

# CASE STUDY: ONTARIO FURY PARTNERS WITH XTREME PERFORMANCE LAB™ FOR MENTAL TRAINING

## ABOUT ONTARIO FURY

The Ontario Fury is an American professional indoor soccer team in the Pacific Division of the Major Arena Soccer League based in Ontario, California. The team is coached by Jimmy Nordberg, and has played at Citizens Bank Arena since 2013. The Major Arena Soccer League is composed of 18 teams across the US, as well as one in Canada and one in Mexico. The League is a non-profit corporation, formed to promote the business and sport of arena soccer.

## PURPOSE

The purpose of the study was to implement a complete set of XPL training protocols and evaluate their effectiveness on a group of five Ontario Fury players. The team's interest was to enhance their chances to make the playoffs during the 2018-2019 season.

## METHOD

Over the course of the second half of the team's season, technicians put five players through the following XPL protocols: Beginning PCA (Performance Capability Assessment®), 15 to 20 NZT (Neuro-Physical ZONE Training®) biofeedback and neurofeedback training sessions, Final PCA®.

Results of the study were evaluated on three levels: anecdotal evidence from pre and post interviews of players and Coach Jimmy Nordberg; 33 data points of both neural and physical activity in addition to XPL's proprietary PCA Index® algorithm; individual on-field statistical performances in the first half of the season compared to the second half, (as compared to a similar test group of other players.)



MAJOR ARENA  
SOCCER LEAGUE

## PURPOSE

- Implement XPL training protocols
- Support team's playoff attainment goals
- Evaluate training effectiveness

## METHOD

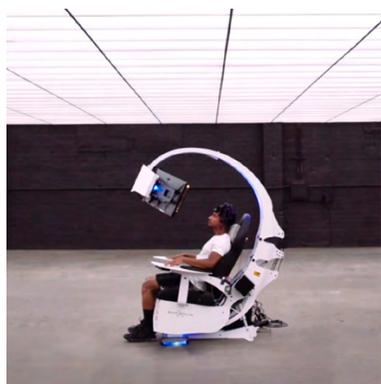
- Pre- and post- PCA® baseline testing
- NZT neuro-physical training® protocols
- 5 players trained during second half of season
- Anecdotal, scientific and individual performance data points collected and analyzed

## RESULTS

- Significant improvements in neuro-physical data points
- Significant improvements in on-field performance stats
- Multiple indications of improved off-field wellbeing
- Best playoff run in team history

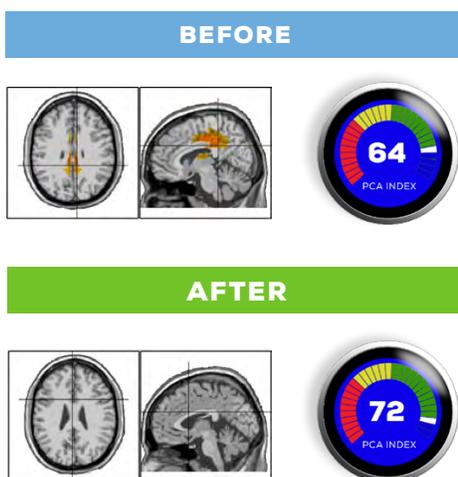
## RESULTS

Significant positive results were seen across all three measures: scientific measurements of brain activity, individual performance on the field, and observational evidence from the players as well as the coach of the team.



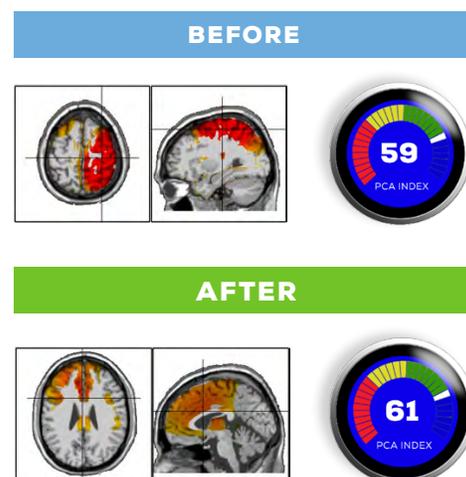
### PLAYER A

- 8.4% Improvement in Memory Network
- 6.2% Improvement in Mood Network



### PLAYER B

- TBI Indicator Improved 21.7%



## ON-FIELD PERFORMANCE

The following graph compares the performance change of the 5 study players from the first half of the season (without XPL training) and the second half (with training). A net improvement of their performance is then compared to a 5 player control group.

Study Results	Goals Scored	Assists	Points	Reduced Penalty Minutes	Blocked Shots
Control Group	30%	-44%	0%	-13%	-62%
Test Group	41%	83%	56%	+73%	44%
Net Improvement	+11%	+127%	+56%	+86%	+106%

## OBSERVATIONS

All five participants reported a positive experience with the training and felt they were able to put it to use during their performance on the field. Several players reported benefits in their personal life relating to calmness, ability to handle difficult situations in life, and a general wellbeing. Coach Nordberg reported a significant improvement in the test players in terms of attitude and better decision making which resulted directly in their being given more playing time and greater responsibility on the field.

**"WE WERE EXCITED TO SEE SUCH GREAT IMPROVEMENT IN THE SCIENTIFIC AND PERFORMANCE STATS OF THE PLAYERS. IT WAS ALSO GRATIFYING TO HEAR JUST HOW MUCH OUR TRAINING HELPED THE PLAYERS' WELLBEING OFF THE FIELD AS WELL."**

**DAVID A. CLARKE**  
CEO of Xtreme Performance Lab