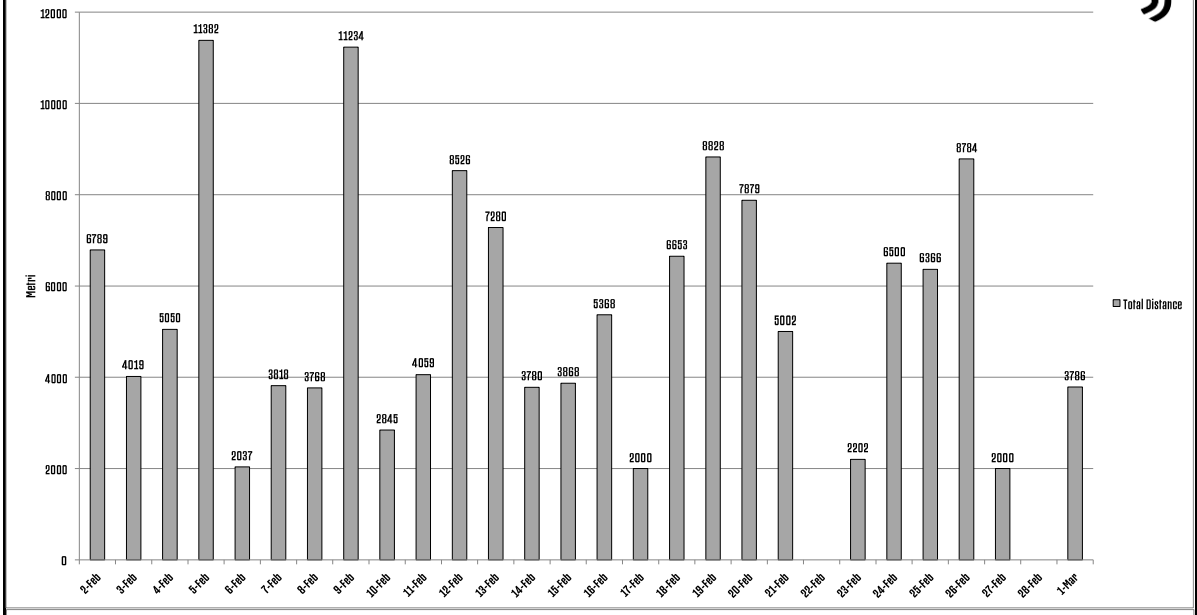
RESIDENCY CANTALUPA

# Report febbraio

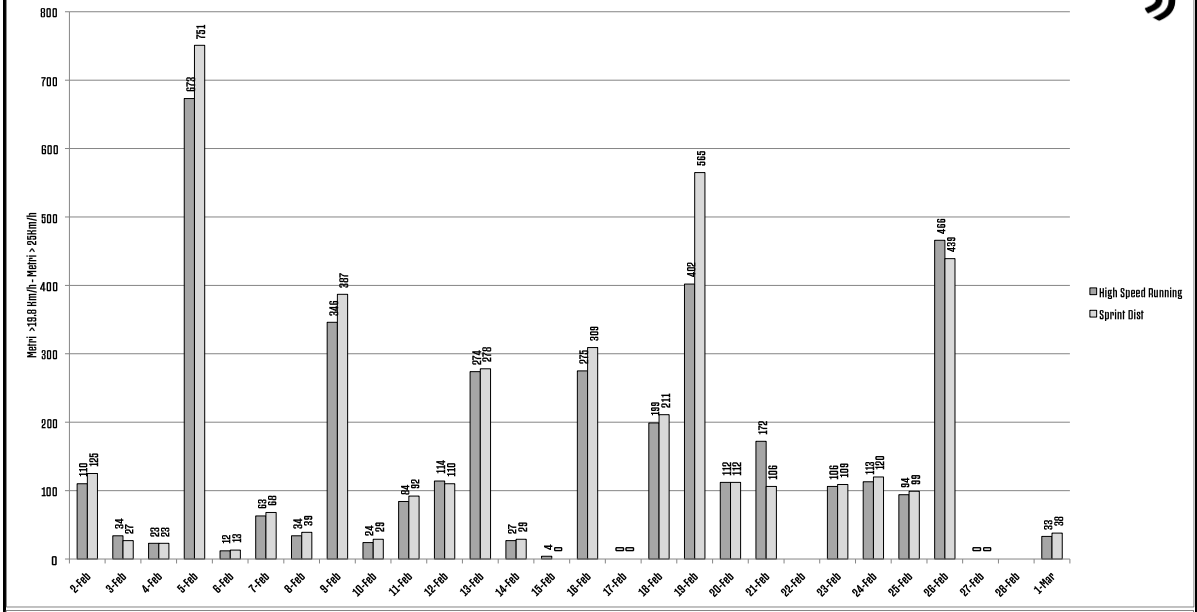
*Settimana 20-21-22-23*

# *Sanchez Jr Eric*

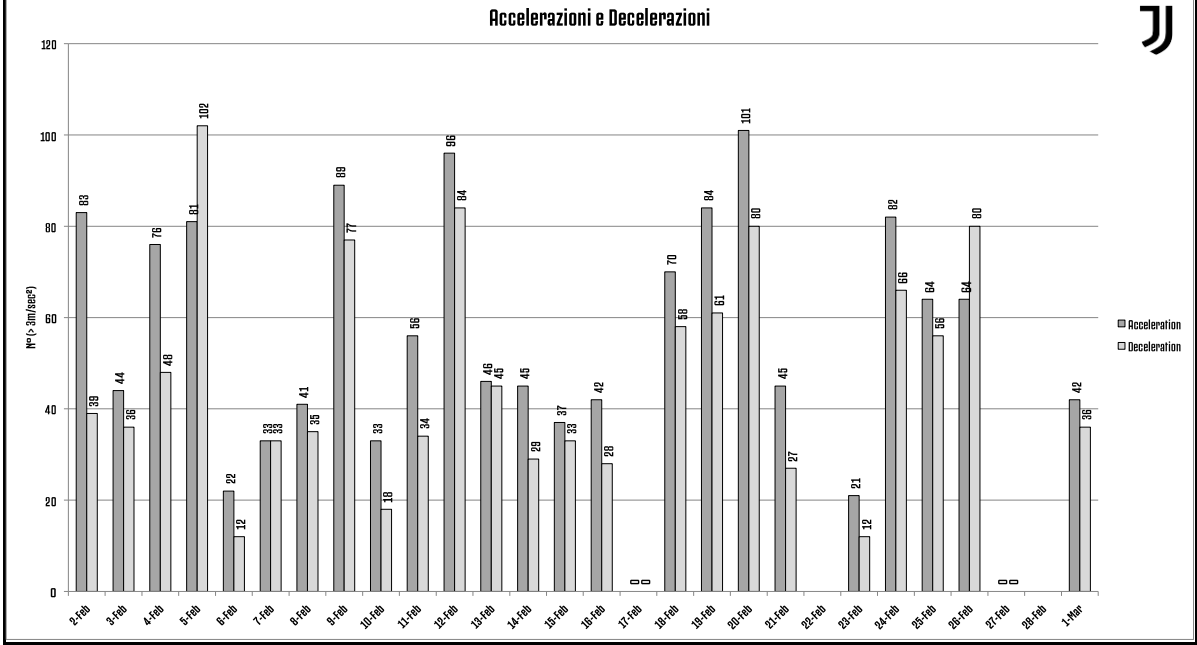
## Distanza totale



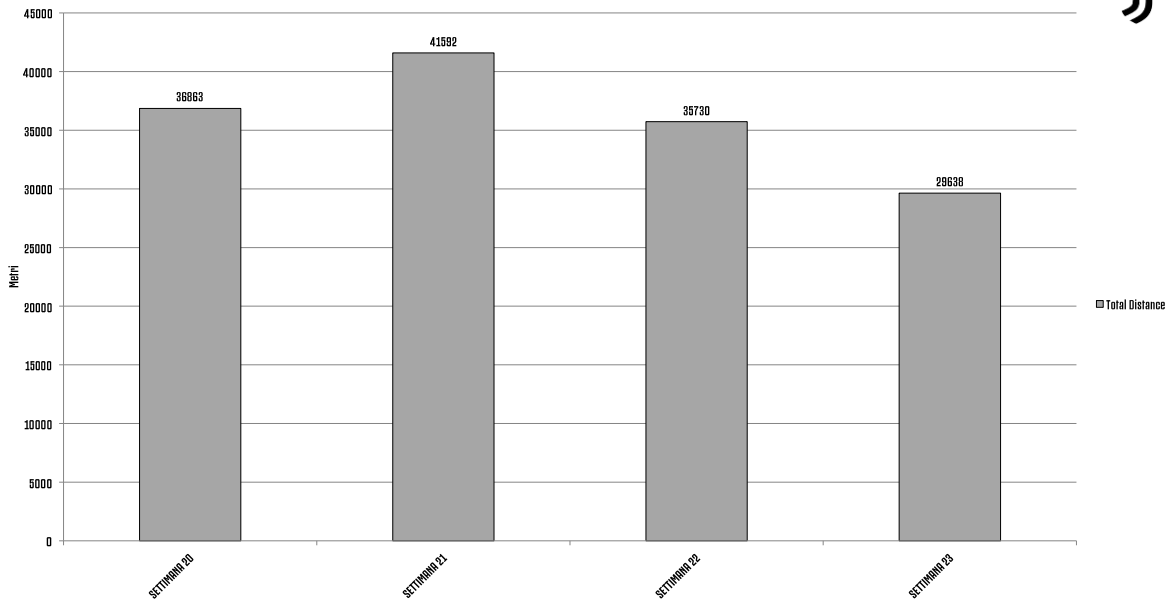

## Distanza ad alta velocità e distanza in Sprint



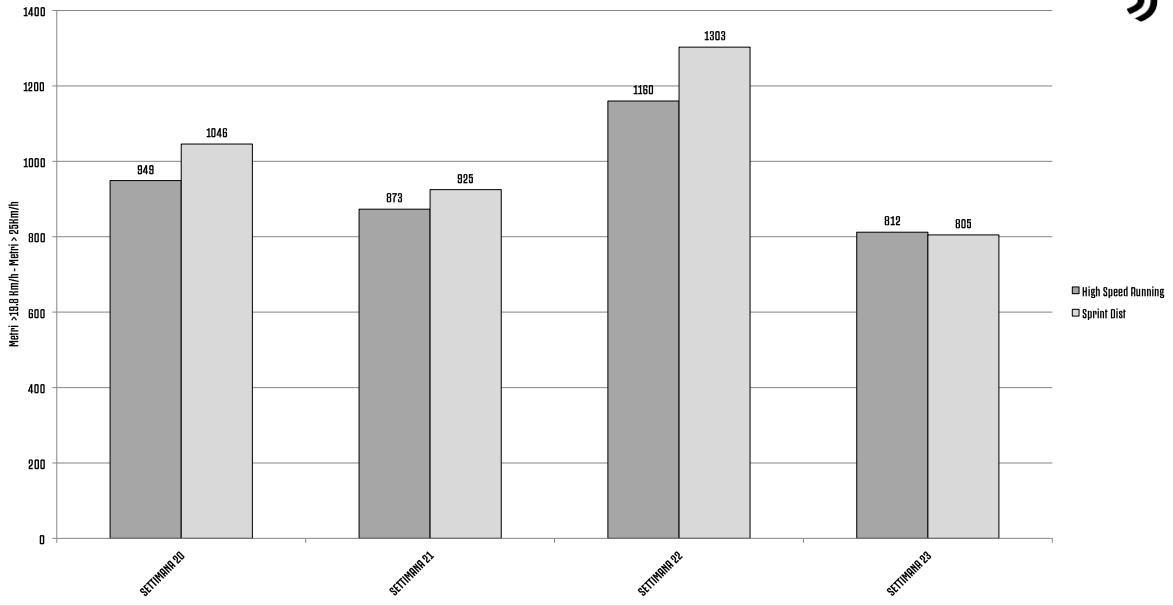

## Accelerazioni e Decelerazioni



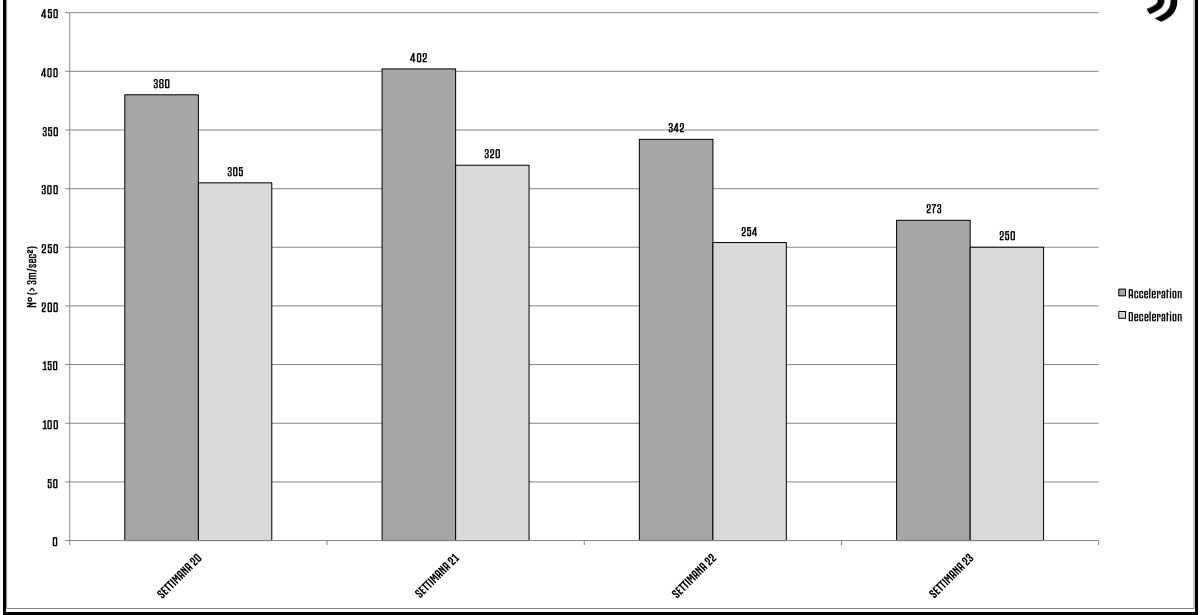
## Distanza totale




## Distanza ad alta velocità e distanza in Sprint




## Accelerazioni e Decelerazioni

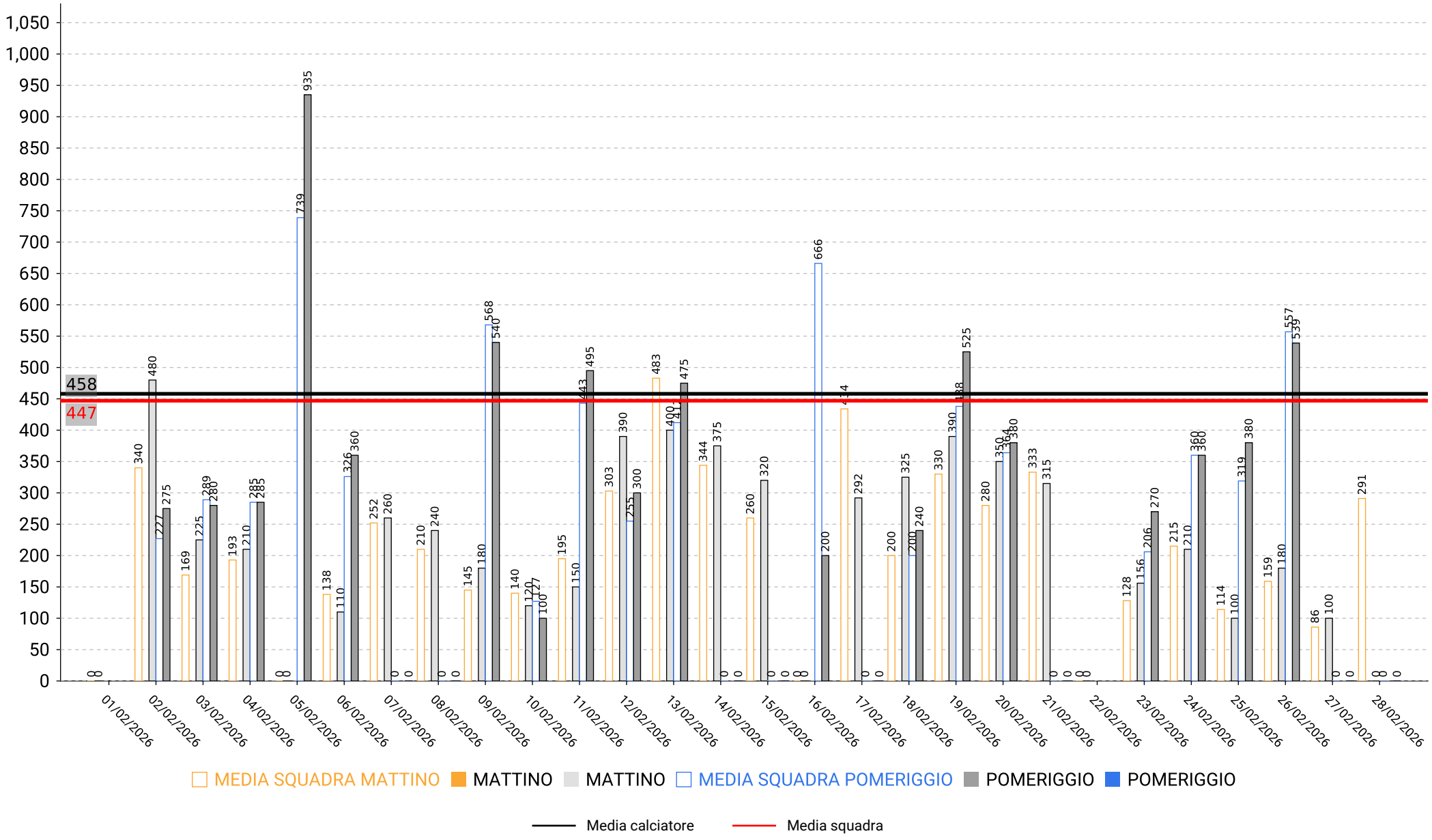


# JUVENTUS F.C S.p.A. ACADEMY RESIDENCY U16 2025/2026 - Sett. da 01/02/2026 a 28/02/2026

## Training Load giornaliero SANCHEZ JR E.

SANCHEZ JR E. - Carico di allenamento: percezione dello sforzo (RPE) x durata allenamento

Stampato in data 05/03/2026

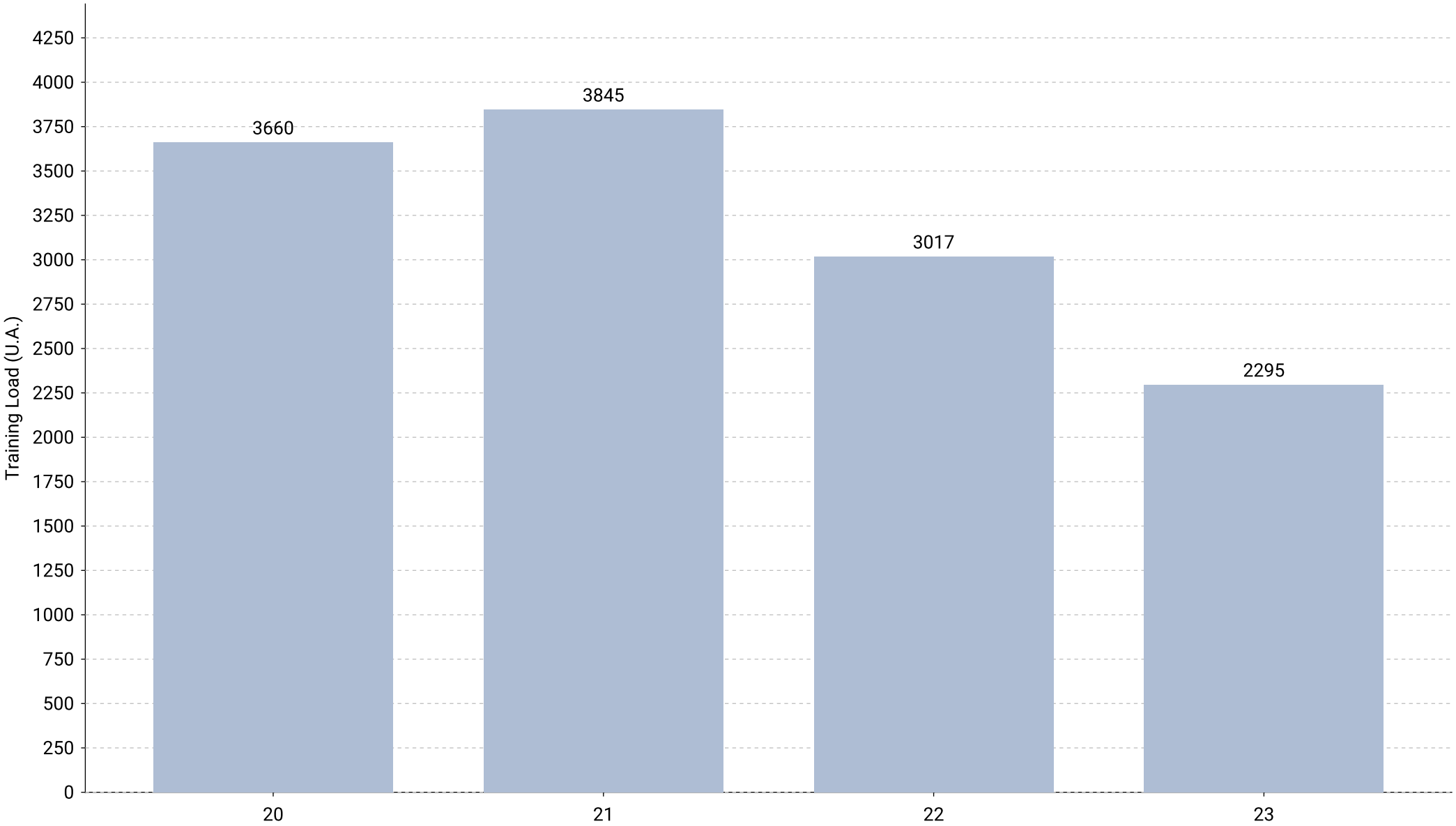


# JUVENTUS F.C S.p.A. ACADEMY RESIDENCY U16 2025/2026 - Dal 02/02/2026 al 28/02/2026

## Training Load settimanale SANCHEZ JR E.

SANCHEZ JR E. - Carico di allenamento: percezione dello sforzo (RPE) x durata allenamento

Stampato in data 05/03/2026



# MINUTI GIOCATI ACADEMY RESIDENCY U16

## Partite ufficiali e amichevoli

## Dal 01/02/2026 al 28/02/2026

| Calciatore | Tot Stag. | Tot periodo | (1) 05/02 | (2) 09/02 | (3) 16/02 | (4) 26/02 | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| SANCHEZ JR E. | 222 | **197** | 80 | 60 | 10 | 47 | | | | | | | | | | | | | | |

NOTA: le partite con data su sfondo azzurro sono state disputate con la rispettiva squadra nazionale

| Giorno | Squadra | Partita |
|---|---|---|
| (2) 09/02 | ARU16 | Fossano 2-0 Juventus U16 JR |

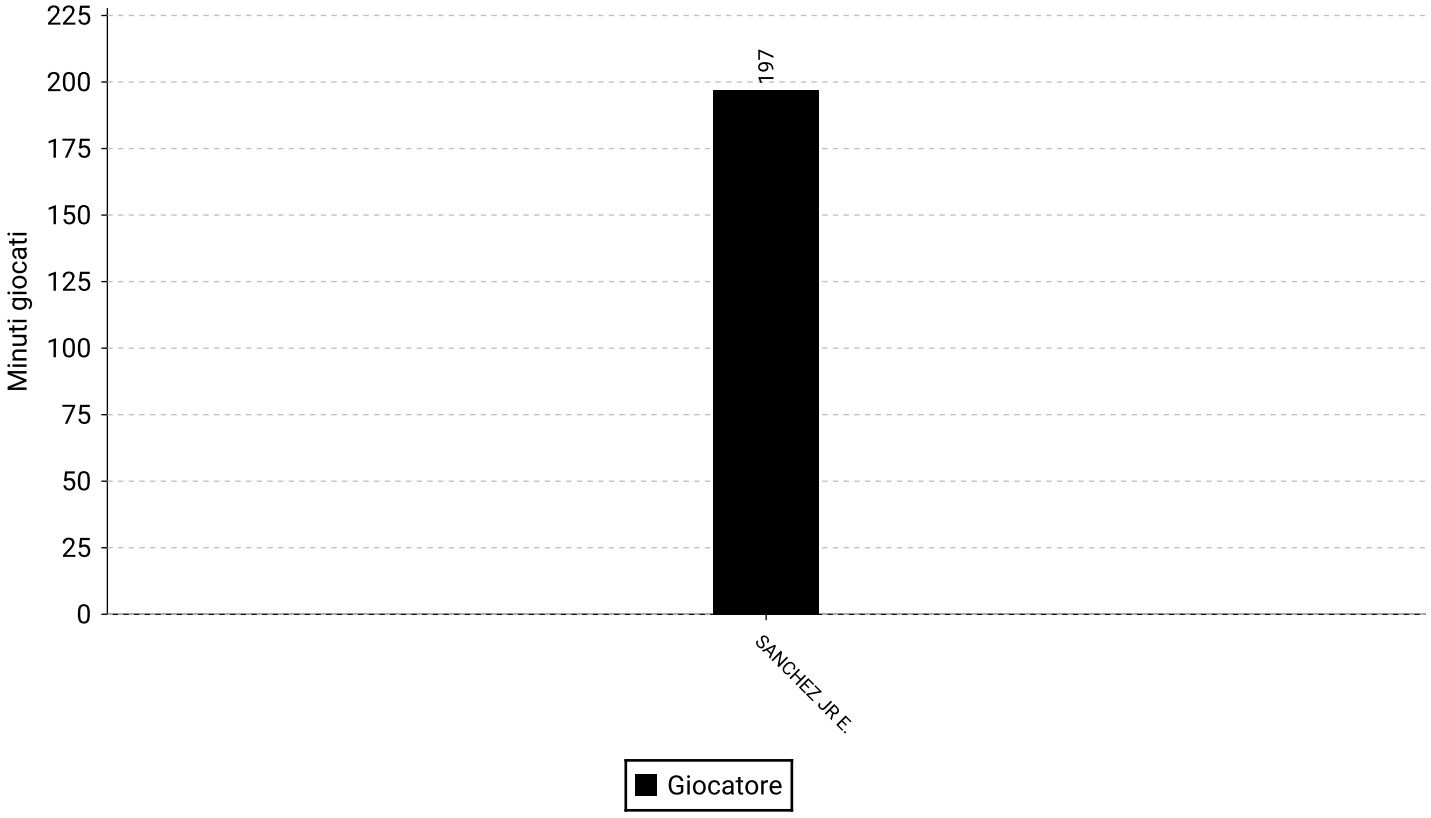
Aggiornamento del 1/03/2026

# MINUTI GIOCATI ACADEMY RESIDENCY U16

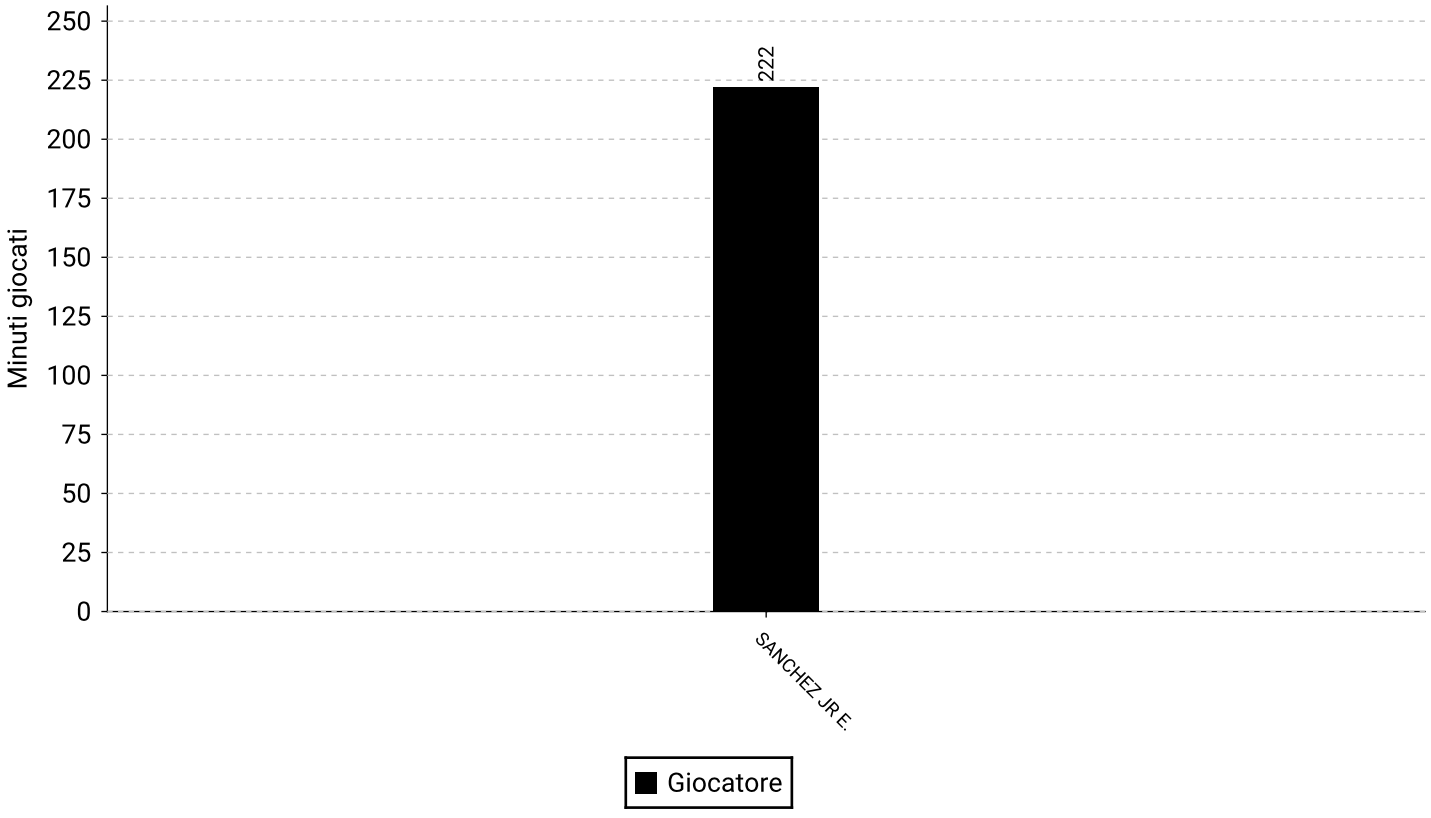
**Partite ufficiali e amichevoli**

**Dal 01/02/2026 al 28/02/2026**

Totale periodo

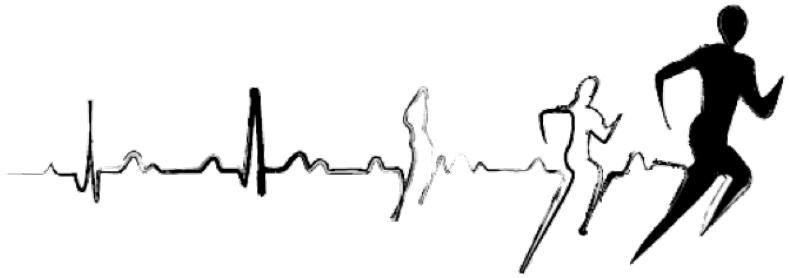



Totale stagionale




Aggiornamento del 1/03/2026

Sport
Department



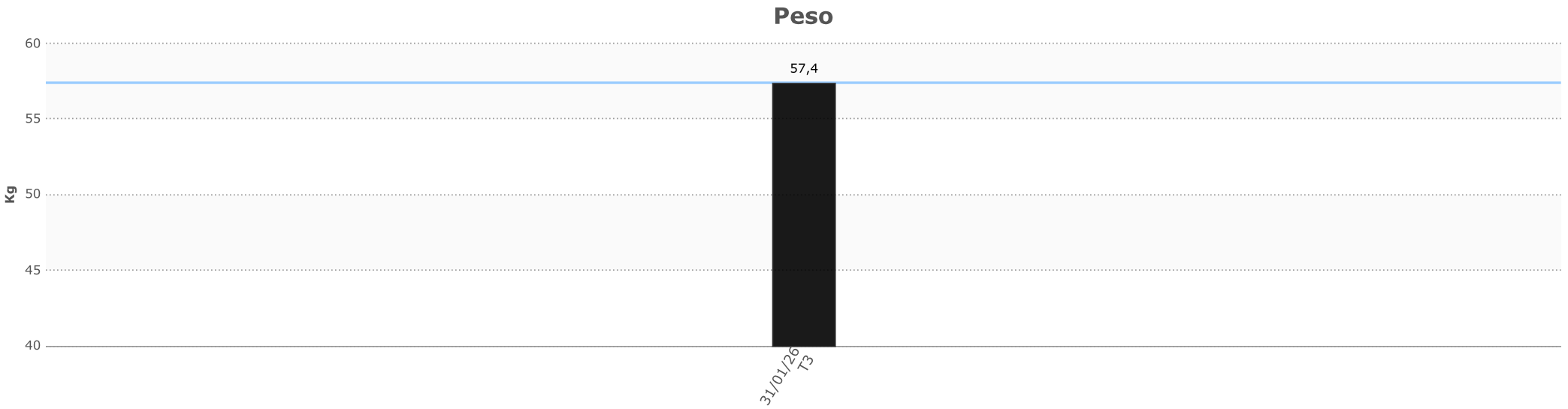
# SANCHEZ JR ERIC

## ACADEMY RESIDENCY U16

# Dati antropometrici

**SANCHEZ JR Eric**

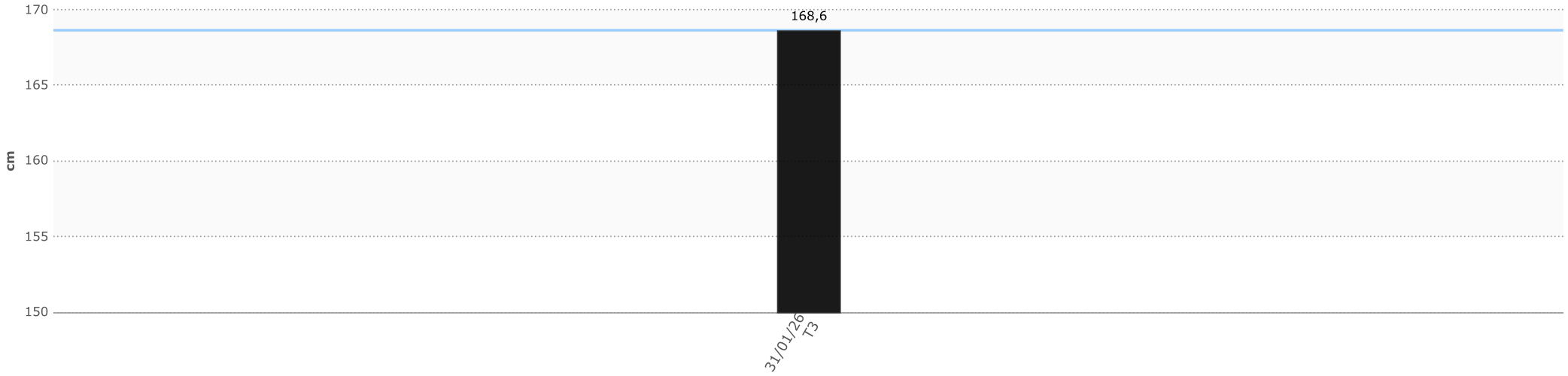
| | 31/01/2026<br>T3 |
|---|---|
| **Peso** | 57.4 |
| **Altezza** | 168.6 |
| **Altezza da seduto** | 117.2 |



# Dati antropometrici

**SANCHEZ JR Eric**

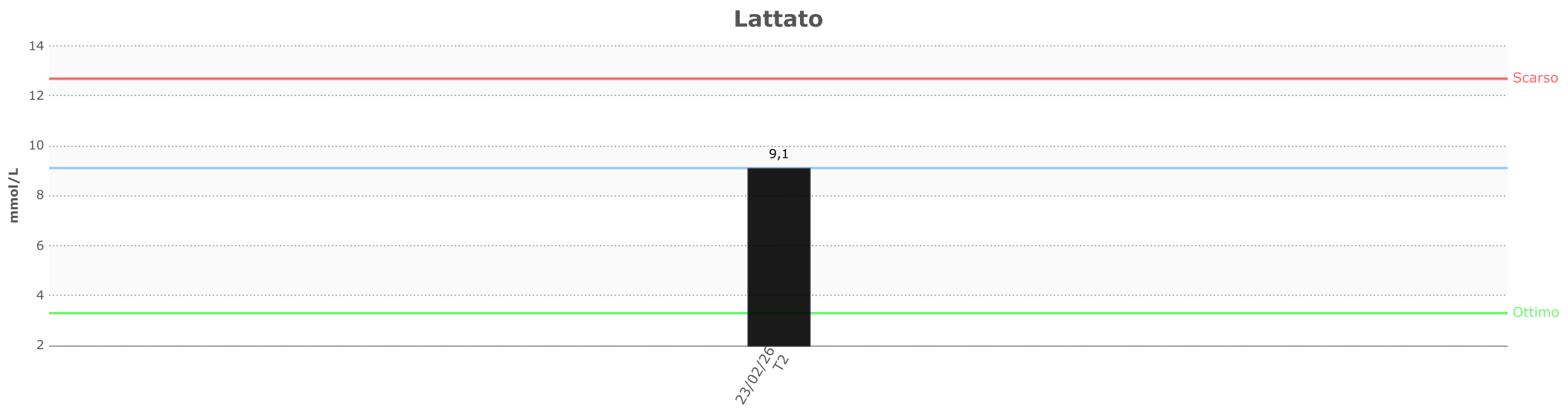
## Altezza



# Mognoni

## SANCHEZ JR Eric

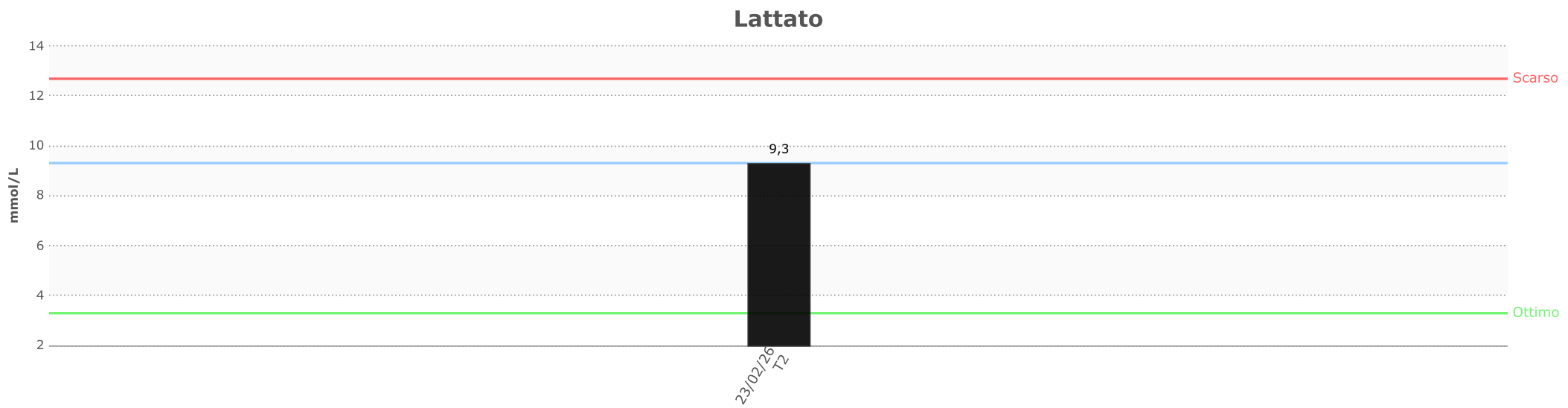
| | 23/02/2026<br>T2 |
|---|---|
| **Lattato** | 9.1 |
| **RPE** | 4.0 |



# HIT

## SANCHEZ JR Eric

| | 23/02/2026<br>T2 |
|---|---|
| **Lattato** | 9.3 |
| **RPE** | 6.0 |



# Test di performance

# SANCHEZ JR

Giocatore: SANCHEZ JR | Stagione: 2025/2026 | Periodo (T): Selezioni multiple | Condizione (ripresa o in stagione): Tutte | Da - A: 01/07/2001 - 30/06/2050

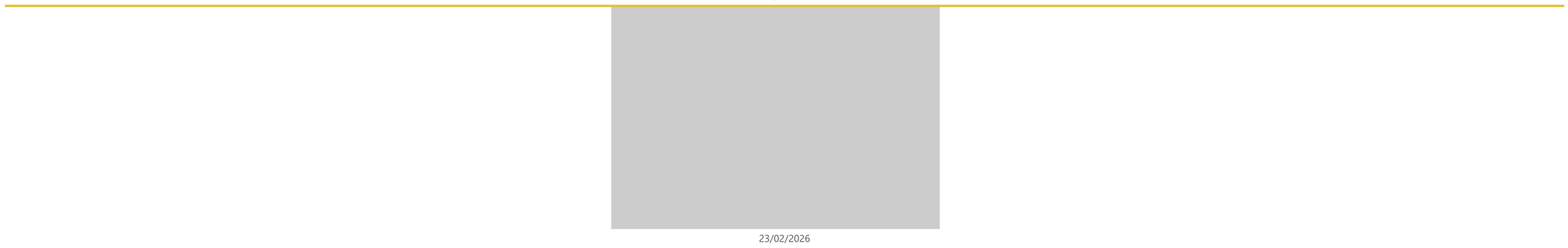
Test di performance | Asimmetrie muscolari

Nel report sono riportati i risultati dei **test di performance** (Mognoni, HIT, CMJ e RSI) e delle **asimmetrie muscolari** (asimmetrie di forza). I grafici riportano tutti i test effettuati dal giocatore (barre grigie), mentre la linea orizzontale gialla rappresenta la media individuale. Per descrivere la **condizione fisica del giocatore**, il risultato dell'ultimo test viene confrontato con la media storica e rappresentato nel riquadro "Ultimo test". Il colore del riquadro descrive la condizione fisica rispetto alla media individuale: verde = buona, grigio = stabile e rosso = scarsa.

Accumulo di lattato registrato al termine di 6' di corsa continua a 13.5 km/h
*Blood lactate level accumulated following 6' continuous run at 13.5 km/h*

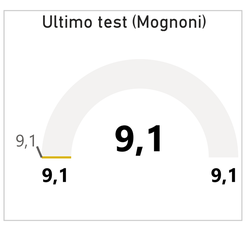
## Test Mognoni

(mmol di lattato)




9,1
Media individuale (Mognoni)

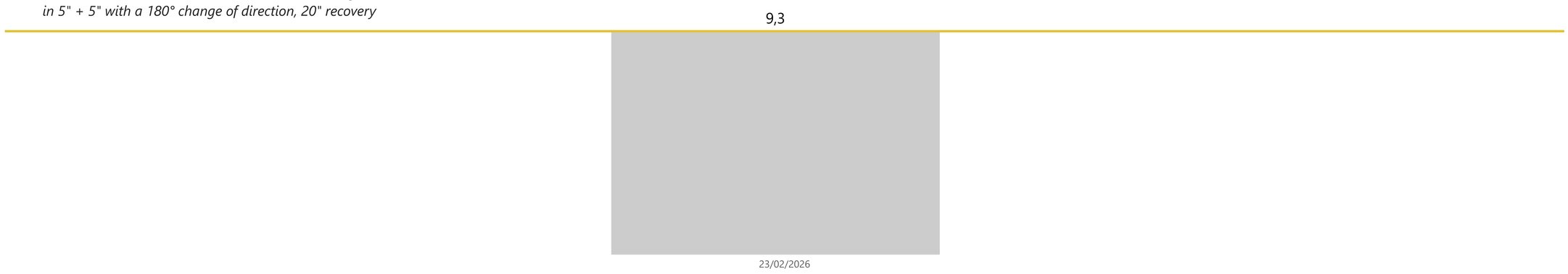
Ultimo test (Mognoni)




Accumulo di lattato dopo 5' di corsa intermittente: 10 x (25+25m) in 5" + 5" con cambio di senso 180°, 20" di recupero
*Blood lactate after 5' of intermittent shuttle running: 10 x (25+25m) in 5" + 5" with a 180° change of direction, 20" recovery*

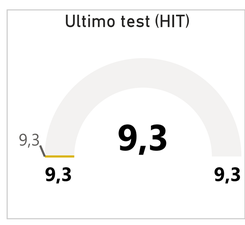
## HIT

(mmol di lattato)




9,3
Media individuale (HIT)

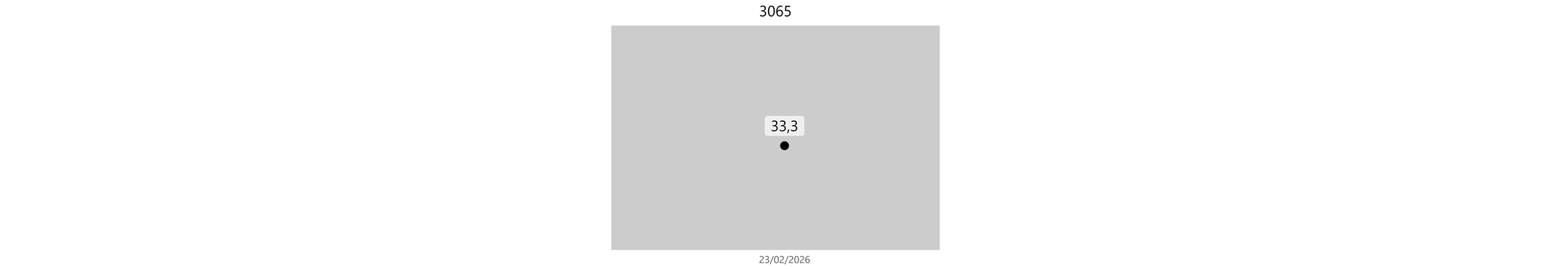
Ultimo test (HIT)




Altezza e potenza raggiunte in un salto bipodalico con contro movimento
*Jump height and peak power achieved during a bilateral countermovement jump*

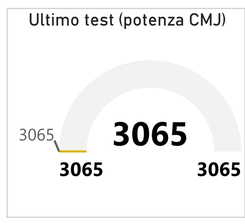
## Test di salto (CMJ)

Potenza salto (W) Altezza salto (cm)




3.065
Media individuale (potenza CMJ)

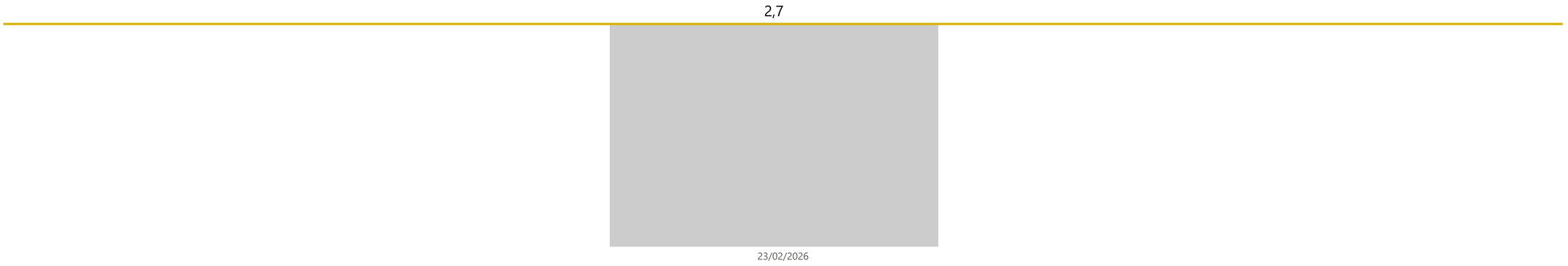
Ultimo test (potenza CMJ)




Rapporto tra tempo di volo e tempo di contatto durante 10 salti continui bipodalici
*Flight:contact time ratio during 10 continuous bilateral jumps*

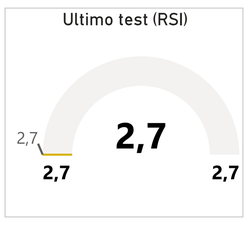
## Test di salti ripetuti - RSI

(indice di forza reattiva)




2,7
Media individuale (RSI)

Ultimo test (RSI)




## ASIMMETRIE di FORZA (arto destro VS sinistro)

Per le asimmetrie le barre azzurre indicano maggior forza nell'arto sinistro, mentre le barre arancioni indicano maggior forza nell'arto destro. Sono da considerarsi **significative le asimmetrie di forza >15%.** Per i rapporti adduttori/abduttori sono evidenziati in rosso i rapporti muscolari al di fuori degli intervalli di normalità (0.8 - 1.2).

| Data | CMJ-spinta | CMJ-atterraggio | IPC-ischiocrurali | ADD-adduttori | ABD-abduttori | Rapporto ADD/ABD - Sn | Rapporto ADD/ABD - Dx |
|---|---|---|---|---|---|---|---|
| 23/02/2026 | -2 | -11 | | | | | |

# SANCHEZ JR ERIC



TABLE 2
The Sprint Mechanics Assessment Score[a]

| Phase | Parameter & Description | Score: Yes = 1, No = 0 Left | Right |
|---|---|---|---|
| Contralateral toe-off<br>The point immediately before the contralateral foot leaving the ground | Trailing limb extension<br>Does the athlete appear to be in excessive extension?<br>This may be characterized by the trailing hip oriented at ≥45° from the vertical, combined with a fully extended knee. | | |
| MVP<br>Midpoint between toe-off and touch-down; pelvis is at its highest point in the flight phase | Back kick<br>Is the heel of the trailing limb above the calf of the trailing leg?<br>Shin should not be higher than parallel with the floor.<br>Trunk and pelvic rotation<br>Does the athlete appear to rotate excessively through the trunk?<br>This may appear as large arm movements or trunk twisting, with the upper arm and shoulder visible on the far side of the body. | | |
| Late swing<br>The point of maximal knee extension during the swing phase | Thigh separation<br>Is the knee of the trailing leg behind the gluteal muscles? | | |
| MVP to late swing | Lumbar extension/anterior pelvic tilt<br>At any point between MVP and late swing, does the athlete appear to be in anterior pelvic tilt or lumbar extension?<br>This may look like excessive lower back arching, elevated chest, or "bum behind the body." | | |
| Touch-down<br>Point of first contact with the ground | Forward lean<br>Does athlete appear to have an increased forward lean? This may look >15° if a line is drawn from the vertical compared with one from the greater trochanter to the C7 vertebra.<br>Lumbar extension/anterior pelvic tilt<br>Does there look to be an increase in anterior pelvic tilt or lumbar extension?<br>This may look like excessive lower back arching or "bum behind the body."<br>Thigh separation<br>Is the gap between the thighs >20° or the trailing knee behind the back?<br>Foot contact vs CoM distance<br>A line is drawn horizontally from the position of foot contact to the CoM.<br>Is there space for another foot?<br>Shin angle<br>Does the shin look to be extended?<br>This may appear as an ankle joint center in front of the knee.<br>Foot inclination<br>Is there a visible gap between the forefoot and the floor, or the heel and the floor (excessive heel strike or forefoot strike)? | | |
| Midstance<br>The point where pelvis is positioned directly over the ankle joint | Vertical collapse/midstance collapse<br>Is there increased knee flexion/ankle dorsiflexion? This may look like the athlete is "sinking" into the stride, "sitting down," or the knee is translating over the toes with the foot flat. | | |
| Total score | | | |

[a]CoM, center of mass; MVP, maximal vertical projection.

## TOTAL SCORE: 2

| Description | S-MAS |
|---|---|
| Excellent | 0 |
| Excellent | 1 |
| Good | 2 |
| Average | 3 |
| Average | 4 |
| Average | 5 |
| Poor | 6 |
| Very Poor | 7 |
| Very Poor | 8 |
| Very Poor | 9 |
| Very Poor | 10 |
| Very Poor | 11 |
| Extremely Poor | 12 |

