

Functional Movement Screening Sheet

Soccer Players

Name:

Age:

Team:

Date:

Evaluator:

Test	Score (0-3)	Comments
Deep Squat	<input type="text"/>	<input type="text"/>
Hurdle Step (R)	<input type="text"/>	<input type="text"/>
Hurdle Step (L)	<input type="text"/>	<input type="text"/>
In-Line Lunge (R)	<input type="text"/>	<input type="text"/>
In-Line Lunge (L)	<input type="text"/>	<input type="text"/>
Shoulder Mobility (R)	<input type="text"/>	<input type="text"/>
Shoulder Mobility (L)	<input type="text"/>	<input type="text"/>

Active Straight-Leg Raise (R)		
Active Straight-Leg Raise (L)		
Trunk Stability Push-Up		
Rotary Stability (R)		
Rotary Stability (L)		

Total Score:

Observations & Recommendations: