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## Employment

### Senior Lecturer in Biomechanics & Strength Conditioning

Academic  
SHLS Life Sciences  
Teesside University  
1 Apr 2022 → present

### Centre for Rehabilitation

Teesside University  
1 Jan 2019 → present

## Research outputs

### The effects of a 6-week Sand- vs. Land-based jump training programme on frontal plane knee angle and jump performance in adolescent female football players.

Richardson, M., Evans, W., Chesterton, P. & Wright, M., 5 Feb 2025, (Accepted/In press) In: Journal of Sports Sciences.

### The effect of knee-flexion angle on peak-force and muscle activation during isometric knee-flexor strength testing using the Nordbord device in soccer players. Peak force production and muscle activation during ISO-30 and ISO-Prone tests

Taylor, J. M., Pallotta, H., Smith, P., Short, W., Wright, M. & Chesterton, P., 17 Jan 2025, (Accepted/In press) In: Science and Medicine in Football.

### Locked Down but Not Out: On-line Strength and Conditioning Provides A Viable Stimulus for Girls' Football Players

Jones, A., Emerson, J., Franklin, J., Graham, M. & Wright, M., 13 Dec 2024, In: International Journal of Strength and Conditioning. 4, 1, p. 1-9 9 p.

### Student and Physiotherapists' Perceived Abilities to Prescribe Effective Physical Activity and Exercise Interventions: A Cross-Sectional Survey

Wing, T., Wright, M. & Chesterton, P., 9 Dec 2024, (Accepted/In press) In: Musculoskeletal Science and Practice.

### Talent identification

Emmonds, S., Gledhill, A., Wright, M. & Till, K., 3 Sept 2024, *Women's Football: From science to high performance*. Forsyth, J. & Roberts, C. M. (eds.). Routledge, p. 40-54

### Assessing isometric hip strength in young professional soccer players: Does hip-flexion angle matter?

Taylor, J., Pallotta, H., Hunter, M. & Wright, M., 5 Jul 2024.

### Practitioners' perspective of non-contact Injury Risk Factors and Injury Prevention Programming in Professional North American Male Soccer

Chesterton, P., Wright, M., Liddle, N., Hardin, S., Richards, S. & Draper, G., 19 Jun 2024, (E-pub ahead of print) In: Physical Therapy in Sport. p. 51-59

### Is travel associated with match performance in elite North American professional soccer? An exploratory study

Draper, G., Chesterton, P. & Wright, M., 19 May 2024, (Accepted/In press) In: International Journal of Sports Physiology and Performance.

**Students' perceptions of academic achievement, fairness, and satisfaction on practical examinations: A case study of a UK healthcare degree**

Chesterton, P., Elkington, S., Wing, T. & Wright, M., 15 Jan 2024, (Accepted/In press) In: *Journal of Assessment and Institutional Effectiveness*.

**Does the leap-for-distance test correlate with short sprint performance in young soccer players? A between- and within-player analysis**

Laas, M.-M., Wright, M., McLaren, S., Portas, M., Parkin, G. & Eaves, D., 31 Dec 2023, In: *The Journal of Sport and Exercise Science*. 7, 3, p. 10-18

**Gender: Disentangling Talent Identification and Development in Women's and Girls' Soccer**

Emmonds, S., Gledhill, A., Kelly, A. & Wright, M., 11 Nov 2023, *Talent Identification and Development in Youth Soccer: A Guide for Researchers and Practitioners*. Kelly, A. (ed.). Routledge Taylor & Francis Group, 13 p.

**Training volume and high-speed loads vary within microcycle in elite North American soccer players.**

Ishida, A., Draper, G., Wright, M., Emerson, J. & Stone, M. H., 26 Oct 2023, In: *Journal of Strength and Conditioning Research*. 37, 11, p. 2229-2234

**Elite North American Soccer Performance in Thermally Challenging Environments: An Explorative Approach to Tracking Outcomes**

Draper, G., Atkinson, G., Chesterton, P., Portas, M. & Wright, M., 20 Oct 2023, In: *Journal of Sports Sciences*. 41, 11, 235034358.

**Multi-sports training in English Soccer Academies: A survey exploring practices, practitioner perspectives, and barriers to use.**

Taylor, J., Madden, J., Quigley, C. & Wright, M., 13 Oct 2023, (E-pub ahead of print) In: *International Journal of Sports Science & Coaching*. 17 p., SPO-23-0168.

**Fitness testing in soccer revisited: Developing a contemporary testing battery**

Taylor, J., Madden, J., Cunningham, L. & Wright, M., 1 Oct 2022, In: *Strength and Conditioning Journal*. 44, 5, p. 10-21 12 p.

**A socio-ecological examination of the primary school playground: Primary school pupil and staff perceived barriers and facilitators to a physically active playground during break and lunch-times**

Graham, M., Dixon, K., Azevedo, L. B., Wright, M. & Innerd, A., 2 Feb 2022, In: *PLoS ONE*. 17, 2, 21 p.

**Do environmental temperatures and altitudes affect physical outputs of elite football athletes in match conditions? A systematic review of the 'real world' studies**

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**The Effectiveness of Fundamental Movement Skill Interventions on Moderate to Vigorous Physical Activity Levels in 5- to 11-Year-Old Children: A Systematic Review and Meta-Analysis.**

Graham, M., Azevedo, L., Wright, M. & Innerd, A., 9 Dec 2021, In: *Sports Medicine*.

**Between-week reliability of motion tracking screening: A preliminary study with youth male football players**

Laas, M.-M., Wright, M., McLaren, S. J., Portas, M., Parkin, G. & Eaves, D., 30 Jun 2021, In: *European Journal of Human Movement*.

**The School playground environment as a driver of primary school children's physical activity behaviour: A direct observation case study**

Graham, M., Wright, M., Azevedo, L. B., Macpherson, T., Jones, D. & Innerd, A., 3 Jun 2021, In: *Journal of Sports Sciences*.

**The Tracking of Internal and External Training Loads with Next-Day Player-Reported Fatigue at Different Times of the Season in Elite Soccer Players**

Draper, G., Wright, M., Chesterton, P. & Atkinson, G., 21 Jan 2021, In: International Journal of Sports Science and Coaching.

**Influence of Lumbar Mobilizations During the Nordic Hamstring Exercise on Hamstring Measures of Knee Flexor Strength, Failure Point, and Muscle Activity: A Randomized Crossover Trial**

Chesterton, P., Evans, W., Wright, M., Lolli, L., Richardson, M. & Atkinson, G., 1 Jan 2021, In: Journal of Manipulative and Physiological Therapeutics. 44, 1, p. 1-13

**Hamstring injury prevention practices and compliance of the Nordic hamstring programme in English professional football**

Chesterton, P., Tears, C., Wright, M. & Portas, M., 20 Oct 2020, (Accepted/In press) In: Translational Sports Medicine.

**Integrated strength and fundamental movement skill training in children: A pilot study**

Grainger, F., Innerd, A., Wright, M. & Graham, M., 3 Oct 2020, In: Children. 7, 10, p. 161-176

**Motion tracking in young male football players: a preliminary study of within-session movement reliability**

Laas, M.-M., Wright, M., McLaren, S., Eaves, D., Parkin, G. & Portas, M., 2 Mar 2020, (E-pub ahead of print) In: Science and Medicine in Football.

**Differential ratings of perceived match and training exertion in youth female soccer: Differential RPE in girls soccer**

Wright, M., Songane, F., Emmonds, S., Chesterton, P., Weston, M. & McLaren, S., 6 Jan 2020, (Accepted/In press) In: International Journal of Sports Physiology and Performance.

**The effectiveness of hydrodistension and physiotherapy following previously failed conservative management of Frozen Shoulder in a UK Primary Care Centre**

Rae, G., Clark, J., Wright, M. & Chesterton, P., 17 Dec 2019, In: Musculoskeletal Care. 18, 1, p. 37-45

**Application and interpretation of the yo-yo intermittent recovery test to the long-term physical development of girls association football players**

Wright, M. & Innerd, A., 2 Oct 2019, In: Science and Medicine in Football. 3, 4, p. 297-306 10 p.

**Functional Movement Screen™ total score does not present a gestalt measure of movement quality in youth athletes.**

Wright, M. & Chesterton, P., 24 Dec 2018, (E-pub ahead of print) In: Journal of Sports Sciences. 37, 12, p. 1393-1402 0.

**Changes in pain and nutritional intake modulate ultra-running performance: a case report**

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**Changes in sprint-related outcomes during a period of systematic training in a girls' soccer academy**

Wright, M. & Atkinson, G., 8 Jun 2017, In: Journal of Strength and Conditioning Research. p. -

**The effect of a simulated soccer match on Anterior Cruciate Ligament injury risk factors**

Wright, M., Chesterton, P., O'Rourke, A., Wijnbergen, M. & MacPherson, T., 2 Jun 2017, In: International Journal of Sports Medicine. p. -

**Strength training and metabolic conditioning for female youth and adolescent soccer players**

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**Contrasting effects of a mixed-methods high-intensity interval training intervention in girl football players**

Wright, M., Hurst, C. & Taylor, J., 16 Feb 2016, In: Journal of Sports Sciences. p. -

**Neuromuscular training for return to play**

Wright, M. & Weston, M., 2014, In: Professional Strength and Conditioning Journal. p. -

**The effectiveness of four weeks of fundamental movement training on Functional Movement Screen™ and physiological performance in physically active children.**

Wright, M., Portas, M., Evans, V. & Weston, M., 2014, In: Journal of Strength and Conditioning Research. 29, 1, p. 254-261

**Within-season variation of fitness in elite youth female soccer players**

Taylor, J., Portas, M. D., Wright, M. D., Hurst, C. & Weston, M., 2013, In: Journal of Athletic Enhancement.