



Raduno Salti Fidal Piemonte: Risultati Preliminari Test Optojump

Cantalupa, 25-28 agosto 2017

La valutazione della capacità di salto e performance analysis sul gesto di gara

Marco Airale - Alberto Franceschi

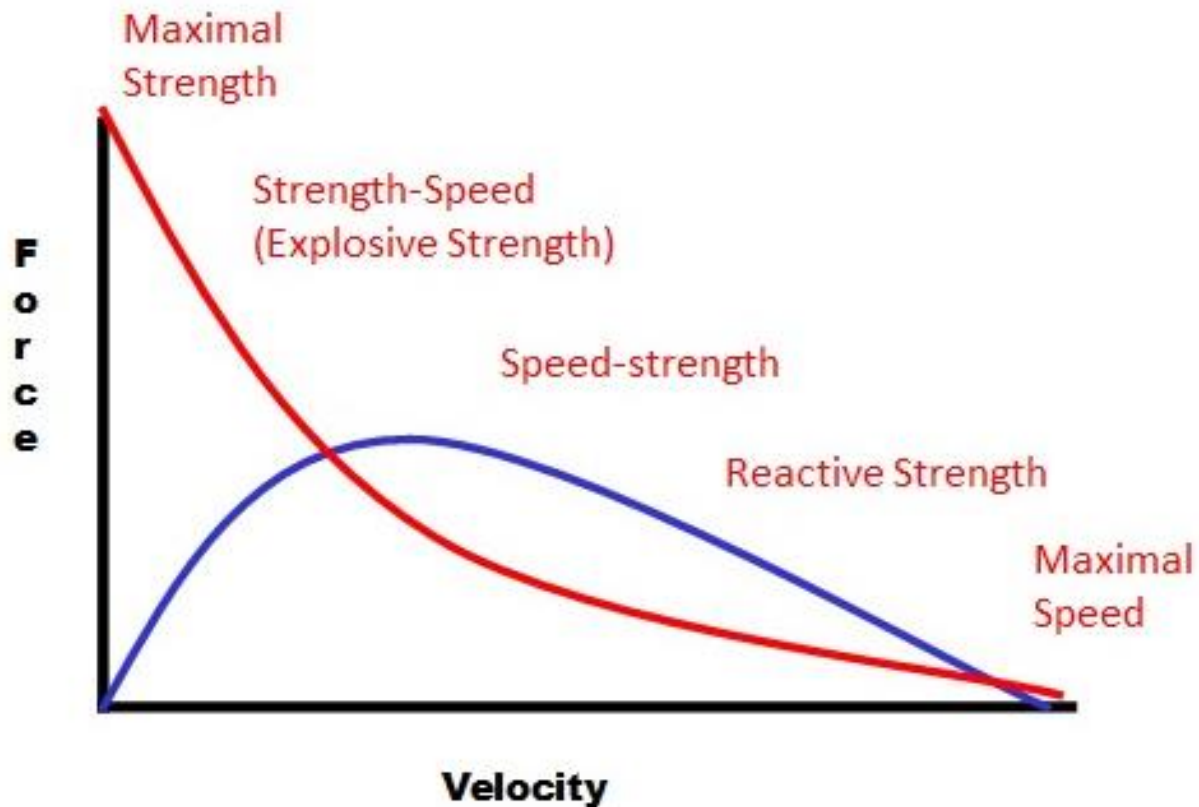
OBIETTIVI

- Valutazione oggettiva della capacità di salto verticale;
- Monitoraggio della performance di gara;
- Creazione di profili individuali per lo sviluppo della capacità di salto in relazione all'allenamento della forza e della prestazione di gara.

DATI & PARAMETRI

- TEST SALTO VERTICALE
 - CMJ (H)
 - SJ (H)
 - STIFFNESS (RSI, CT, FT, H)
- PERFORMANCE ANALYSIS
 - ALTO: CT
 - LUNGO/TRIPLO: STACCO (CT, SP,L, ACC);
PENULTIMO (CT, SP, L)
- PROFILI INDIVIDUALI

FORZA-POTENZA-VELOCITA': VALUTAZIONE DELLA CAPACITA' DI SALTO



RISULTATI: VALUTAZIONE CAPACITA' DI SALTO VERTICALE

Group	Athlete	DoB	Age Group	CMJ	SJ	STIFFNESS				
				height	height	contact time	flight time	height	potenza	RSI
B	SACCHI Alessandro	1998	JM	57.7	58.2*	0.223	0.634	47.8	57.23	2.15
B	SALA Chiara	1999	JF	37.4	39.8*	0.174	0.494	30	45.81	1.73
B	NOVO Lorenzo	2001	AM	65.5	61.3	0.193	0.593	43.1	58.25	2.24
A	PUSCEDDU Lorenzo	2001	AM	67.5	61.6	0.196	0.654	52.5	68.2	2.68
B	CASTELLANI Laura	2000	AF	35.1	32.9	0.18	0.477	27.9	42.08	1.56
A	BERTON Giorgia	2001	AF	44.3	44.9	0.19	0.598	43.8	61.48	2.4
A	MASSA Alessandro	2002	CM	54.7	56.0*	0.184	0.566	39.3	55.56	2.14
A	FAVRO Davide	2002	CM	60.6	57.5	0.181	0.543	36.3	55.28	2
A	SCARSELLI Federico	2002	CM	50.2	51.5	0.168	0.56	38.4	58.2	2.28
A	BACCO Matilde	2002	CF	43.3	38.6	0.175	0.485	28.8	43.92	1.65
B	SIANI Charlotte	200	AF	41	41.1	0.161	0.492	29.7	48.08	1.85

RISULTATI: PERFORMANCE ANALYSIS SALTO IN LUNGO/TRIPLO

Group	Athlete	DoB	Age Group	LJ run up						
				length pen	length to	contact time pen	contact time to	speed pen	speed to	Acc
B	ADORNI Gabriele	2002	CM	/	204	0.134	0.161	/	9.71	/
A	BACCO Matilde	2002	CF	204	231	0.145	0.138	8.36	8.13	-0.43
A	BERTON Giorgia	2001	AF	199	195	0.130	0.156	7.96	9.33	2.99
C	BOMBARA Federica	1999	JF	221	214	0.129	0.143	8.25	9.18	1.87
A	FAVRO Davide	2002	CM	219	216	0.130	0.137	9.24	10.09	1.89
C	FERRAMOSCA Francesco	1999	JM	/	223	0.130	0.149	/	9.49	/
C	FERRERO Sara	2000	AF	192	169	0.129	0.139	7.44	8.76	2.91
C	MADDALONI Alessandro	2002	CM	/	206	0.132	0.149	/	9.12	/
B	NOVO Lorenzo	2001	AM	224	220	0.145	0.145	8.96	8.93	-0.07
A	PUSCEDDU Lorenzo	2001	AM	/	250	0.146	0.146	/	9.92	/
B	SACCHI Alessandro	1998	JM	201	192	0.146	0.151	9.35	9.80	1.09
A	SCARSELLI Federico	2002	CM	/	225	0.134	0.149	/	9.78	/
B	SIANI Charlotte	2000	AF	/	215	0.129	0.132	/	8.50	/
B	TROVO' Sara	2002	CF	203	192	0.144	0.145	7.02	7.72	1.40
B	VIAZZO Carolina	2002	CF	158	150	0.124	0.129	7.21	7.11	-0.25

RISULTATI & ANALISI: PERFORMANCE ANALYSIS SALTO IN LUNGO/TRIPLO

PARAMETRI & CONFRONTO INTERNAZIONALE

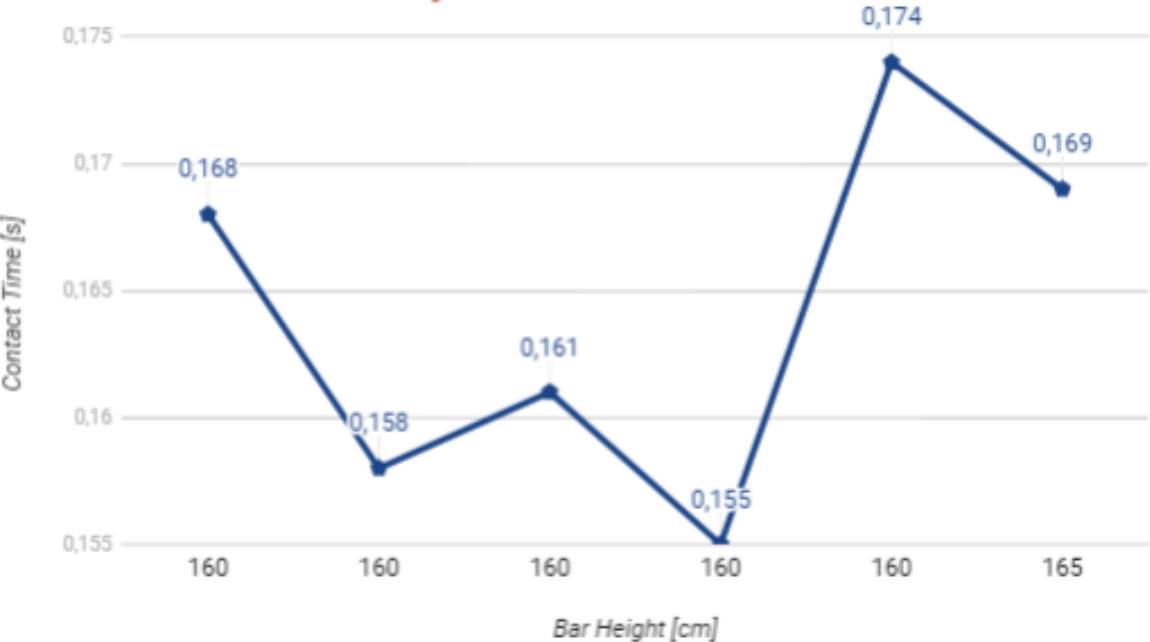
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Group	Athlete	DoB	Age Group	LJ run up						
				length pen	length to	contact time pen	contact time to	speed pen	speed to	Acc
A	PHILLIPS D.			226	199		0.110	10.09	11.08	
A	KLISHINA D.			232	196		0.130	9.15	9.50	

RISULTATI: PERFORMANCE ANALYSIS SALTO IN ALTO

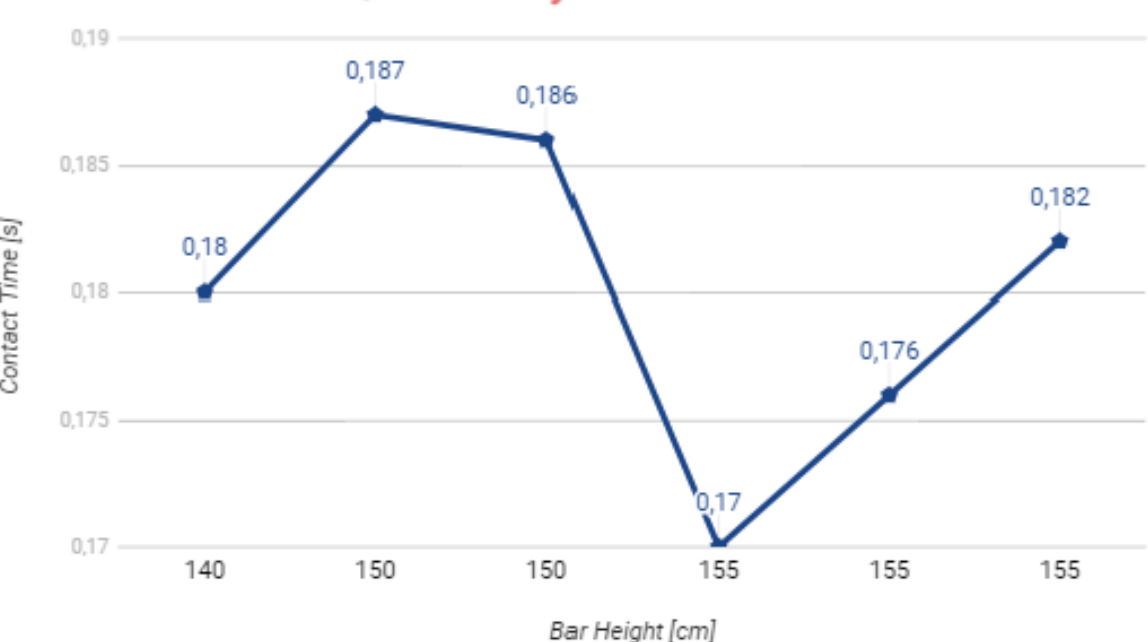
SALA Chiara (1999)
PB 1.67

SALA Chiara | Live Analysis - Take-off Contact Time



CASTELLANI Laura (2000)
PB 1.65

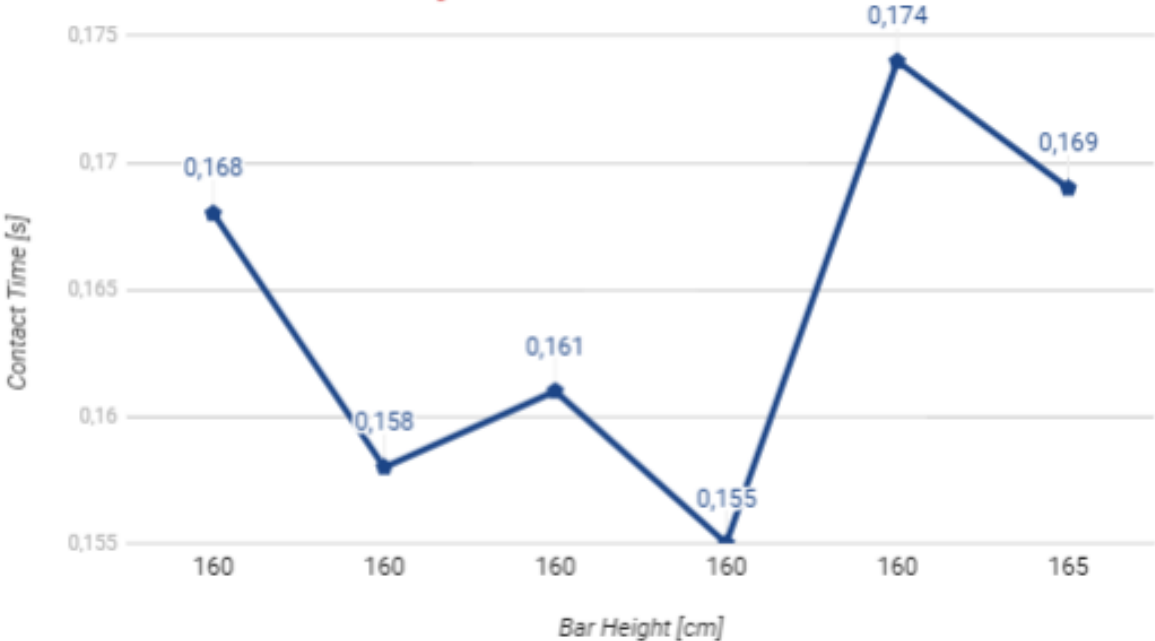
CASTELLANI Laura | Live Analysis - Take-off Contact Time



RISULTATI & ANALISI: INDIVIDUAL PROFILE SALTO IN ALTO

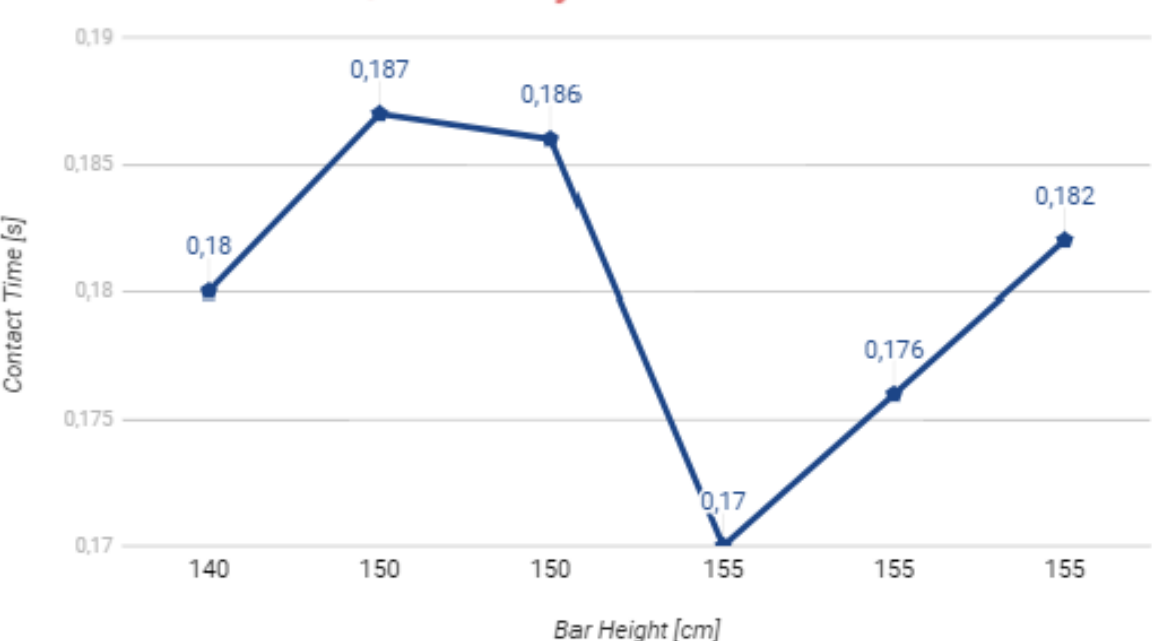
SALA Chiara (1999)
PB 1.67

SALA Chiara | Live Analysis - Take-off Contact Time



CASTELLANI Laura (2000)
PB 1.66

CASTELLANI Laura | Live Analysis - Take-off Contact Time



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GRAZIE PER LA COLLABORAZIONE



Sport has the power to make you a dreamer and a hard worker at the same time.

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