

# Change of Direction Analysis



**Subject**  
Last Name  
First Name

Force Plate & EMG  
Cutting

**Record**  
Name  
Date Measured  
Number of periods  
Jump type

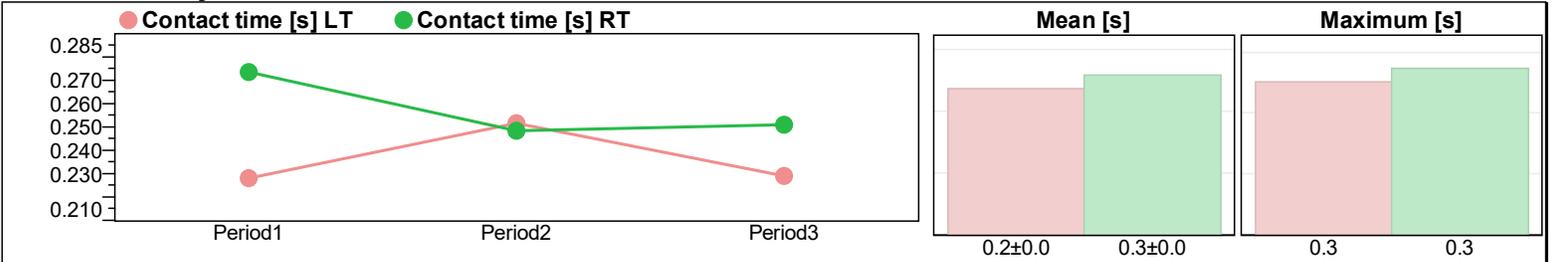
Change of Direction\_45 degrees  
11/12/2025 12:42  
3  
Cutting



## Video Analysis

LT, Approach, Statistics	LT, Load Acceptance, Statistics	LT, Propulsion, Statistics
<p>Ninox 120 Front</p> 	<p>Ninox 120 Front</p> 	<p>Ninox 120 Front</p> 
RT, Approach, Statistics	RT, Load Acceptance, Statistics	RT, Propulsion, Statistics
<p>Ninox 120 Front</p> 	<p>Ninox 120 Front</p> 	<p>Ninox 120 Front</p> 

## CoD Summary



## Subject Comments

## Record Comments

# Change of Direction Analysis



**Subject**  
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First Name

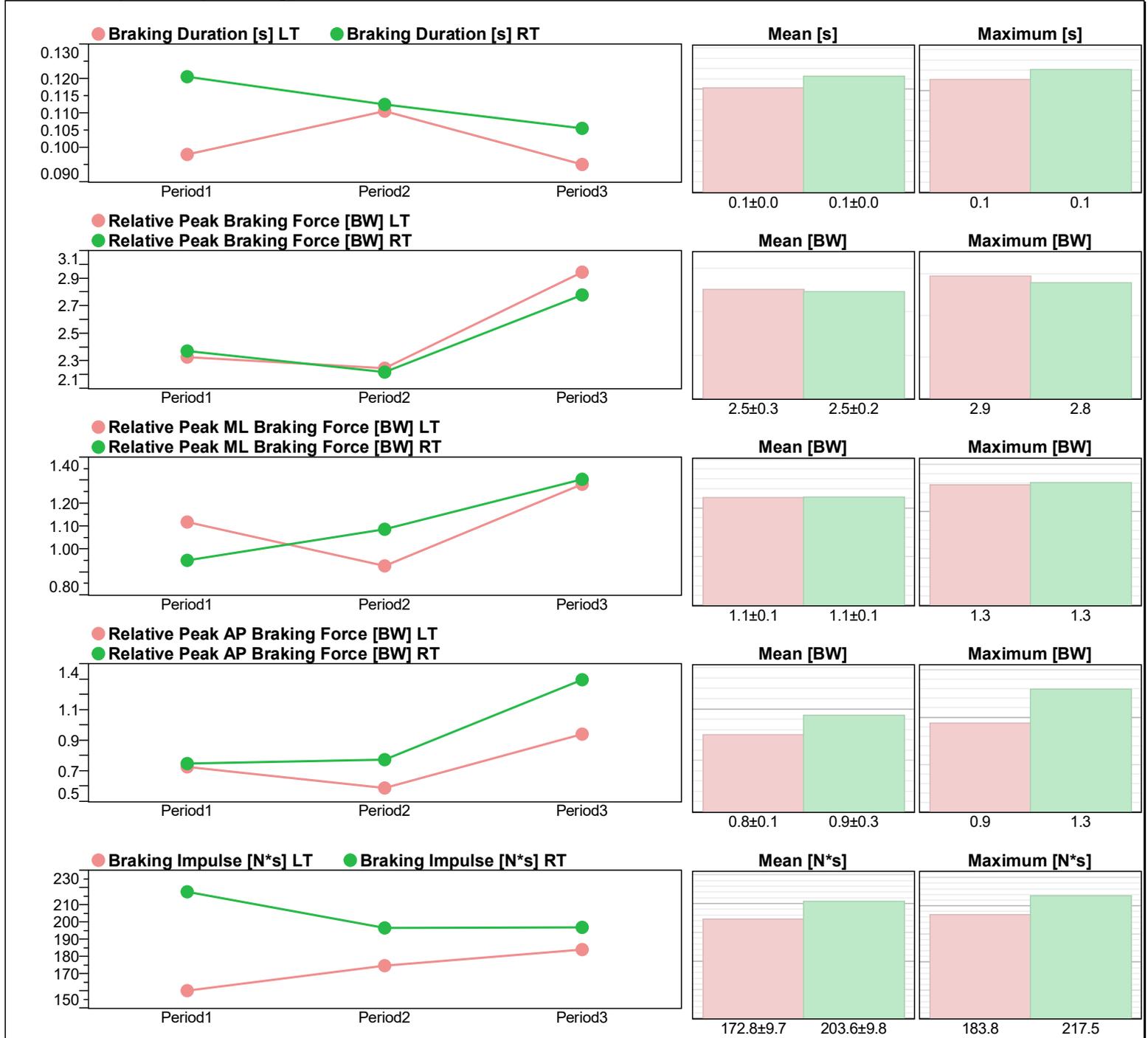
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## Load Acceptance (Braking)



### Subject Comments

### Record Comments

# Change of Direction Analysis



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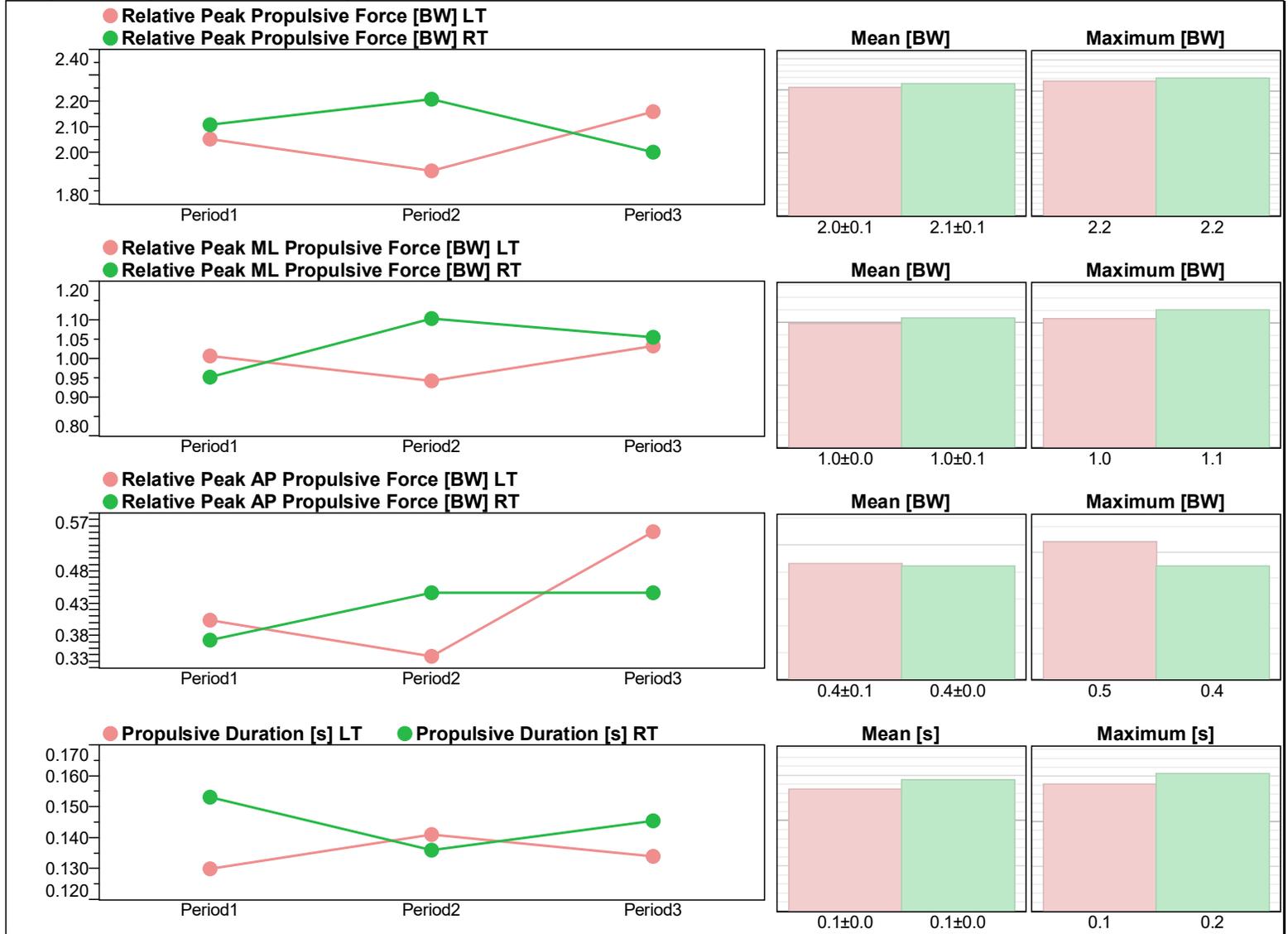
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## Propulsion (Re-Acceleration)



## Subject Comments

## Record Comments

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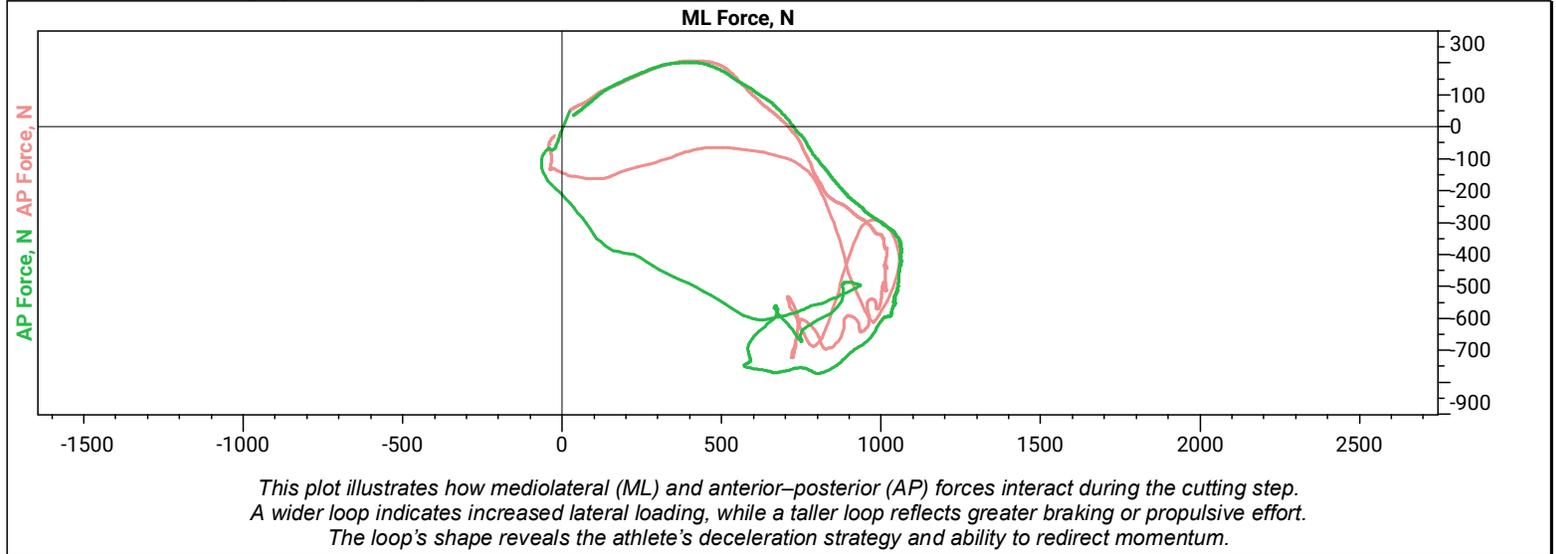
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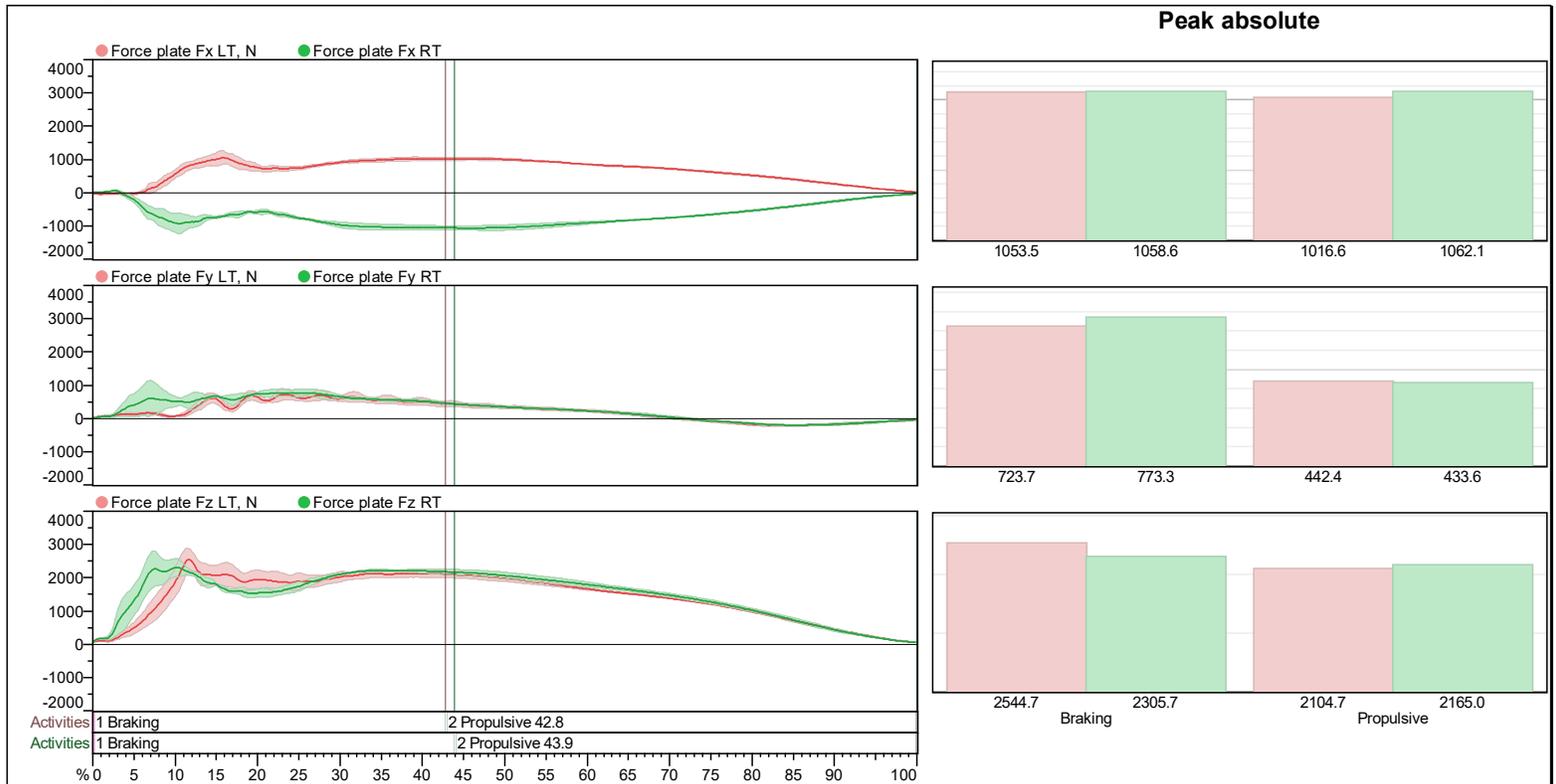
Change of Direction\_45 degrees  
11/12/2025 12:42  
3  
Cutting



## Shear Force Loop (ML vs AP)



## CoD Force Profile



## Subject Comments

## Record Comments

# Change of Direction Analysis



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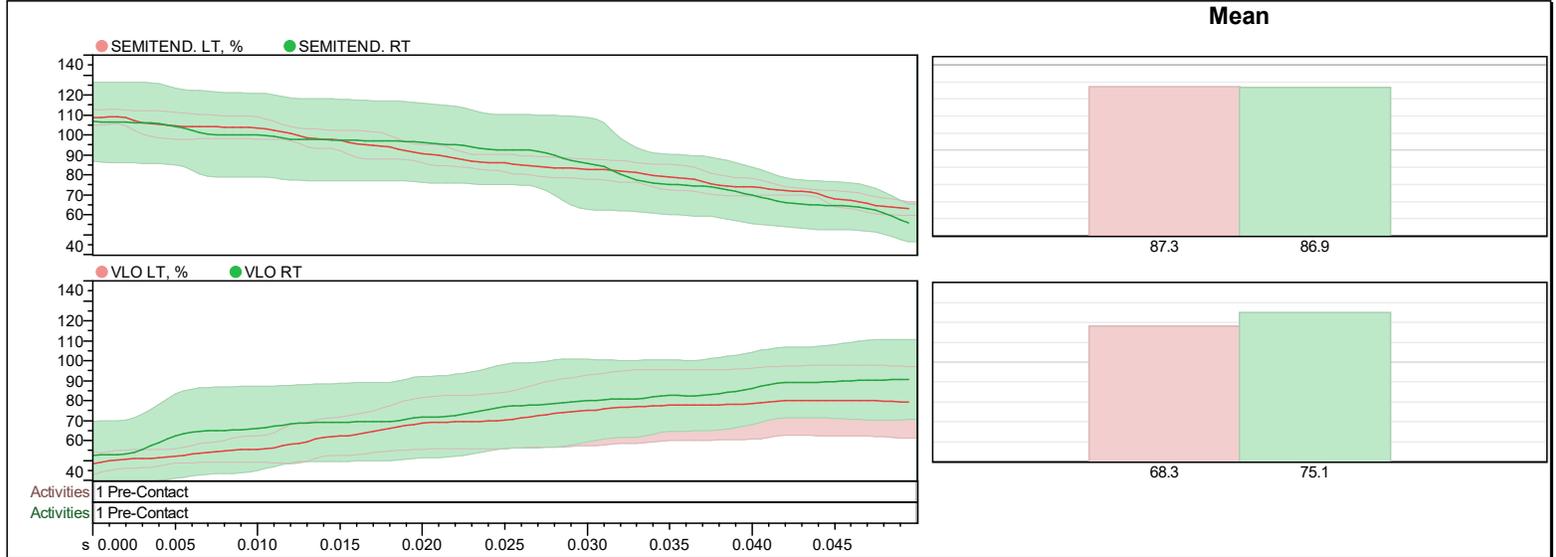
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## Pre-Contact Neuromuscular Profile



## Subject Comments

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