

WHAT WE TEST



REACTION TIME

Think fast.



ACCELERATION + SPEED

Explode with speed.



DECISION-MAKING

Choose better.



AGILITY

Move with control.



TECHNICAL EXECUTION

Perform under pressure.



DRIBBLING

Beat the defender.

SEE THE PROGRESS.

Every player receives a detailed performance report that turns testing into clear, measurable feedback.

- ✓ **PERFORMANCE SCORES** across all metrics
- ✓ **TEAM BENCHMARKS** to see how you compare
- ✓ **STRENGTHS** to build on
- ✓ **DEVELOPMENT AREAS** to focus
- ✓ **PROGRESS OVER TIME** to track improvement

3 TESTING DAYS. ONE SEASON OF DATA.

- 1 BASELINE**
Beginning of Season
Establish starting benchmarks and create individual profiles.
- 2 CHECKPOINT**
Mid-Season
Measure progress, adjust training and maximize development.
- 3 FINAL**
End of Season
Quantify improvement and see how far each player has come.



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BRING YOUR TEAM TO STAR.

Testing takes place at STAR Soccer Lab in Littleton with professional-grade technology and our expert team.

SCAN TO
SCHEDULE
YOUR TEAM



BASELINE • MID-SEASON • FINAL EVALUATION