18.59	25.60	22.74
ID	#13	U14	1,984	2,774	4,758	18.15	25.96	22.70
ID	#14	U13	1,985	2,807	4,792	18.14	25.65	22.54
ID	#15	U13	1,977	2,835	4,812	18.21	25.40	22.44
ID	#16	U13	2,063	2,791	4,854	17.45	25.80	22.25
ID	#17	U14	2,005	2,850	4,855	17.96	25.26	22.25

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0-10-30 m/yd Sprint Test								
Name	Last Name	Age	0m-10m [s]	10m-30m [s]	30 meter [s]	AVG Speed [km/h] 0-10m	AVG Speed [km/h] 10-30m	AVG Speed [km/h] 30m
ID	#18	U13	2,033	2,850	4,883	17.71	25.26	22.12
ID	#19	U14	1,985	2,899	4,884	18.14	24.84	22.11
ID	#20	U14	2,022	2,891	4,913	17.80	24.90	21.98
ID	#21	U13	1,959	2,967	4,926	18.38	24.27	21.92
ID	#22	U13	2,055	2,884	4,939	17.52	24.97	21.87
ID	#23	U14	2,042	2,907	4,949	17.63	24.77	21.82
ID	#24	U13	2,058	2,893	4,951	17.49	24.89	21.81
ID	#25	U14	2,162	2,811	4,973	16.65	25.61	21.72
ID	#26	U13	2,022	2,975	4,997	17.80	24.20	21.61
ID	#27	U14	1,977	3,043	5,020	18.21	23.66	21.51
ID	#28	U14	2,031	2,999	5,030	17.73	24.01	21.47
ID	#29	U13	2,116	2,921	5,037	17.01	24.65	21.44
ID	#30	U13	2,063	2,998	5,061	17.45	24.02	21.34
ID	#31	U13	2,118	2,994	5,112	17.00	24.05	21.13
ID	#32	U14	2,089	3,073	5,162	17.23	23.43	20.92
ID	#33	U14	2,110	3,068	5,178	17.06	23.47	20.86
ID	#34	U13	2,137	3,042	5,179	16.85	23.67	20.85

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0-10-30 m/yd Sprint Test								
Name	Last Name	Age	0m-10m [s]	10m-30m [s]	30 meter [s]	AVG Speed [km/h] 0-10m	AVG Speed [km/h] 10-30m	AVG Speed [km/h] 30m
ID	#35	U14	2,076	3,113	5,189	17.34	23.13	20.81
ID	#36	U14	2,214	2,993	5,207	16.26	24.06	20.74
ID	#37	U13	2,152	3,079	5,231	16.73	23.38	20.65
ID	#38	U13	2,161	3,076	5,237	16.66	23.41	20.62
ID	#39	U14	2,190	3,084	5,274	16.44	23.35	20.48
ID	#40	U13	2,177	3,125	5,302	16.54	23.04	20.37
ID	#41	U13	2,362	3,028	5,390	15.24	23.78	20.04
ID	#42	U13	2,173	3,266	5,439	16.57	22.05	19.86
ID	#43	U13	2,367	3,098	5,465	15.21	23.24	19.76
ID	#44	U13	2,271	3,203	5,474	15.85	22.48	19.73
ID	#45	U13	2,185	3,413	5,598	16.48	21.10	19.29
ID	#46	U13	2,287	3,355	5,642	15.74	21.46	19.14
ID	#47	U13	2,307	3,563	5,870	15.60	20.21	18.40
ID	#48	U13	2,410	3,547	5,957	14.94	20.30	18.13

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Livno 6 - 8.08.2024

			Normative data per age group [30m]				
			6-8 years old	8-10 years old	11-12 years old:	13-14 years old	15-16 years old:
Name	Last Name	Age	6.0 - 6.5 seconds	5.5 - 6.0 seconds	5.0 - 5.5 seconds	4.5 - 5.0 seconds	4.0 - 4.5 seconds
ID	#1	U14					4,270
ID	#2	U14					4,349
ID	#3	U14					4,438
ID	#4	U14					4,449
ID	#5	U14				4,500	
ID	#6	U14				4,573	
ID	#7	U14				4,575	
ID	#8	U13				4,621	
ID	#9	U13				4,627	
ID	#10	U14				4,645	
ID	#11	U14				4,721	
ID	#12	U13				4,750	
ID	#13	U14				4,758	
ID	#14	U13				4,792	
ID	#15	U13				4,812	
ID	#16	U13				4,854	

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			Normative data per age group [30m]				
			6-8 years old	8-10 years old	11-12 years old:	13-14 years old	15-16 years old:
Name	Last Name	Age	6.0 - 6.5 seconds	5.5 - 6.0 seconds	5.0 - 5.5 seconds	4.5 - 5.0 seconds	4.0 - 4.5 seconds
ID	#17	U14				4,855	
ID	#18	U13				4,883	
ID	#19	U14				4,884	
ID	#20	U14				4,913	
ID	#21	U13				4,926	
ID	#22	U13				4,939	
ID	#23	U14				4,949	
ID	#24	U13				4,951	
ID	#25	U14				4,973	
ID	#26	U13				4,997	
ID	#27	U14			5,020		
ID	#28	U14			5,030		
ID	#29	U13			5,037		
ID	#30	U14			5,074		
ID	#31	U13			5,112		
ID	#32	U14			5,162		
ID	#33	U14			5,178		

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 Livno 6 - 8.08.2024

			Normative data per age group [30m]				
			6-8 years old	8-10 years old	11-12 years old:	13-14 years old	15-16 years old:
Name	Last Name	Age	6.0 - 6.5 seconds	5.5 - 6.0 seconds	5.0 - 5.5 seconds	4.5 - 5.0 seconds	4.0 - 4.5 seconds
ID	#34	U13			5,179		
ID	#35	U14			5,189		
ID	#36	U14			5,207		
ID	#37	U13			5,231		
ID	#38	U13			5,237		
ID	#39	U14			5,274		
ID	#40	U13			5,302		
ID	#41	U13			5,390		
ID	#42	U13			5,439		
ID	#43	U13			5,465		
ID	#44	U13			5,474		
ID	#45	U13		5,598			
ID	#46	U13		5,642			
ID	#47	U13		5,870			
ID	#48	U13		5,957			



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## Insights

Please note that the testing session report was created to give parents a more comprehensive view of their children's speed and change-of-direction abilities. The validity and reliability of the data presented are low, as the report's primary purpose is to provide peer comparison for the two age groups that attended the camp.

We tested two groups of athletes (U13 and U14), both male and female, totaling 48 athletes. A 0-10-30 meter sprint test was used to measure acceleration over 0-10 meters, speed from 10-20 meters, total time for 30 meters, and velocity for all three segments. The results were compared to normative data for sprint tests. It's important to note that the normative data is based on an estimated range for children and adolescents, meaning actual performance may vary depending on factors like fitness level, training, and environmental conditions.

The average 30-meter sprint time for U13 athletes was 5.16 seconds, while for U14 athletes it was 4.82 seconds, which aligns with normative references. Several U14 athletes performed above their age group, while some U13 athletes were faster than their older peers. The results followed a normal distribution.

Key takeaways for parents:

- Compare your child's performance with peers in the same age group.
- Compare your child's performance with peers in different age groups.
- Analyze different splits to identify strengths and areas for improvement in sprinting.
- Consider results based on different gender and positions, as performance may vary.

Use this information to better understand growth opportunities and develop a plan with the coach.

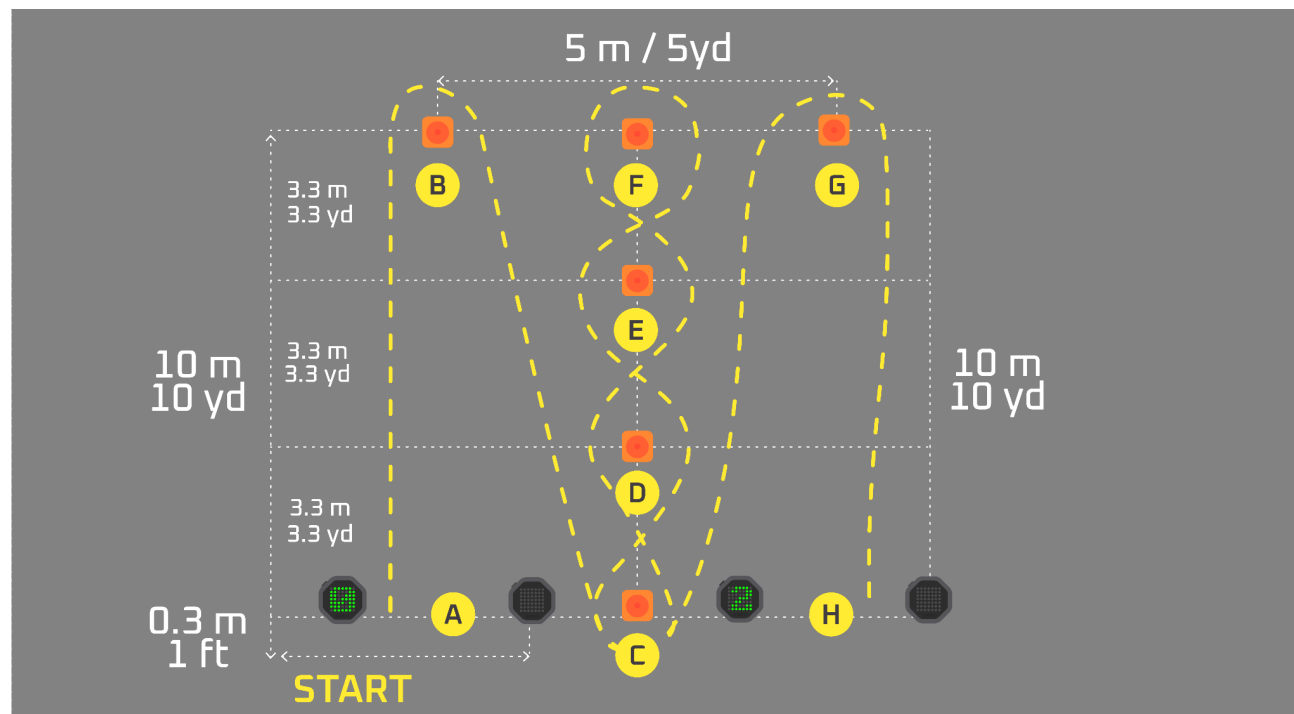
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**Illinois CoD Drill - [video](#)**

This drill evaluates acceleration, deceleration, and change of direction (CoD). The Illinois Agility Drill is key in soccer because it measures a player's ability to change direction quickly and efficiently, reflecting their agility and coordination on the field. It shows how well a player can maneuver through tight spaces and react swiftly to dynamic situations, which is crucial for both defense and attack.

Procedure: Start in a split-stance position 0.3 meters (one foot) behind the starting line (A). Accelerate 10 meters/yards straight to mark B, then circle around it, return to mark C, and continue with alternating changes of direction, zigzagging between four marks (C, D, E, F). Finish with a final acceleration to mark G, a semicircular turn, and a final sprint through mark H.



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 Livno 6 - 8.08.2024

Illinois Change of Direction test								
				6-8 years old	8-10 years old	11-12 years old:	13-14 years old	15-16 years old:
Name	Last Name	Age	Illinois test	20 - 23 seconds	18 - 20 seconds	17 - 18 seconds	16 - 17 seconds	15 - 16 seconds
ID	#7	U14	16,234				16,234	
ID	#10	U14	16,248				16,248	
ID	#13	U14	16,420				16,420	
ID	#8	U13	16,466				16,466	
ID	#4	U14	16,508				16,508	
ID	#5	U14	16,532				16,532	
ID	#17	U14	16,570				16,570	
ID	#9	U13	16,668				16,668	
ID	#23	U14	16,680				16,680	
ID	#14	U13	16,712				16,712	
ID	#22	U13	16,725				16,725	
ID	#24	U13	16,854				16,854	
ID	#28	U14	16,865				16,865	
ID	#1	U14	16,901				16,901	
ID	#16	U13	16,907				16,907	
ID	#21	U13	16,972				16,972	

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Illinois Change of Direction test								
				6-8 years old	8-10 years old	11-12 years old:	13-14 years old	15-16 years old:
Name	Last Name	Age	Illinois test	20 - 23 seconds	18 - 20 seconds	17 - 18 seconds	16 - 17 seconds	15 - 16 seconds
ID	#19	U14	17,025			17,025		
ID	#12	U13	17,089			17,089		
ID	#20	U14	17,271			17,271		
ID	#35	U14	17,293			17,293		
ID	#49	U14	17,335			17,335		
ID	#26	U13	17,357			17,357		
ID	#29	U13	17,362			17,362		
ID	#27	U14	17,383			17,383		
ID	#6	U14	17,417			17,417		
ID	#50	U13	17,467			17,467		
ID	#33	U13	17,481			17,481		
ID	#3	U14	17,513			17,513		
ID	#30	U13	17,531			17,531		
ID	#31	U13	17,558			17,558		
ID	#25	U14	17,652			17,652		

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Illinois Change of Direction test								
				6-8 years old	8-10 years old	11-12 years old:	13-14 years old	15-16 years old:
Name	Last Name	Age	Illinois test	20 - 23 seconds	18 - 20 seconds	17 - 18 seconds	16 - 17 seconds	15 - 16 seconds
ID	#15	U13	17,734			17,734		
ID	#34	U14	17,739			17,739		
ID	#51	U13	17,894			17,894		
ID	#18	U13	17,959			17,959		
ID	#37	U13	18,016		18,016			
ID	#36	U13	18,237		18,237			
ID	#52	U13	18,245		18,245			
ID	#42	U13	18,304		18,304			
ID	#32	U14	18,335		18,335			
ID	#53	U14	18,472		18,472			
ID	#41	U13	18,473		18,473			
ID	#40	U13	18,473		18,473			
ID	#43	U13	18,643		18,643			
ID	#15	U13	18,745		18,745			

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Illinois Change of Direction test								
				6-8 years old	8-10 years old	11-12 years old:	13-14 years old	15-16 years old:
Name	Last Name	Age	Illinois test	20 - 23 seconds	18 - 20 seconds	17 - 18 seconds	16 - 17 seconds	15 - 16 seconds
ID	#38	U13	18,791		18,791			
ID	#54	U13	19,119		19,119			
ID	#46	U13	19,145		19,145			
ID	#45	U13	19,236		19,236			
ID	#39	U13	19,276		19,276			
ID	#48	U13	20,886	20,886				

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We tested two groups of athletes (U13 and U14), both male and female, totaling 51 athletes. The Illinois CoD test was used to measure acceleration total time for the whole testing run. The results were compared to normative data for the same test. It's important to note that the normative data is based on an estimated range for children and adolescents, meaning actual performance may vary depending on factors like fitness level, training, and environmental conditions.

The average test time for U13 athletes was 17.9 seconds, while for U14 athletes it was 17.1 seconds, which aligns with normative references. Compared to the sprint test, we can see that the differences between results are less pronounced, and there are no significant deviations in the results for the older age groups.

Key takeaways for parents:

- Compare your child's performance with peers in the same age group.
- Compare your child's performance with peers in different age groups.
- Analyze different splits to identify strengths and areas for improvement in sprinting.
- Consider results based on different gender and positions, as performance may vary.

Use this information to better understand growth opportunities and develop a plan with the coach.