

Baseline Guidelines

Season	Soma NPT	Soma NPT Vision
Off Season	60M	40M
Pre Season	40M	30M
In Season	30M	20M

Loading Guidelines

Season	Program	Session duration	Task Duration	Frequency
Off Season	Soma NPT	20-60M	10-20-30M	2-4X PER WEEK
	Soma NPT Vision	30-40M	5-10M	2-4X PER WEEK
Pre Season	Soma NPT	30-45M	05-10-20-30M	3-4X PER WEEK
	Soma NPT Vision	20-30M	3-5-10M	3-4X PER WEEK
In Season	Soma NPT	15-20M	1-3-5M	2-3X PER WEEK
	Soma NPT Vision	15-20M	1-3-5M	2-3X PER WEEK

Data

Reaction Time

0 - 450ms
51 - 650ms
651+

ELITE
AVERAGE
POOR

Reaction Time

0 - 220ms
221 - 400ms
401ms +

ELITE
AVERAGE
POOR

Speed

2.2 +
1.53 - 2.21
0 - 1.53

ELITE
AVERAGE
POOR

Speed

4.5 +
2.5 - 4.5 -
0 - 2.49

ELITE
AVERAGE
POOR

RCS

2.5 +
1.8 - 2.49
0 - 1.79

ELITE
AVERAGE
POOR

RCS

3.51 +
2.5 - 3.5
0 - 2.49

ELITE
AVERAGE
POOR

Variation

0 - 10%
11 - 20 %
21 +

ELITE
AVERAGE
POOR

Variation

0 - 10%
11 - 20 %
21 +

ELITE
AVERAGE
POOR

Accuracy

95% +
85 - 94%
0 - 84%

ELITE
AVERAGE
POOR

Accuracy

95% +
85 - 94%
0 - 84%

ELITE
AVERAGE
POOR

CHOICE REACTION

SIMPLE REACTION

Cognitive stress

Easy

Duration 1m..3m
Intensity 10%..30%
Drill Difficulty 1-2.5

Moderate

Duration 5m..10m
Intensity 40%..70%
Drill Difficulty 3-3.5

PHYSICAL LOAD

Hard

Duration 20m..30m
Intensity 80%..100%
Drill Difficulty 4-5

PHYSICAL LOAD

Data

Reaction Time

0 - 450ms
51 - 650ms
651+

ELITE
AVERAGE
POOR

Reaction Time

0 - 220ms
221 - 400ms
401ms +

ELITE
AVERAGE
POOR

Speed

2.2 +
1.53 - 2.21
0 - 1.53

ELITE
AVERAGE
POOR

Speed

4.5 +
2.5 - 4.5 -
0 - 2.49

ELITE
AVERAGE
POOR

RCS

2.5 +
1.8 - 2.49
0 - 1.79

ELITE
AVERAGE
POOR

RCS

3.51 +
2.5 - 3.5
0 - 2.49

ELITE
AVERAGE
POOR

Variation

0 - 10%
11 - 20 %
21 +

ELITE
AVERAGE
POOR

Variation

0 - 10%
11 - 20 %
21 +

ELITE
AVERAGE
POOR

Accuracy

95% +
85 - 94%
0 - 84%

ELITE
AVERAGE
POOR

Accuracy

95% +
85 - 94%
0 - 84%

ELITE
AVERAGE
POOR

CHOICE REACTION

SIMPLE REACTION

Cognitive stress

Easy

Duration **1m**
Intensity **10%..30%**
Drill Difficulty **1-2.5**

Moderate

Duration **3m...5m**
Intensity **40%..70%**
Drill Difficulty **3-3.5**

PHYSICAL LOAD

Hard

Duration **10m**
Intensity **80%..100%**
Drill Difficulty **4-5**

PHYSICAL LOAD