



CHARLIE MCNICOLL

**Performance
Testing Results**

Health Disclaimer

The testing procedures conducted by Pinnacle Performance Goalkeeping Academy are intended solely for athlete development, performance monitoring, and benchmarking. Results are influenced by factors such as age, biological maturation, fatigue, training history, motivation, injury status, and testing consistency, and should not be interpreted as medical advice or used for diagnosis.

Participants should only undertake testing if medically fit and free from injury or illness. Athletes with any existing medical condition or injury are advised to seek guidance from an appropriate healthcare professional before participating.

Pinnacle Performance Goalkeeping Academy accepts no responsibility for injury or illness resulting from participation where appropriate medical advice has not been followed.

All performance data collected is used exclusively for athlete development and internal performance monitoring within the academy.

PERFORMANCE TESTING EXPLANATION

Performance testing at Pinnacle Performance Goalkeeping Academy assesses the key physical qualities required by modern goalkeepers.

The *testing battery* provides objective data to monitor athletic development, identify strengths and areas for improvement, and track progress over time.

Key performance areas assessed include:

- Explosive power
- Reactive strength
- Speed and acceleration
- Change of direction
- Force production
- Goalkeeper-specific reaction ability

The results help coaches design individualised training programmes while giving athletes and parents a clear understanding of physical development. Testing is repeated throughout the season to monitor progression and readiness.

GK TESTING BATTERY

POWER

- CMJ — Countermovement Jump

Measures lower body explosive power and jump ability

- Broad Jump (Hands on Hips)

Measures horizontal force production and lower body explosiveness without arm contribution.

STRENGTH

- IMTP — Isometric Mid-Thigh Pull

Measures maximal force production and whole-body strength capacity.

SPEED & AGILITY

- 10m Sprint

Measures acceleration and short-distance sprint performance.

REACTION

- Reaction Light Test (Kneeling Position)

Measures visual reaction speed, hand speed, and first movement response in a goalkeeper-specific position.

PERFORMANCE RESULTS KEY

Speed & Agility Measures

Lower Score = Improved Performance

Jump & Power Measures

Higher Score = Improved Performance

Contact Time Measures

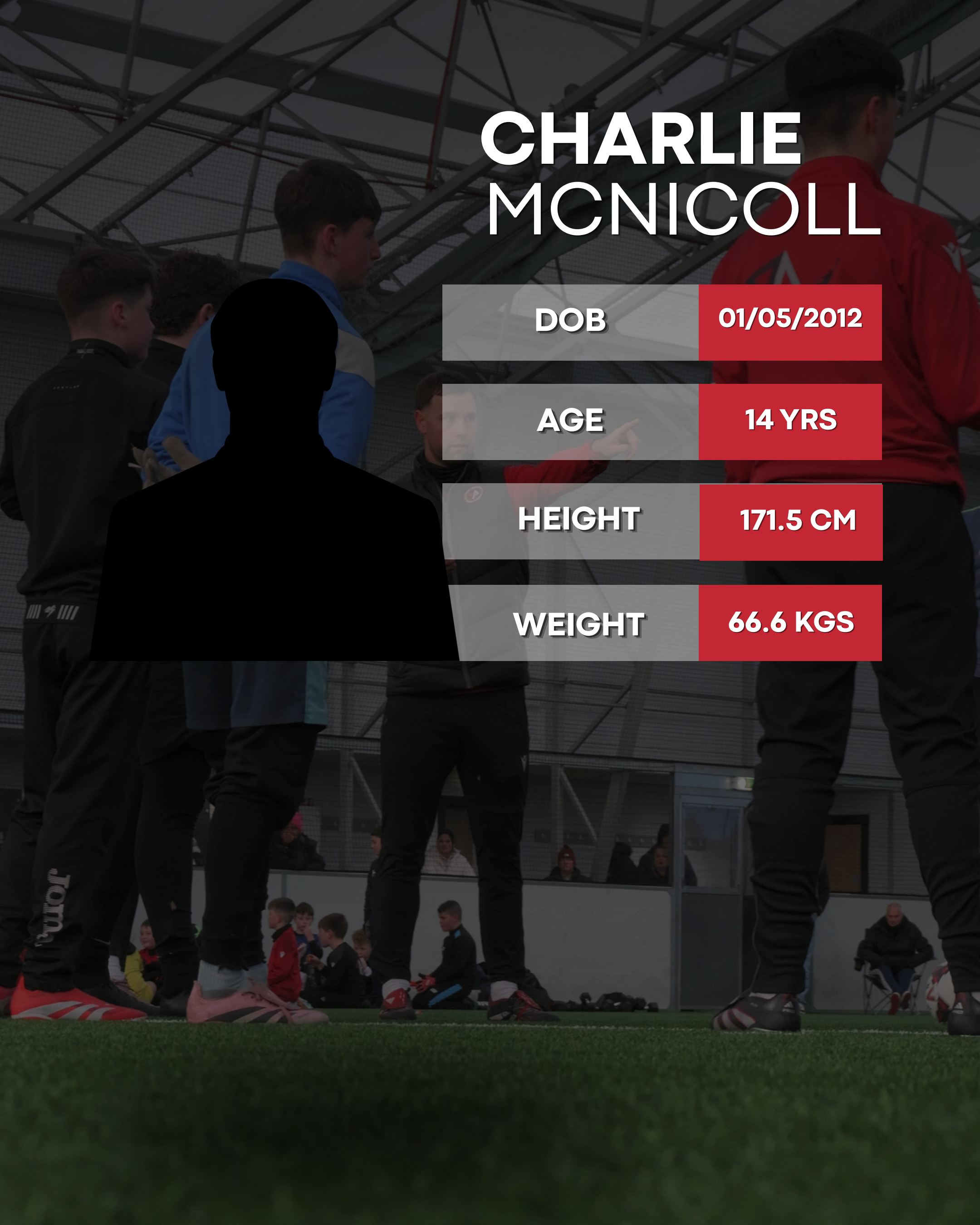
Lower Score = Improved Performance

Strength Measures

Higher Score = Improved Performance

PERFORMANCE KEY

- Significant Improvement
- Maintained / Minimal Change
- Development Area Identified



CHARLIE MCNICOLL

DOB

01/05/2012

AGE

14 YRS

HEIGHT

171.5 CM

WEIGHT

66.6 KGS

Counter Movement Jump

Measures: Lower-body explosive power

The Countermovement Jump assesses an athlete's ability to rapidly generate force through the lower body. During the test, athletes perform a maximal vertical jump with their hands placed on their hips to remove the influence of arm swing, ensuring consistent and reliable results.

Why it Matters
Explosive lower-body power is essential for goalkeepers, supporting higher jumps, quicker dives, faster changes of direction, and improved overall athletic performance.

- Reported Metrics**
- **Jump Height (cm):** Measures vertical jump performance. A higher jump indicates greater explosive power.
 - **Peak Power (W/kg):** Measures the amount of power produced relative to body weight during the jump. Higher values indicate greater explosive force production.
 - **Modified Reactive Strength Index (RSI Mod):** Assesses how efficiently an athlete produces force during the jump by combining jump height and movement speed. A higher score indicates better explosive performance.

Assesment Date: Next assessment: (8-12 weeks)	Jump Height (cm):	Peak Power (W/kg):	RSI Mod:
Baseline Testing 25th May 2026	35.2 CM	51.4 W/kg	0.49

Coach comments:

Charlie has produced an outstanding set of Countermovement Jump results, demonstrating an excellent level of lower-body power and explosive ability. His jump height of 35.2 cm, peak power of 51.4 W/kg, and RSI Mod score of 0.49 are exceptional for a 14-year-old goalkeeper and highlight his ability to generate force quickly and efficiently. These results provide Charlie with an excellent athletic foundation and will support key goalkeeper actions such as explosive diving, powerful jumping, quick changes of direction, and fast recovery movements around the goal. His ability to produce force rapidly is a real strength and will continue to benefit his overall performance as he progresses through his teenage years. Moving forward, our focus will be on maintaining these excellent physical qualities while continuing to develop his technical game. As Charlie matures, combining this outstanding athletic profile with high-quality decision-making, movement efficiency, and consistent technical execution will give him every opportunity to continue progressing as a goalkeeper.

Broad Jump Results

What it Measures
Horizontal lower-body power

The Broad Jump measures the ability to produce explosive force in a forward direction. Athletes jump as far as possible from a standing position with their hands on their hips to isolate lower-body power.

Why it Matters
Horizontal power contributes to explosive first steps, diving distance, acceleration, and the ability to cover ground quickly within the penalty area.

Reported Metric

- **Jump Distance (cm):** Measures the maximum horizontal distance achieved. Greater distance indicates greater lower-body power.

Assesment Date: Next assessment: (8-12 weeks)	Jump Distance (m):
Baseline Testing 25th May 2026	1.50

Coach comments:

Charlie's Broad Jump distance of 1.50 m is an excellent result and further highlights his impressive lower-body power. For a 14-year-old goalkeeper, this demonstrates a strong ability to generate horizontal force, which is essential for explosive first steps, powerful diving, and covering the goal quickly. This result complements his outstanding vertical jump performance and shows that Charlie has developed a well-rounded athletic foundation. As he continues to grow and develop, our focus will be on maintaining these physical qualities while ensuring they are consistently transferred into goalkeeper-specific movements and match situations. With continued technical coaching and strength & conditioning, Charlie has an excellent platform to continue progressing both physically and as a goalkeeper.

Isometric Mid-Thigh Pull

What it Measures - Maximum strength

The Isometric Mid-Thigh Pull measures the maximum force an athlete can generate by pulling against an immovable bar in a fixed position. It is widely recognised as one of the most reliable assessments of whole-body strength.

Why it Matters

Maximum strength underpins many aspects of goalkeeper performance, including jumping, sprinting, powerful diving movements, and injury resilience.

Reported Metric

- Peak Force (N): Measures the highest amount of force produced during the test. Higher values indicate greater maximal strength.

Assesment Date:

Next assessment: (8-12 weeks)

Peak Force
(N):

Baseline Testing

25th May 2026

2367 N

Coach comments:

Charlie's Peak Force score of 2367 N is an outstanding result and demonstrates an exceptional level of whole-body strength for a 14-year-old goalkeeper. This is one of his standout physical qualities and provides a superb foundation for the explosive demands of the position. This level of strength will support more powerful diving actions, faster acceleration, greater jumping ability, and improved resilience during both training and matches. Charlie has clearly developed an excellent physical base, which gives him a real advantage as he continues to progress through his teenage years. Moving forward, our focus will be on maintaining this strength while continuing to develop his speed, power, and movement efficiency. Combining these exceptional physical qualities with continued technical development will place Charlie in a very strong position as he continues his goalkeeper journey.

10 Metre Sprint

What it Measures - Acceleration

The 10-metre sprint assesses how quickly an athlete can accelerate from a stationary position over a short distance. Electronic timing gates provide accurate and reliable timing.

Why it Matters

Goalkeepers rely on rapid acceleration to close down attackers, recover position, attack through balls, and react quickly to changing situations.

Reported Metric

- **Best Sprint Time (s):** Measures the fastest time recorded over 10 metres. Lower times indicate better acceleration.

Assesment Date: Next assessment: (8-12 weeks)	Best Sprint Time (s):
Baseline Testing 25th May 2026	1.657 s

Coach comments:

Charlie's 10-metre sprint time of 1.657 seconds is an exceptional result and highlights his outstanding acceleration over short distances. For a 14-year-old goalkeeper, this is a real strength and reflects his ability to move explosively around the goal. This level of acceleration will support key goalkeeper actions such as recovering position quickly, attacking through balls with confidence, closing down angles, and reacting rapidly during transitions. When combined with his excellent strength and power scores, it demonstrates that Charlie has developed an outstanding athletic profile for his age. Moving forward, the focus will be on maintaining these high physical standards while continuing to refine his footwork, movement efficiency, and technical execution. If Charlie continues to develop both physically and technically, he has an excellent platform to progress over the coming years.

Reaction Light Test

What it Measures- Visual reaction speed and hand-eye coordination

Athletes begin in a kneeling position and react to illuminated targets for 30 seconds, attempting to deactivate as many lights as possible. The kneeling position minimises lower-body influence, allowing the test to focus on reaction speed, visual processing, and upper-body coordination.

Why it Matters

Goalkeepers frequently rely on rapid reactions in close-range situations. This assessment measures the ability to quickly recognise and respond to visual stimuli under time pressure.

Reported Metric

- Lights Hit (30 Seconds):** Measures the total number of successful reactions completed within 30 seconds. A higher score indicates faster visual processing and reaction speed.

Assesment Date:

Next assessment: (8-12 weeks)

Lights Hit (30 Seconds):

Baseline Testing

25th May 2026

44

Coach comments:

Charlie recorded 44 lights in 30 seconds, which is an excellent result and demonstrates a very high level of visual reaction speed, processing ability, and hand-eye coordination. For a 14-year-old goalkeeper, this is a standout performance and reflects his ability to recognise and respond quickly to visual stimuli under pressure.

These qualities are essential in modern goalkeeping, helping Charlie react effectively to close-range shots, deflections, and unpredictable match situations. Combined with his outstanding strength, power, and acceleration results, this gives him an excellent all-round athletic profile.

Moving forward, we will continue to challenge Charlie with game-realistic reaction and decision-making drills to ensure these physical qualities consistently translate into match performances. By continuing to develop both technically and physically, he has a fantastic platform for long-term progression.

8 WEEK TRAINING REPORT

Charlie has been with Pinnacle Performance since the very beginning and has grown into one of the academy's standout goalkeepers. Over the years, he has consistently demonstrated excellent athletic ability, a willingness to learn, and has become a positive role model for our younger goalkeepers by supporting them during sessions and setting a good example.

Charlie's physical testing results are exceptional and reflect the work he has put into his athletic development. His scores for strength, power, acceleration, and reaction speed place him amongst the strongest performers in the academy and provide him with an excellent platform to continue progressing. Technically, Charlie is one of the strongest goalkeepers within the group. His handling, footwork, and overall understanding of the position are of a very high standard, and these qualities are regularly evident during training and matches.

The next stage of Charlie's development is less about ability and more about consistently applying his ability. We know the level he is capable of reaching when he trains with intensity, focus, and determination. As he continues his new challenge at Templehall, we hope he embraces the opportunity with confidence and takes ownership of his own development. Maintaining high standards in every training session, staying fully engaged throughout, and bringing maximum intensity to every repetition will allow him to take his game to the next level.

Moving forward, we would also like to see Charlie become more vocal on the pitch. Goalkeepers have a huge influence on their team through communication, and developing this side of his game will help him become an even more complete goalkeeper. Alongside this, sharpening his reactions to second-phase situations and recovering more quickly after the first save will further enhance an already impressive technical game.

KEY STRENGTHS

- Outstanding athletic profile for his age.
- Exceptional lower-body strength, power, speed, and reaction ability.
- Excellent handling and footwork.
- Strong technical understanding of the goalkeeper position.
- Positive role model for younger goalkeepers.
- Learns quickly and responds well to coaching.
- High potential to continue progressing.

DEVELOPMENT AREAS

- Maintain maximum intensity and concentration throughout every session.
- Develop stronger communication and leadership on the pitch.
- Improve reactions and recovery speed for second-ball situations.
- Continue taking ownership and accountability for his own development.
- Consistently transfer his ability into training and match performances.

COACHING FOCUS FOR NEXT BLOCK

- Build greater leadership and communication within the team.
- Improve recovery speed after the first save.
- Continue refining handling and footwork under pressure.
- Maintain the outstanding physical qualities developed through training.
- Reinforce high training standards and consistent intensity in every session.
- Continue building confidence and consistency at his new club.

Charlie has all the attributes to become an outstanding goalkeeper. His athletic profile and technical ability are among the strongest within the academy, and he has shown what he is capable of when fully focused and committed. The next step in his journey is to consistently bring that level of intensity and accountability to every training session and every match. If he does that, while embracing the opportunities ahead at Templehall, we are confident he can continue to develop into one of the academy's leading goalkeepers.