

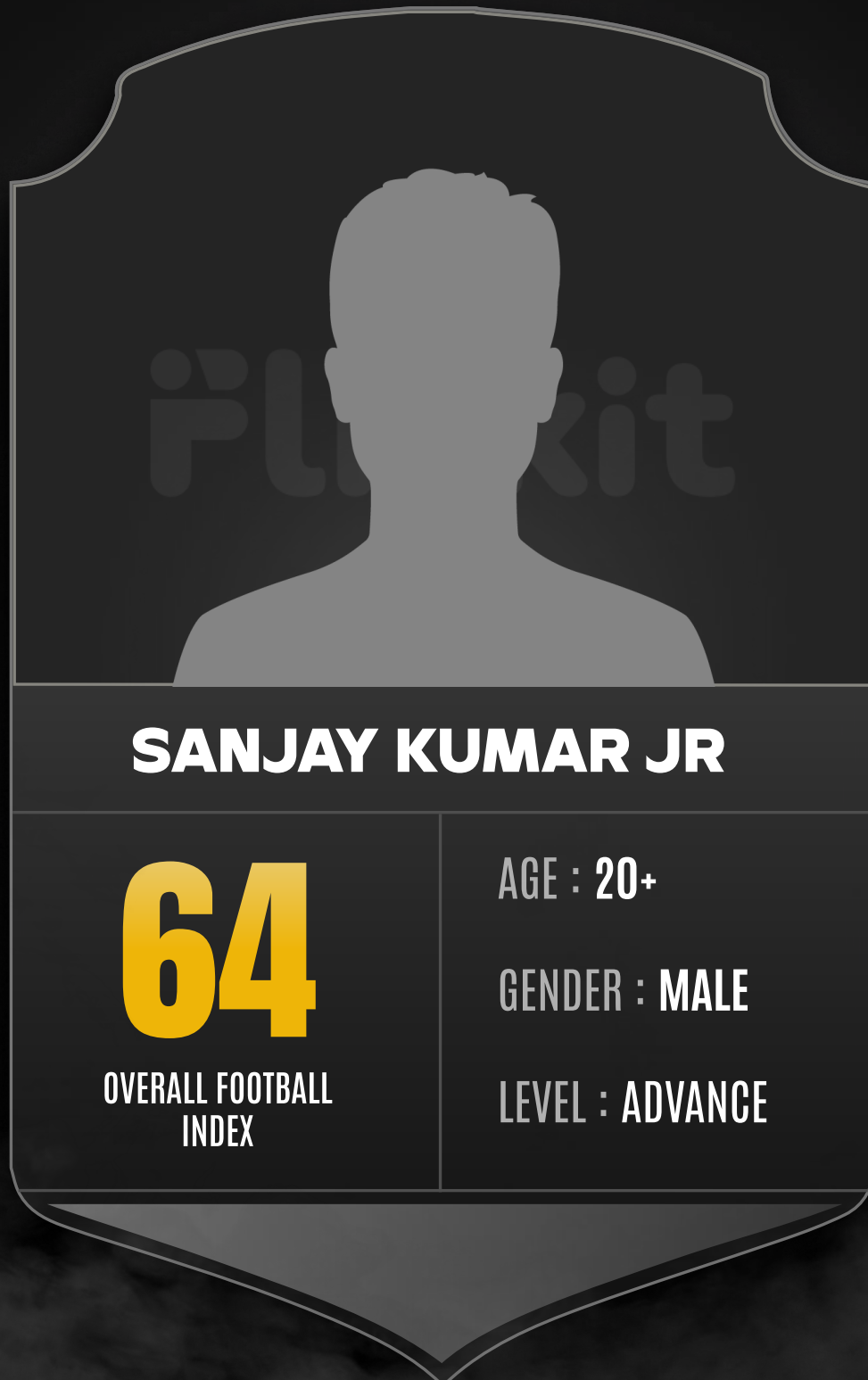


OLYMPIAD PERFORMANCE REPORT

2026



PLAYER PROFILE



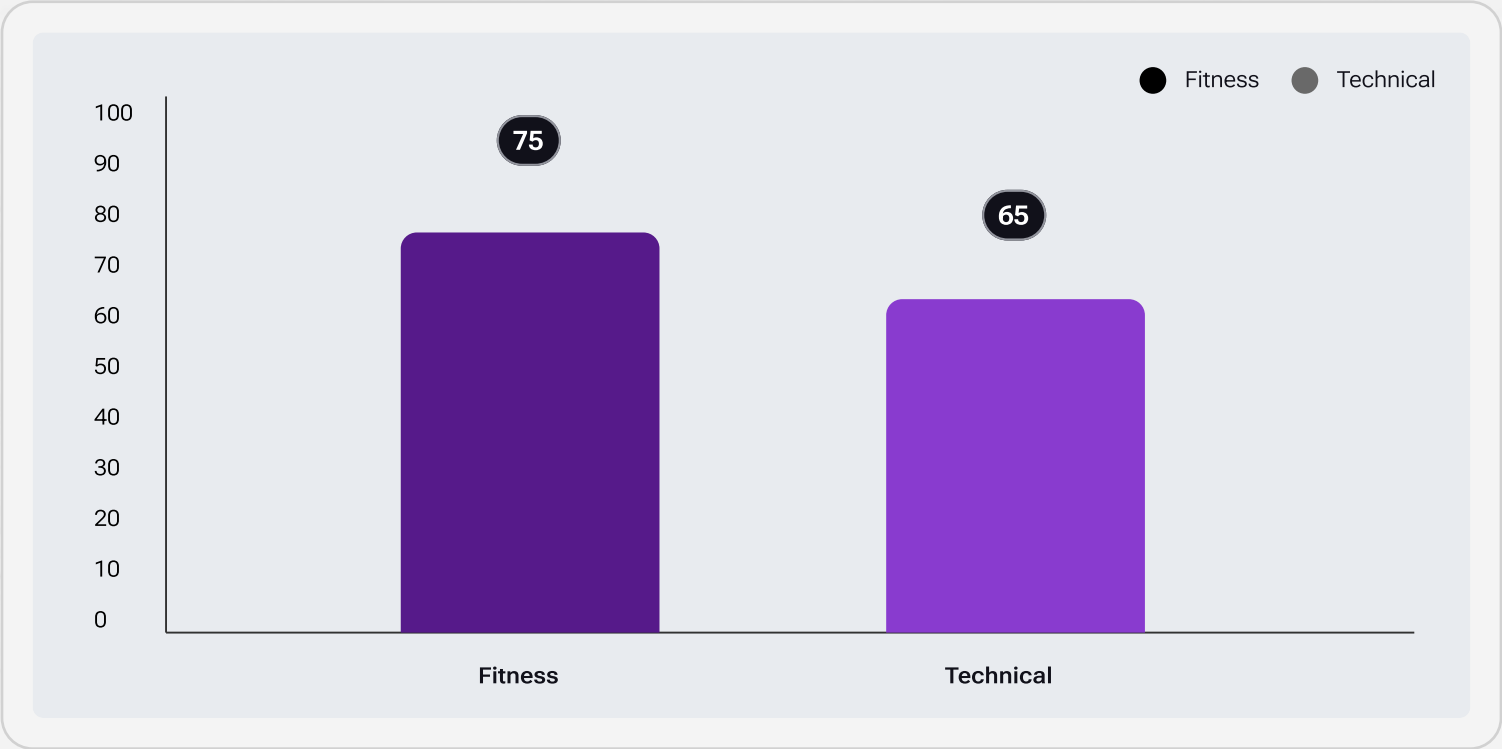
A player profile card for Sanjay Kumar Jr. The card is shield-shaped with a dark gray background and a white outline. At the top, there is a silhouette of a person's head and shoulders. Below the silhouette, the name "SANJAY KUMAR JR" is written in white capital letters. The card is divided into two columns. The left column contains a large yellow number "64" and the text "OVERALL FOOTBALL INDEX" in white capital letters. The right column contains three lines of text in white capital letters: "AGE : 20+", "GENDER : MALE", and "LEVEL : ADVANCE".

SANJAY KUMAR JR

64
OVERALL FOOTBALL
INDEX

AGE : 20+
GENDER : MALE
LEVEL : ADVANCE

OVERALL PERFORMANCE



REMARKS

The player has shown consistent improvement across both fitness and technical areas. **Agility, stamina, and passing accuracy** are developing steadily, with noticeable progress in overall coordination. Regular practice and discipline are evident, though **greater focus on endurance and speed transitions is recommended**. Overall performance indicates positive growth and readiness to move toward the intermediate level.

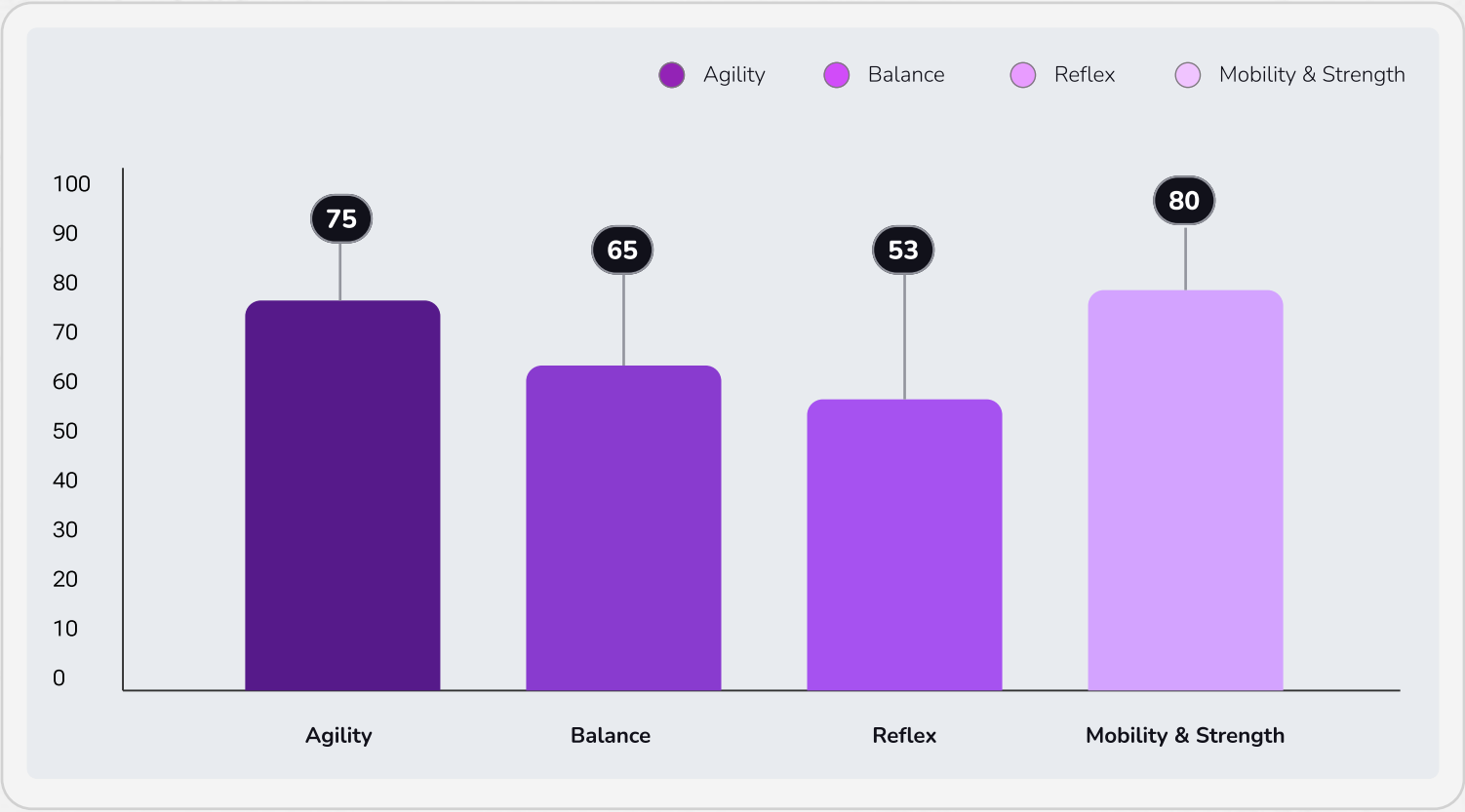


FITNESS ANALYSIS



75 pts

Category	Score	Remarks
Agility	89 / 100	Fast and well-coordinated movements
Balance	73 / 100	Steady posture, minor improvement needed.
Reflex	70 / 100	Quick reactions, good awareness.
Mobility & Strength	65 / 100	Decent strength, build endurance.



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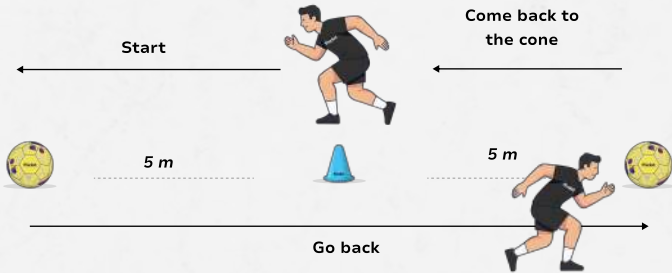
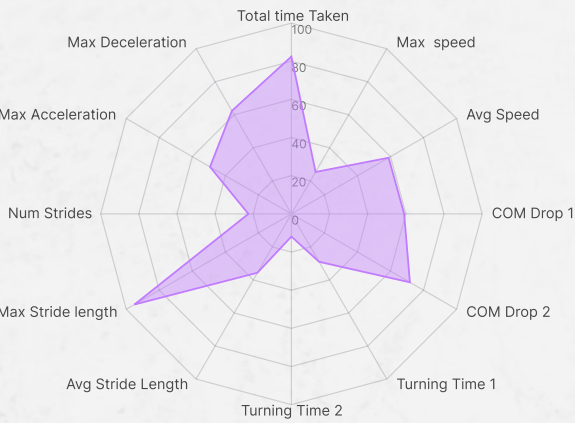
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5-10-5 DRILL

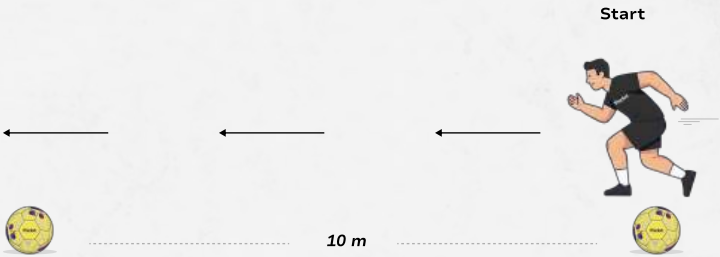
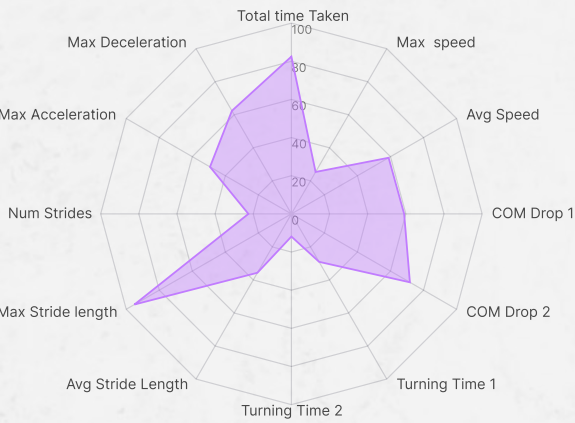
The most critical part isn't the sprinting, but the technique used to touch the line. Elite athletes are coached to touch the line with the hand opposite to the direction they came from. This small detail forces their hips to drop and pivot efficiently, allowing for a much more explosive acceleration into the next leg of the drill.



Metric Name	User Range
Total Time Taken	Low 8.62 s High
Max Speed	Low 4.81 m/s High
Avg Speed	Low 2.31 m/s High
COM Drop 1	Low 88.01 cm High
COM Drop 2	Low 86.1 cm High
Turning Time 1	Low 0.76 s High
Turning Time 2	Low 0.72 s High
Avg Stride Length	Low 1.07 m High
Max Stride Length	Low 1.45 m High
Num Strides	Low 21 High
Max Acceleration	Low 6.39 m/s² High
Max Deceleration	Low -6.65 m/s² High

10M SPRINT

A short-distance burst focused on pure acceleration. The emphasis is on an explosive start—driving from the hips, staying low, and maintaining powerful, quick strides through the first few meters. This drill builds speed, reaction time, and proper sprint mechanics for game situations.



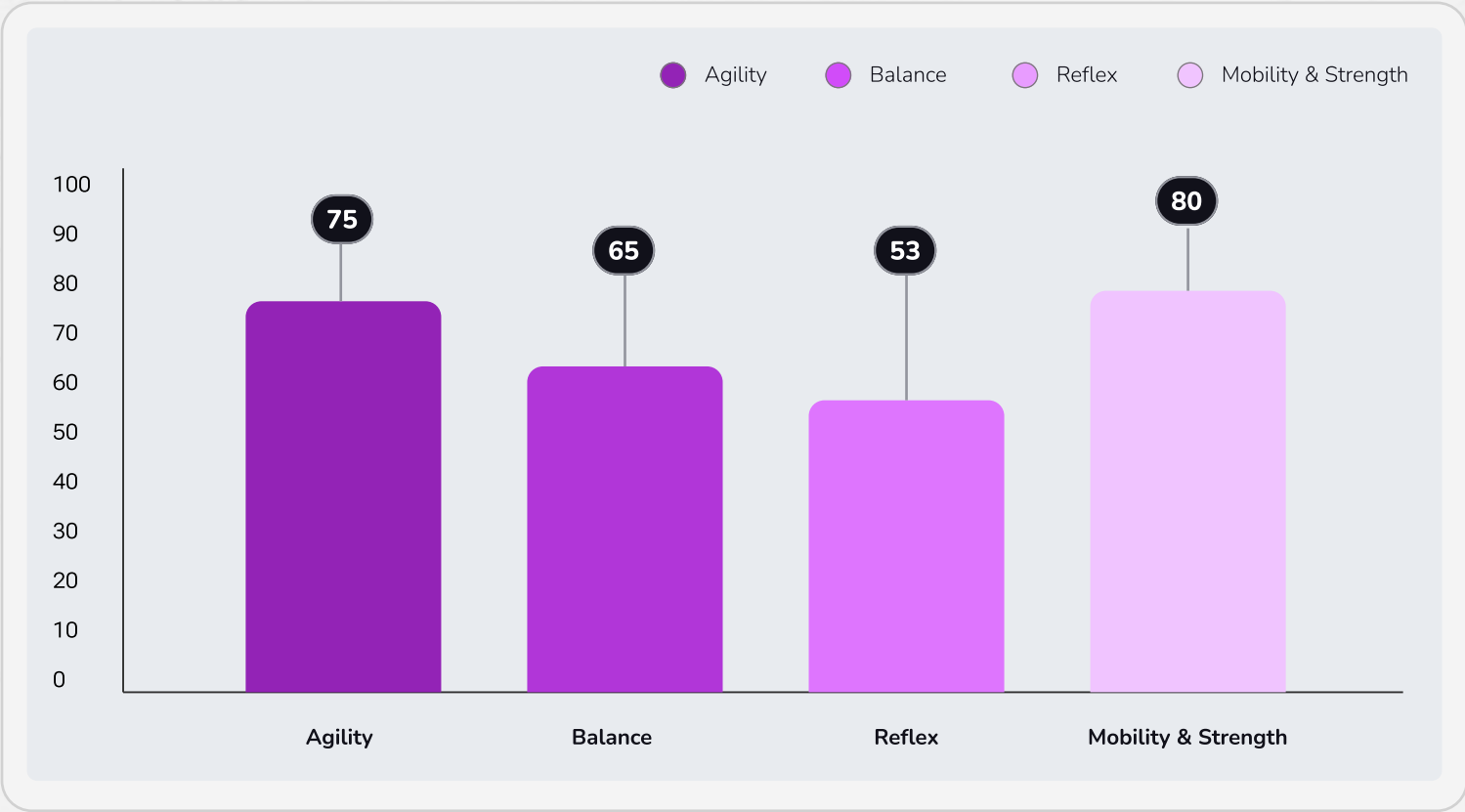
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TECHNIACAL ANALYSIS



75 pts

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Balance	73 / 100	Steady posture, minor improvement needed.
Reflex	70 / 100	Quick reactions, good awareness.
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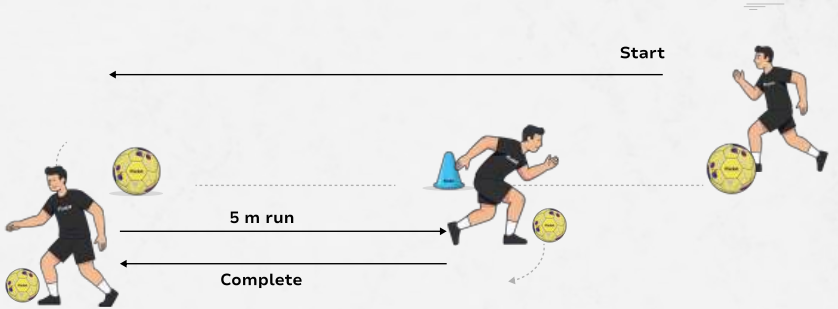
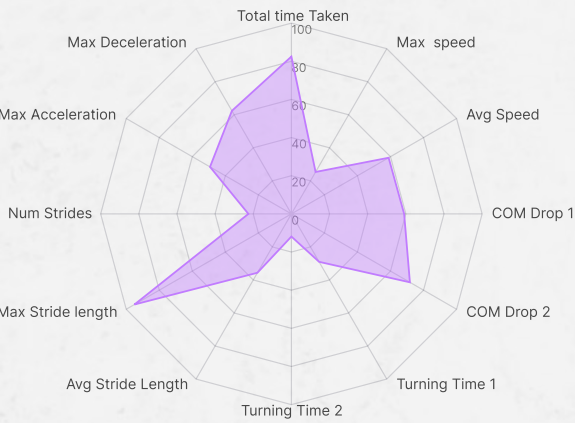
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10-5-5 DRILL

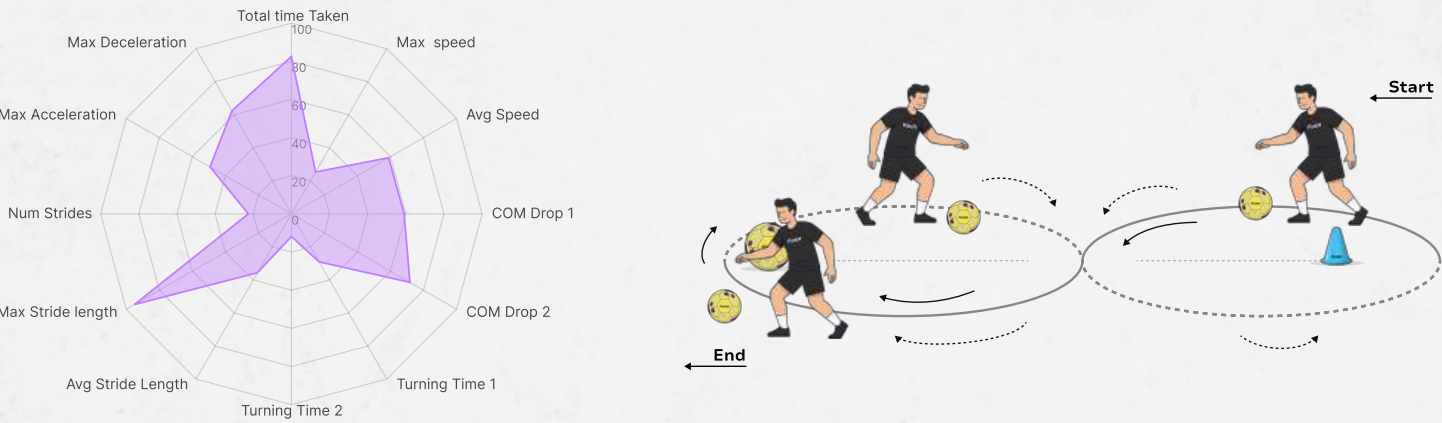
This drill develops quick direction changes and short-distance acceleration. Athletes sprint 10 meters forward, then perform two rapid 5-meter cuts in opposite directions. The focus is on sharp turns, efficient foot placement, and maintaining body control under speed—crucial for agility and game-time responsiveness.



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FIGURE OF 8

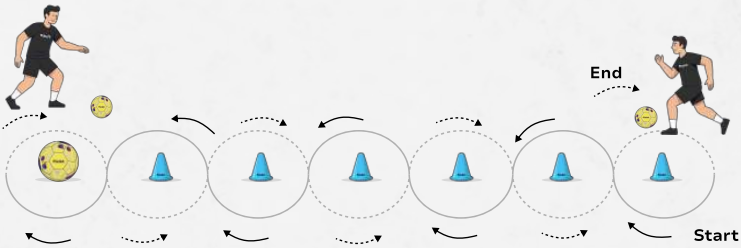
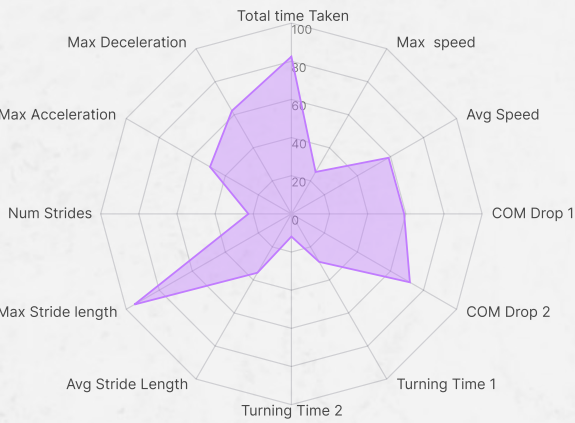
This drill enhances agility, balance, and ball control through continuous movement in a looping “8” pattern. Athletes focus on tight turns, controlled footwork, and maintaining speed while changing direction. It improves coordination, reaction time, and movement efficiency during quick positional shifts on the field.



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6 CONE DRIBBLE

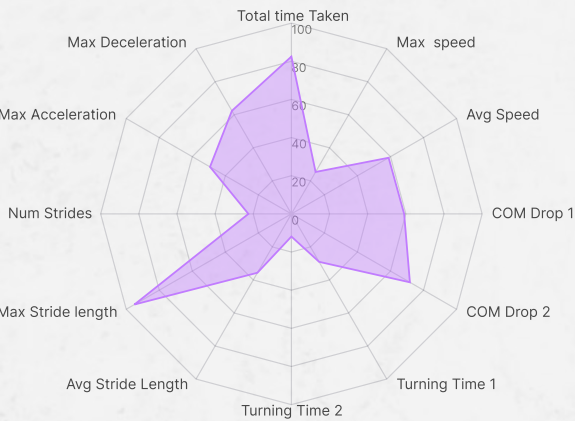
This drill builds close ball control and precision in movement. Players dribble through six cones placed in a straight or zigzag pattern, focusing on quick touches with both feet and maintaining balance around each cone. It sharpens coordination, improves agility, and strengthens confidence in handling the ball under pressure.



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20S NO BOUNCE KICKUPS ALTERNATE FEET

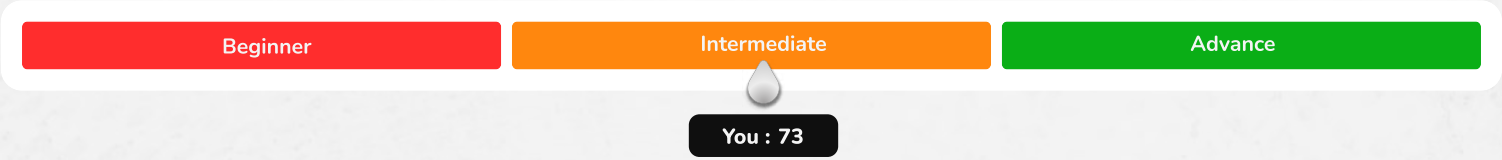
This drill develops rhythm, coordination, and balanced ball control. Players continuously juggle the ball for 20 seconds, alternating between both feet without any bounce. The focus is on even touch, timing, and maintaining steady control—key for improving overall technique and foot-to-ball connection.



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SUGGESTIONS

Based on your performance we can find that you are in a top 3% of your level. For your future improvements you need to work on your technical skills and your fitness is on track.



DRILLS TO IMPROVE

BALL MASTERY



Tick tocks
Level : Beginner



Tick tocks
Level : Beginner



Tick tocks
Level : Beginner



Tick tocks
Level : Beginner

BALL MASTERY



Tick tocks
Level : Beginner



Tick tocks
Level : Beginner



Tick tocks
Level : Beginner



Tick tocks
Level : Beginner

BALL MASTERY



Tick tocks
Level : Beginner



Tick tocks
Level : Beginner



Tick tocks
Level : Beginner



Tick tocks
Level : Beginner

QUIZ RESULTS

Total Questions	10
Correct Answers	7
Wrong Answers	3
Total Score	14/20



YOUR SKILLS. YOUR GAME. YOUR FLICKIT

TERMS & CONDITIONS

This report has been created solely for academic and analytical purposes. All findings, insights, and conclusions presented within are based on our independent research, observations, and interpretations.

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HOW FLICKIT WORKS ?

Flickit is a smart football training ecosystem designed to help players train smarter, track progress, and improve performance with real-time insights.

Flickit App – Train. Track. Improve.

The Flickit App offers a structured library of football drills with clear visuals, timing goals, and technique cues. Players can train with the Flickit Smart Football or standard ball while the app tracks repetitions, timing, speed, and control. It automatically converts data into performance insights, showing progress charts, leaderboard ranks, and personalized drill recommendations to help every player get better, faster.

Flickit Academy App – Empowering Coaches

The Flickit Academy App is built for coaches to efficiently manage players and sessions. Coaches can assign drills, track player performance, monitor progress, and share feedback, all from a single dashboard. It bridges communication between coaches, players, and parents, ensuring transparent, data-driven development at every level.

FLICKIT GEAR – TRAIN WITH THE BEST:

Flickit also offers a wide range of premium football gear, including smart balls, shin guards, socks, cones, and accessories, designed to complement the app experience and help players train like pros, both on and off the field.



CHECKOUT MORE ABOUT US



*Terms & Conditions