



Nolido Castro Report

07.30.2026

Physical & Biomechanical Performance Report



PLAYER

Nolido Castro

CATEGORY

2009 (17 years old)

EVALUATION DATE

07/30/2026

ANALYSIS FOCUS

Complete Physical Profile vs. Elite Standard (U16/U17)

The required ranges are aligned with the physical development profiles outlined in the **Elite Player Performance Plan (EPPP)**, the framework implemented by the academies of the **English Premier League (England)** for youth development categories.

This international benchmarking approach makes it possible to project the player's current capabilities against the most competitive athletic parameters in European youth football, optimizing the planning of specific training loads.



Phase 1: Jump Testing – Vertical Jump (Aerial Power)

RESULTS OBTAINED

Elevation Metrics

Standing reach: **233 cm** | Maximum jump: **293 cm** | Net elevation: **60 cm**

DIAGNOSIS AND ACTION

Elite Power

Nolido has a vertical takeoff of 60 centimeters, placing him squarely at the highest international elite standard. He is a player with tremendous spring (elastic power) for the aerial game.

What does it do for him on the pitch?

- Measures the explosive vertical power of the posterior chain and quadriceps.
- Vital for winning aerial duels, anticipating crosses, and lower-body reactivity.



NET RESULT

60_{cm}

Current Performance

ELITE STANDARD

55-60_{cm}

Benchmark (17 years old)

Phase 1: Jump Testing – Two-Footed Broad Jump (Frontal Reactive Strength)



RESULTS OBTAINED

Distance Metrics

Result obtained: **2.50 meters**



DIAGNOSIS AND ACTION

Solid Mark

What does it do for him on the pitch? It translates elastic power into forward movement. A good broad jump predicts aggressive acceleration over the first 3 to 5 meters.

Diagnosis: A solid mark that falls perfectly within the high-performance range required for his age. Nolido knows how to apply his enormous power forward symmetrically.

CURRENT PERFORMANCE

2.50m

Reactive Strength Front

ELITE STANDARD

2.50-2.65m

Benchmark (17 years old)

Phase 1: Jump Testing – Single-Leg Broad Jump



RESULTS OBTAINED

Stability and Symmetry

Right Leg: 2.29 meters | Left Leg: 2.32 meters

Difference: 3 centimeters (1.3% asymmetry)

DIAGNOSIS AND ACTION

Aligned and Balanced Chassis

What does it do for him on the pitch? It evaluates the individual strength of each limb and the stability of the joints when landing and braking in one-on-one situations.

Diagnosis: His single-leg jump biomechanics are flawless. The difference between the two legs is just 3 centimeters (a little over 1%). He has a perfectly balanced and stable lower body, which drastically reduces his risk of injury.



CURRENT ASYMMETRY

1.3%

3 cm difference

ELITE LIMIT

<5%

Optimal Overall Symmetry



Phase 2: Speed – 20m Standing Start (Pure Acceleration)

RESULTS OBTAINED

Speed Metrics

Result obtained: **3.10 seconds** | Average Speed: **23.23 km/h**

DIAGNOSIS AND ACTION

Acceleration and Reactivity

What does it do for him on the pitch? It is the ability to break inertia from zero. Fundamental for closing down space or winning the first step against an opponent.

Diagnosis: There is a technical disconnect here. A player who jumps 60 cm vertically and 2.50 m horizontally should drop below 3.00 seconds without any problem. The time of 3.10s indicates that he has all the strength required, but his standing-start mechanics are costing him valuable milliseconds.



CURRENT PERFORMANCE

3.10_s

Average: 23.23 km/h

ELITE STANDARD

2.90-3.00_s

Benchmark (17 years old)

Phase 2: Speed – 20m Flying Sprint (Maximum Speed)



RESULTS OBTAINED

Speed Metrics

Result obtained: **2.50 seconds** | Maximum Speed Reached: **28.80 km/h**

DIAGNOSIS AND ACTION

Speed and Movement

What does it do for him on the pitch? It measures top-end speed. Vital for long transitions, counterattacks, and recovery runs in open field.

Diagnosis: Excellent. He falls fully within elite times, touching almost 29 km/h. This confirms the previous diagnosis: Nolido is extremely fast and powerful once he breaks inertia; the problem lies solely in his first three steps.



CURRENT PERFORMANCE

2.50_s

Maximum: 28.80 km/h

ELITE STANDARD

2.45-2.55_s

Ref: 29-31 km/h (17 years old)



Phase 3: Agility – 5-10-5 Agility Test (Changes of Direction)

RESULTS OBTAINED

Agility Metrics

Right Side: 5.65 sec | **Left Side:** 5.96 sec

Difference: **0.31 seconds** (Right-Side Dominance)

DIAGNOSIS AND ACTION

Turning Efficiency

What does it do for him on the pitch? It evaluates the efficiency to brake sharply, lower the center of gravity, and re-accelerate.

Diagnosis: There are two problems here. First, the times are high for the demands of his age group. Second, there is a notable asymmetry of 0.31 seconds (nearly a 5.5% difference) in his turns. Nolido finds it much harder to set himself, brake, and push off toward his left side than toward his right.



AVERAGE PERFORMANCE

5.81_s

Side difference: 0.31s

ELITE STANDARD

4.70-5.10_s

Benchmark (17 years old)



Phase 4: Endurance / Stamina (1500m – Linear Equivalence)

RESULTS OBTAINED

Aerobic Capacity

Result on track with braking sections: 6:49 minutes. (Required score: 10/10 = 5:40 to 5:50)

Adjusted Result (Linear Equivalence): 5:35 to 5:45 minutes

DIAGNOSIS AND ACTION

Cardiovascular Performance

What does it do for him on the pitch? It measures Maximal Aerobic Power, the ability to sustain efforts and stay sharp in the closing minutes.

Diagnosis and Action: Being in the "Higher Demand" category, he was expected to complete the circuit close to 5:50. His mark of 6:49 indicates a deficit in his lactate tolerance and aerobic capacity. His muscles saturate quickly under constant repeated efforts, which will limit his impact in the second halves of intense matches.



CURRENT PERFORMANCE

5:35-5:45 min

Linear Equivalence

ELITE STANDARD

5:00-5:15 min

Benchmark (16 years old)