

АНАЛИЗ T-TEST

Комплексный биомеханический анализ



Demo Athlete

| Мужской



ДАТА СЕССИИ

05.10.2026



ПРОТОКОЛ

T-Test



ID СЕССИИ

#1000



ДАТА РОЖДЕНИЯ

—



РОСТ

180 см



ВЕС

75.0 кг

Отчёт создан 05.10.2026

Данный отчёт содержит автоматические рекомендации по спортивной подготовке на основе биомеханического анализа. Тренеру следует адаптировать упражнения и нагрузку к целям, опыту и текущей готовности спортсмена.

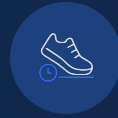
Показатели

ПОКАЗАТЕЛИ T-TEST



Каденс

144 шаг/мин



Среднее время контакта

ЛЕВАЯ

0.226 секунд

ПРАВАЯ

0.213 секунд



Среднее время поворота

1.332 секунд



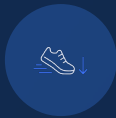
Направление поворота

ЛЕВАЯ

1 раз

ПРАВАЯ

3 раз



Сила

ЛЕВАЯ

104.5 кг

ПРАВАЯ

114.2 кг

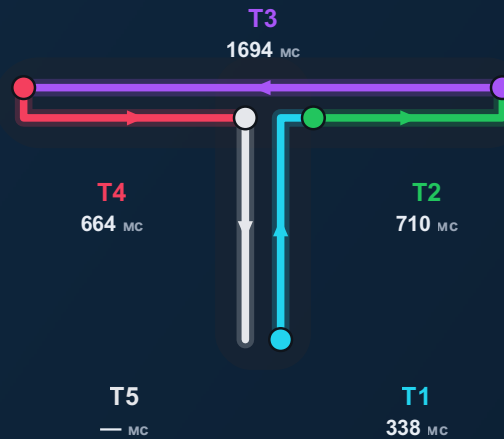


Индекс торможения

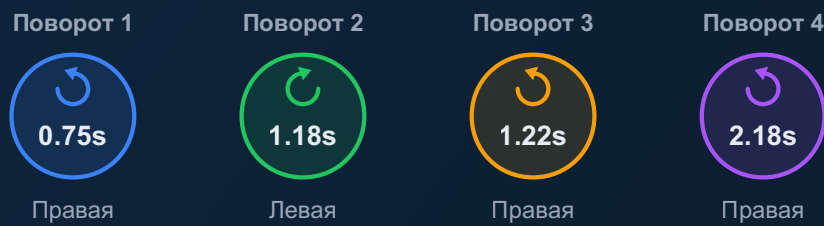
0.2996

Графики T-Test

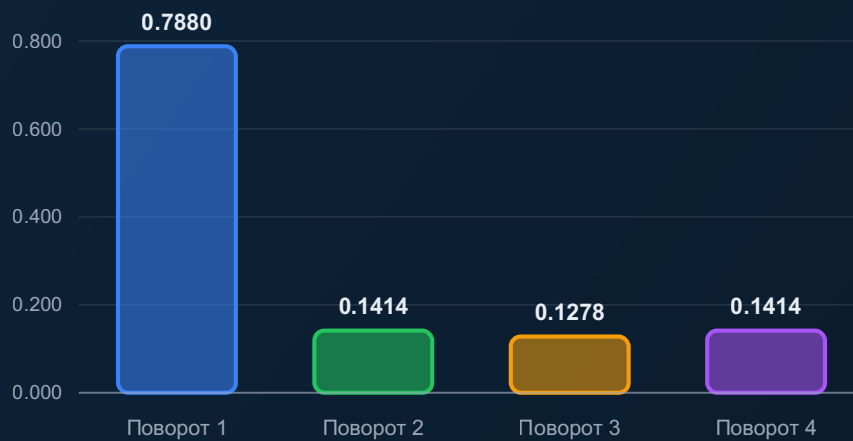
СХЕМА МАРШРУТА T-DRILL



ПОВОРОТЫ



ИНДЕКС ТОРМОЖЕНИЯ



Распределение давления стопы

ВО ВРЕМЯ T-TEST



Центр масс



Примечание: Нормальное положение центра масс находится вблизи центра с небольшим смещением вперёд.

Рекомендации по упражнениям

Ключевые находки

- Significant stride length asymmetry (Left: 2.30 m, Right: 1.72 m) and stride time asymmetry during high-velocity movement.
- Low average braking index (0.2996), indicating poor eccentric deceleration and reactive braking quality.
- Direction-specific change-of-direction (COD) asymmetry, with turns to the right being approximately 16% slower than turns to the left.
- Low stride cadence (144 steps/min) relative to the running speed, indicating suboptimal reactive strength and prolonged ground contact times.

Результаты оценки

- Normalize stride length and stride time symmetry during acceleration and sprinting.
- Improve eccentric deceleration capacity and reactive braking control to increase the braking index.
- Enhance change-of-direction efficiency and velocity specifically during right-turning maneuvers.
- Increase stride cadence and reactive power output through plyometric and stiffness training.

План упражнений

1

Single-Leg Romanian Deadlift to High Knee

LOWER EXTREMITY

UNILATERAL

ТЕХНИКА ВЫПОЛНЕНИЯ

Исходное положение: Stand upright on the right leg with the left knee slightly bent and arms at the sides. Hinge forward at the hips while extending the left leg straight behind you, keeping the pelvis level. Lower the torso until it is parallel to the floor, maintaining a neutral spine. Drive the left leg forward and upward into a high-knee position while returning to an upright stance on the right leg. Hold the top position for 1 second before repeating. Темп: 3-1-1

ПОДХОДЫ

3

ПОВТОРЕНИЯ

8

per side

ЧАСТОТА

3x в неделю

МЕРЫ ПРЕДОСТОРОЖНОСТИ

Avoid rounding the lumbar spine or allowing the pelvis to rotate outward during the hinge phase.

КОНТРОЛЬНЫЕ ТОЧКИ ТРЕНЕРА

Monitor for pelvic rotation in the transverse plane and ensure knee alignment remains neutral over the foot.

2

Acceleration to Deceleration-to-Stick

LOWER EXTREMITY

ECCENTRIC

ТЕХНИКА ВЫПОЛНЕНИЯ

Исходное положение: Stand in an athletic, split-stance position behind a starting line. Sprint forward at 80% effort for 5 meters. Plant the lead foot and rapidly decelerate within a 1-meter zone, dropping the center of mass. Absorb the force and hold a low, stable athletic stance for 2 seconds without taking extra steps. Maintain neutral knee alignment over the toes during the deceleration phase. Темп: Explosive sprint, rapid deceleration, 2 s hold

ПОДХОДЫ

4

ПОВТОРЕНИЯ

5

reps

ЧАСТОТА

3x в неделю

МЕРЫ ПРЕДОСТОРОЖНОСТИ

Ensure the patient does not land with a completely straight knee; emphasize knee flexion to absorb impact.

КОНТРОЛЬНЫЕ ТОЧКИ ТРЕНЕРА

Observe for dynamic knee valgus during the sudden deceleration and check for trunk control.

План упражнений

3

Left-Foot Plant 90-Degree Cut

LOWER EXTREMITY

AGILITY

ТЕХНИКА ВЫПОЛНЕНИЯ

Исходное положение: Stand in an athletic stance, ready to sprint forward. Sprint forward 5 meters toward a designated marker. Plant the left foot firmly, rotating the hips 90 degrees to the right. Push off the medial aspect of the left foot to accelerate laterally to the right. Maintain a low center of mass and avoid lateral trunk tilt during the cut. Темп: Explosive cut and re-acceleration

ПОДХОДЫ

4

ПОВТОРЕНИЯ

6

cuts

ЧАСТОТА

3x в неделю

МЕРЫ ПРЕДОСТОРОЖНОСТИ

Ensure the cutting foot is planted firmly with the entire sole to avoid ankle inversion injuries.

КОНТРОЛЬНЫЕ ТОЧКИ ТРЕНЕРА

Check for excessive lateral trunk lean over the planting foot, which indicates poor lateral core stability.

4

Low-Box Hurdle Hops

LOWER EXTREMITY

PLYOMETRIC

ТЕХНИКА ВЫПОЛНЕНИЯ

Исходное положение: Stand facing a series of 15-cm mini hurdles spaced 1 meter apart. Perform continuous, rapid double-leg hops over the hurdles. Minimize ground contact time by utilizing a stiff ankle joint and active forefoot landing. Drive the arms in sync with the lower body to maintain vertical momentum. Keep the knees aligned and avoid excessive flexion upon landing. Темп: Rapid, minimal ground contact

ПОДХОДЫ

3

ПОВТОРЕНИЯ

10

hurdles per set

ЧАСТОТА

3x в неделю

МЕРЫ ПРЕДОСТОРОЖНОСТИ

Discontinue if the patient exhibits heel-striking or significant knee collapse on landing.

КОНТРОЛЬНЫЕ ТОЧКИ ТРЕНЕРА

Evaluate ankle stiffness and ensure the patient is landing on the forefoot/midfoot to reduce ground contact time.

План упражнений

5

Lateral Banded Shuffle with Reactive Hold

LOWER EXTREMITY

LATERAL

ТЕХНИКА ВЫПОЛНЕНИЯ

Исходное положение: Stand in a half-squat athletic position with a resistance band placed around the ankles. Take a wide lateral step with the leading foot, maintaining tension on the band. Follow with the trailing foot, keeping the feet hip-width apart. Perform 3 rapid lateral shuffles, then immediately freeze and hold a low athletic stance for 2 seconds. Ensure knees do not collapse inward and the trunk remains upright. Темп: Rapid shuffle, 2 s hold

ПОДХОДЫ

3

ПОВТОРЕНИЯ

5

 reps per
direction

ЧАСТОТА

3x в неделю

МЕРЫ ПРЕДОСТОРОЖНОСТИ

Do not allow the feet to cross over or touch during the shuffle.

КОНТРОЛЬНЫЕ ТОЧКИ ТРЕНЕРА

Monitor for dynamic valgus and ensure the pelvis remains level throughout the lateral movement.

6

Nordic Hamstring Curl

LOWER EXTREMITY

ECCENTRIC

ТЕХНИКА ВЫПОЛНЕНИЯ

Исходное положение: Kneel on a padded mat with ankles secured by a partner or anchor, torso upright. Keep the hips extended and the torso straight from the knees to the shoulders. Lower the body forward as slowly as possible, resisting gravity with the hamstrings. Catch yourself with your hands when you can no longer control the descent. Push back up explosively to the starting position using your upper body to minimize concentric hamstring load. Темп: 4 s descent, explosive push-up

ПОДХОДЫ

3

ПОВТОРЕНИЯ

6

reps

ЧАСТОТА

2x в неделю

МЕРЫ ПРЕДОСТОРОЖНОСТИ

Avoid flexing at the hips to compensate during the descent phase.

КОНТРОЛЬНЫЕ ТОЧКИ ТРЕНЕРА

Ensure the patient maintains a straight line from the knees to the shoulders, indicating true eccentric hamstring loading.