ASTROSTATS TEAM REPORT

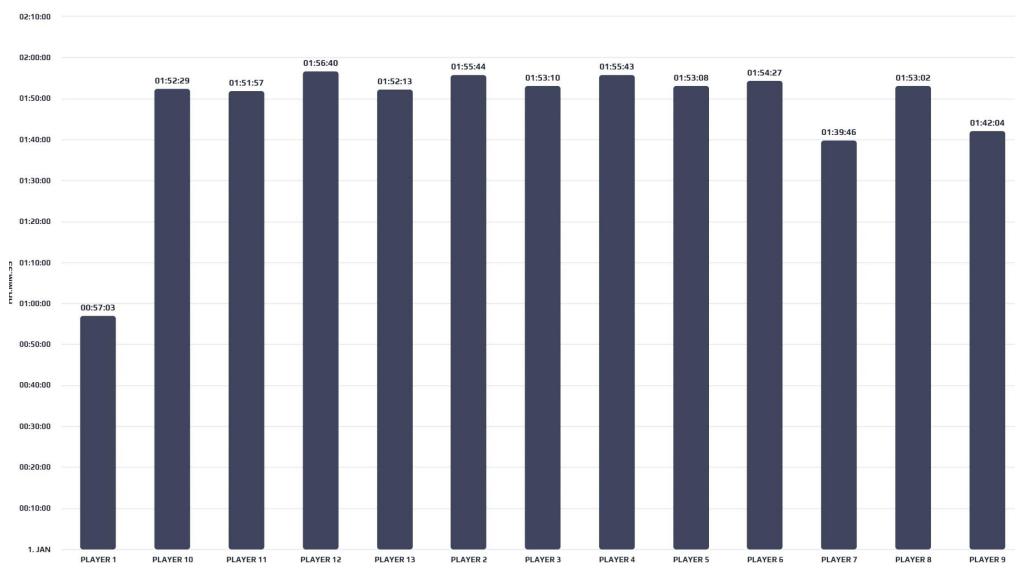
YOUR CLUB VS OPPOSITION ST. ANNES PARK 19/01/2020



REPORT 1

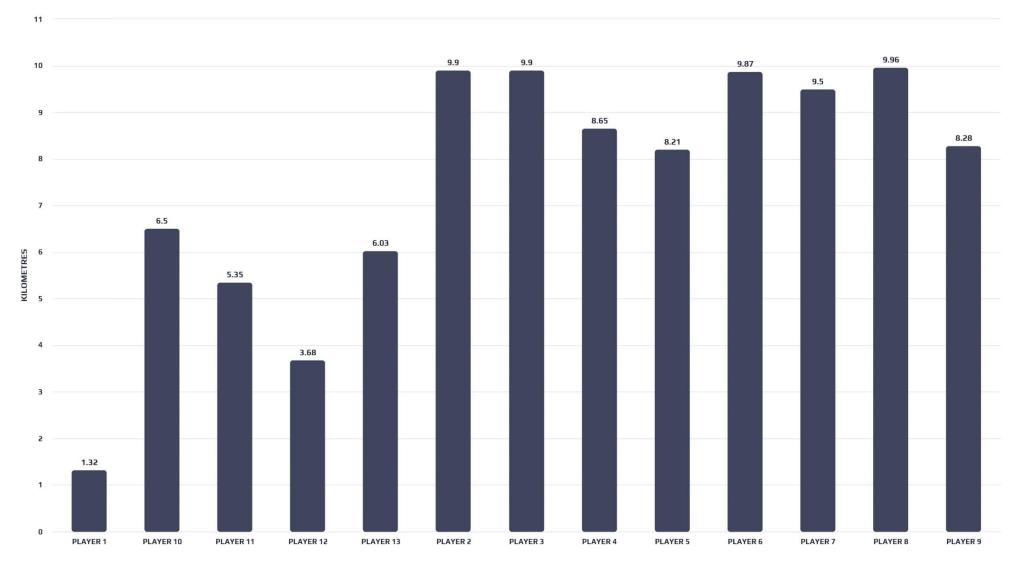
PERFORMANCE OVERVIEW OF TEAM

Warm-Up 1st Half Half Time 2nd Half Cool Down TOTAL TIME



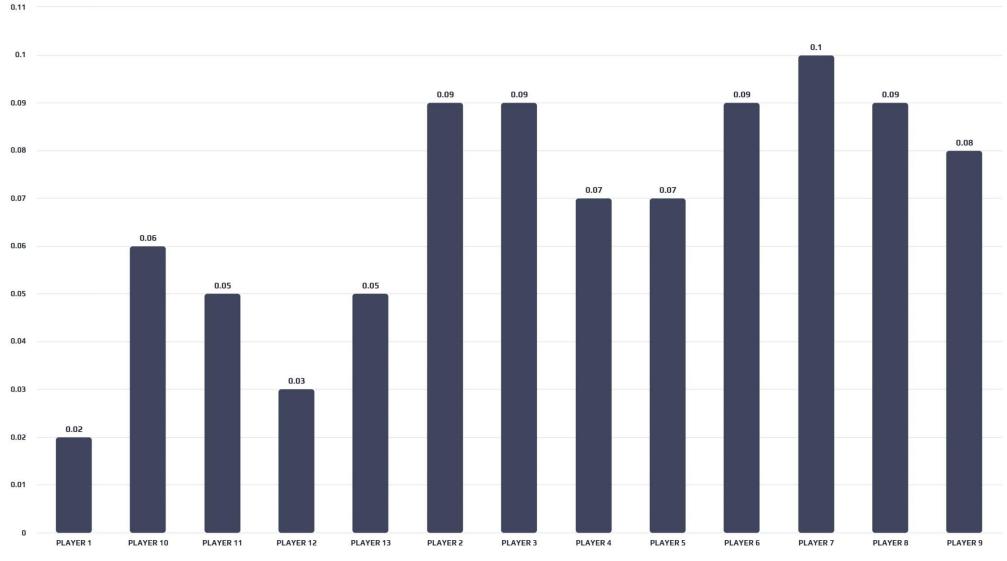
Total time of session wearing Apex Pro pod.

TOTAL DISTANCE



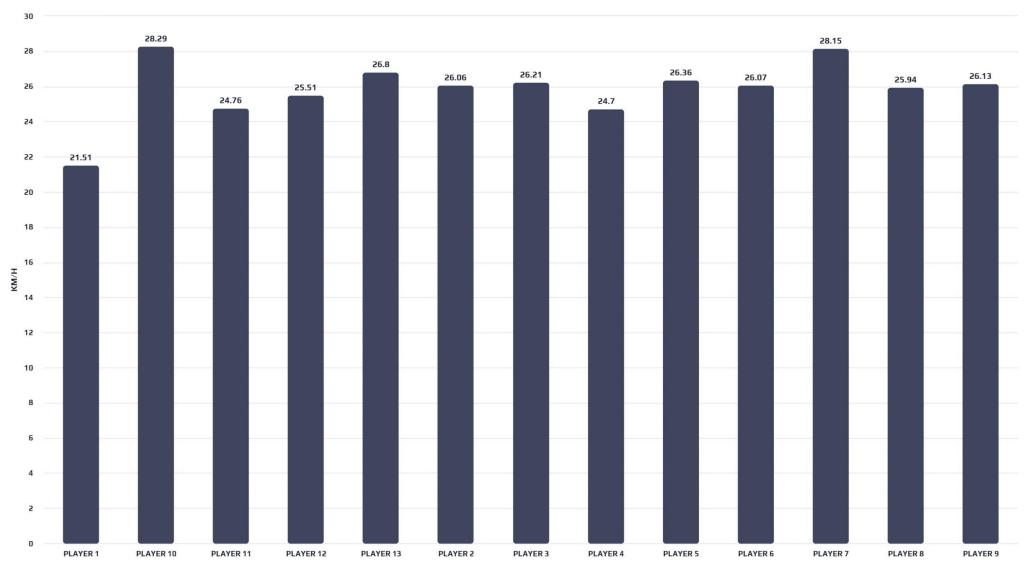
Total distance covered by players during session/drill. Report in KM.

DISTANCE PER MIN



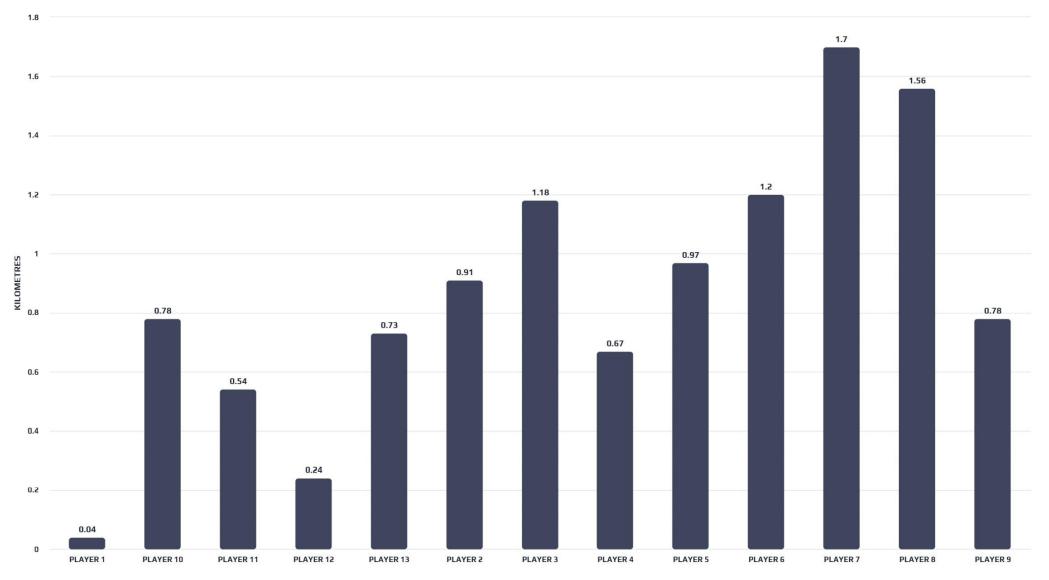
Average distance per minute. Please note the report will show in meters (Example, 82.72 meters will mean 0.08272 KM/H.

MAX SPEED

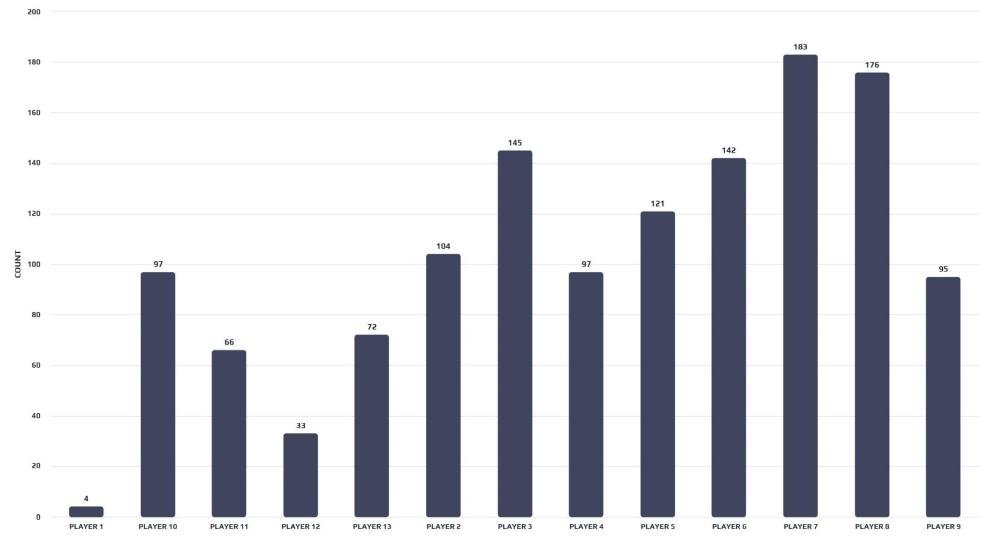


Maximum speed achieved by player(s) in selected session/drill. Recorded speeds in KM/H.

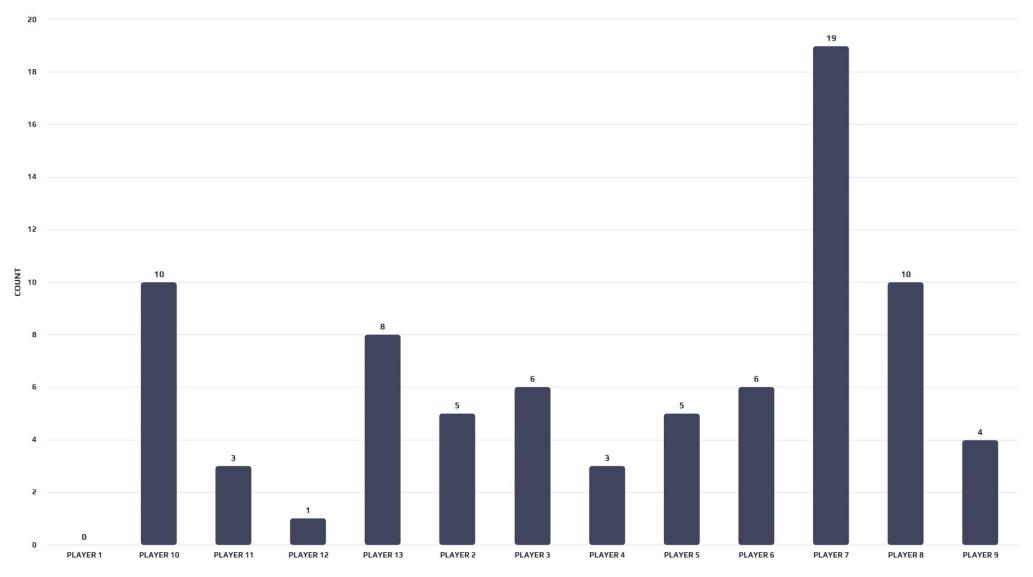
HML DISTANCE



HMLD is an acronym for STATSports' custom metric, High Metabolic Load Distance. It measures the total amount of high speed running an athlete does, coupled with the total distance of accelerations and decelerations throughout a session. Essentially, it's the intensity at which your body is working at. Every individual's score will be different due to several different factors. Position plays a big part in this. For instance, if you're a Centre-back, your score will naturally be much lower than a full-back, who naturally do more high-speed running up and down the wing. The location and type of sport you're playing can also play a part. If you're playing 11 a-side football on a regular size pitch, your HMLD score will be lower than if you're playing a 5 a-side or 7 a-side game on a smaller pitch. **HML EFFORTS**

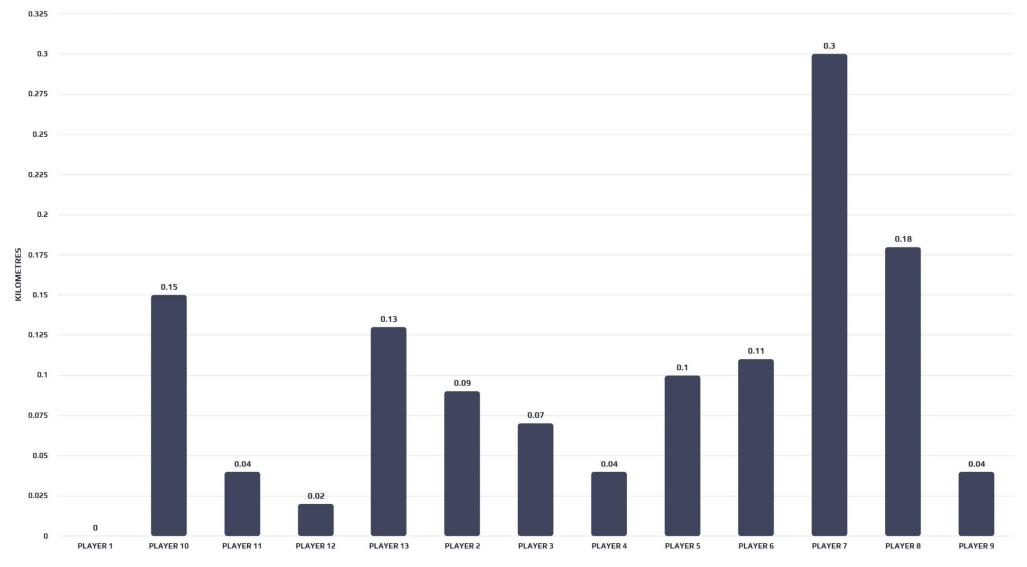


HMLD is an acronym for STATSports' custom metric, High Metabolic Load Distance. It measures the total amount of high speed running an athlete does, coupled with the total distance of accelerations and decelerations throughout a session. Essentially, it's the intensity at which your body is working at. Every individual's score will be different due to several different factors. Position plays a big part in this. For instance, if you're a Centre-back, your score will naturally be much lower than a fullback, who naturally do more high-speed running up and down the wing. The location and type of sport you're playing can also play a part. If you're playing 11 a-side football on a regular size pitch, your HMLD score will be lower than if you're playing a 5 a-side or 7 a-side game on a smaller pitch. SPRINTS



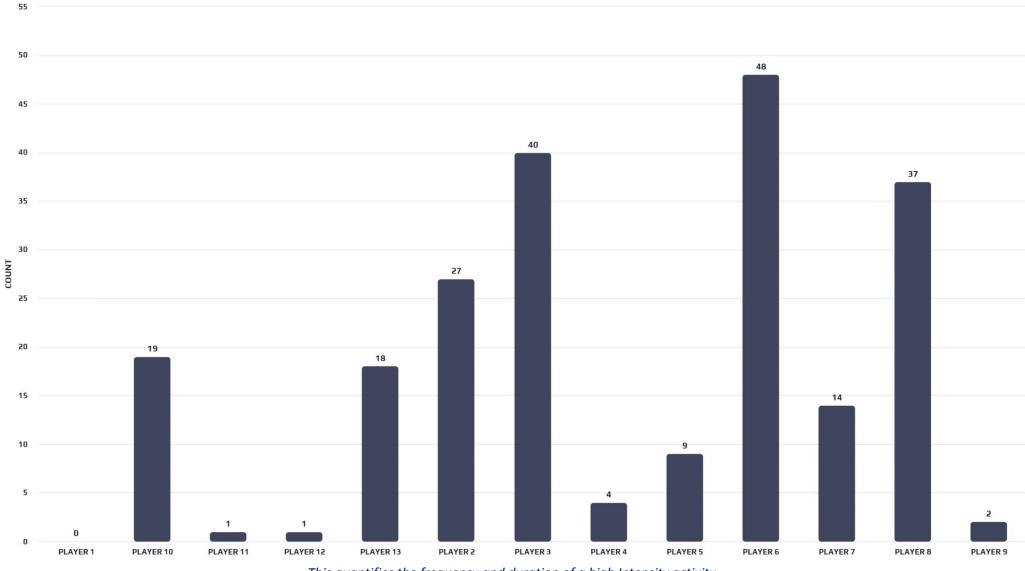
Total amount of sprints completed during the session. Sprint entry level is 60% of players maximum speed.

SPRINT DISTANCE



Total distance covered at a speed of 5.5 meters per second or above. To register as sprint distance, the speed must be maintained for a minimum duration of 1 second. This sprint threshold is configurable and is adjusted to your individual profile. Please note this report will read in meters. Example 0.16 will mean 16 meters.

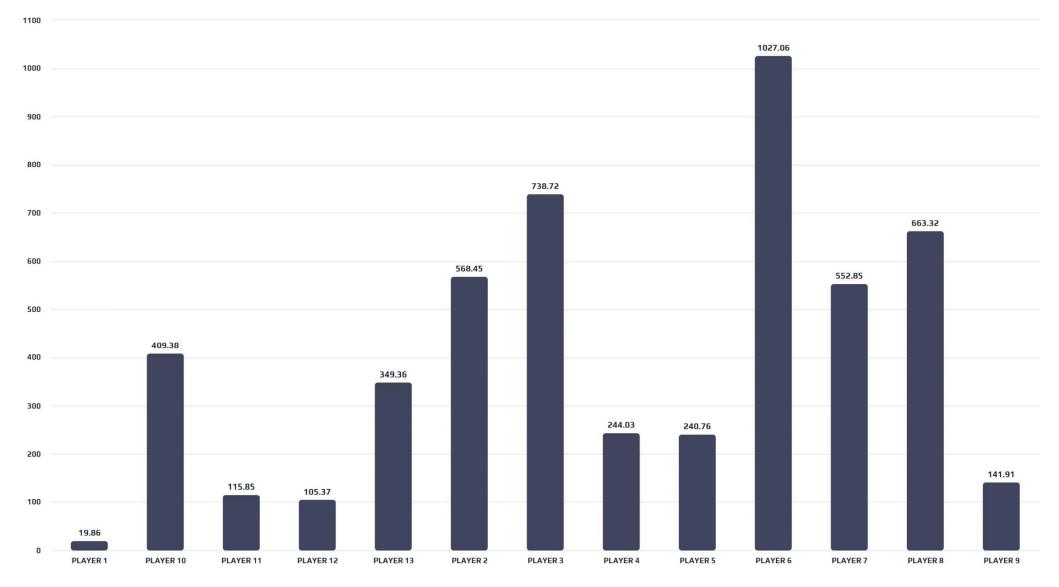
NUMBER OF HIGH INTENSITY BURSTS



This quantifies the frequency and duration of a high Intensity activity.

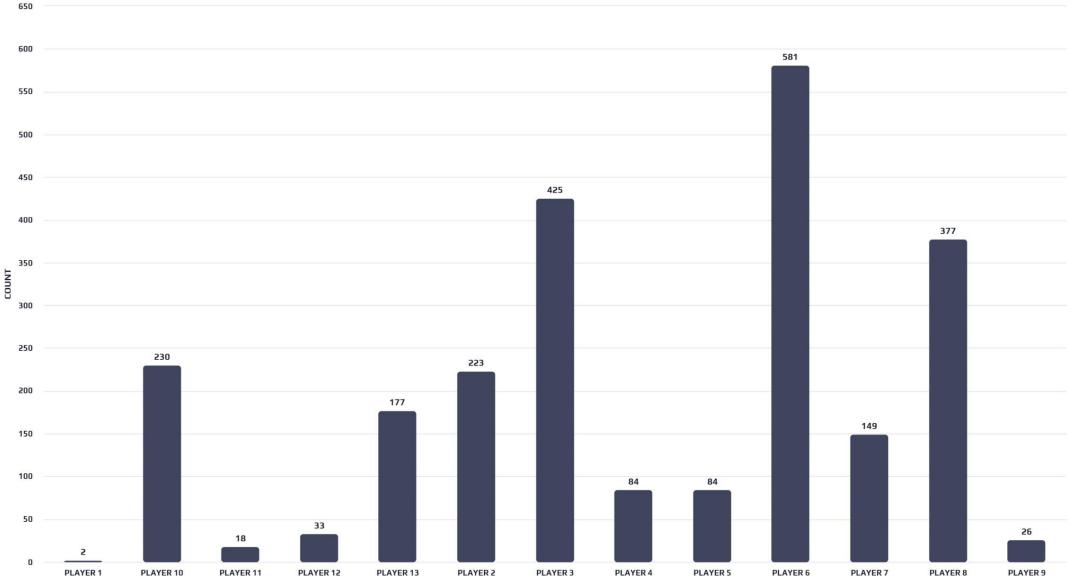
For a HIB to be recognised, a minimum of three high intensity activities are required to occur within 20 seconds of each other. These high intensity activities are; Accelerations / Decelerations / Impacts / Sprints

DYNAMIC STRESS LOAD



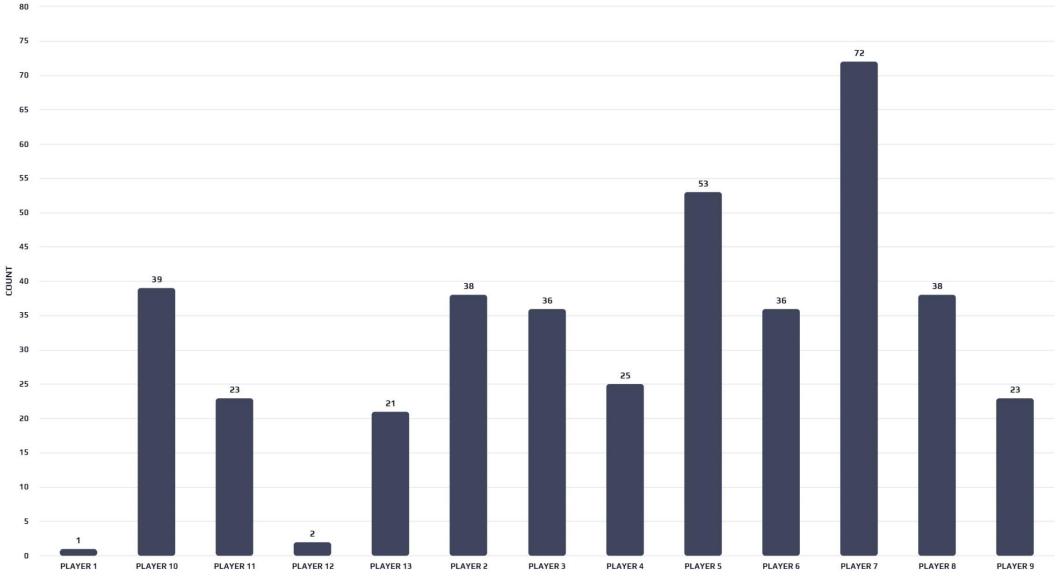
Dynamic Stress Load is a measure of accumulated load. It includes both collisions and step impacts while running. Therefore, the DSL for a session gives you a representation of the loading effect on the body. In similar sessions, this value should be consistent. Each player's dynamic stress load will be individualised as running style will affect this metric. As you tire through a session, foot impacts become heavier, causing an increase in DSL – a good indicator of fatigue. It's vital to recognise that your DSL score cannot be compared to other athletes – it's a personal score for you to monitor.

IMPACTS



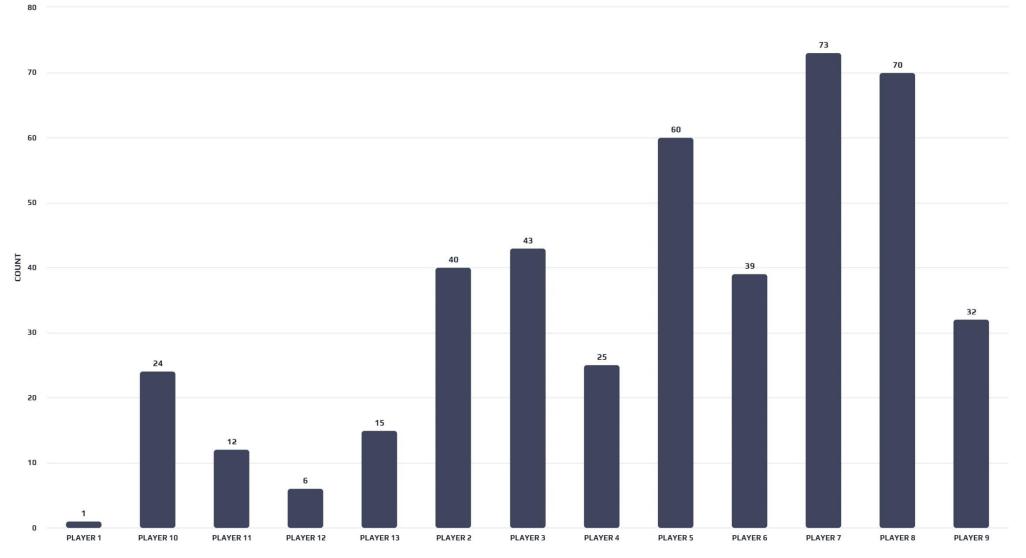
Measured in G-force using accelerometer data to provide a count, based on zone criteria. Please note the settings for weighted impacts will be increased to give more realistic feedback of collisions, tackles, ball strikes, etc. This may need to be adjusted dependent on the surface and competitive nature of the sport.

ACCELERATIONS



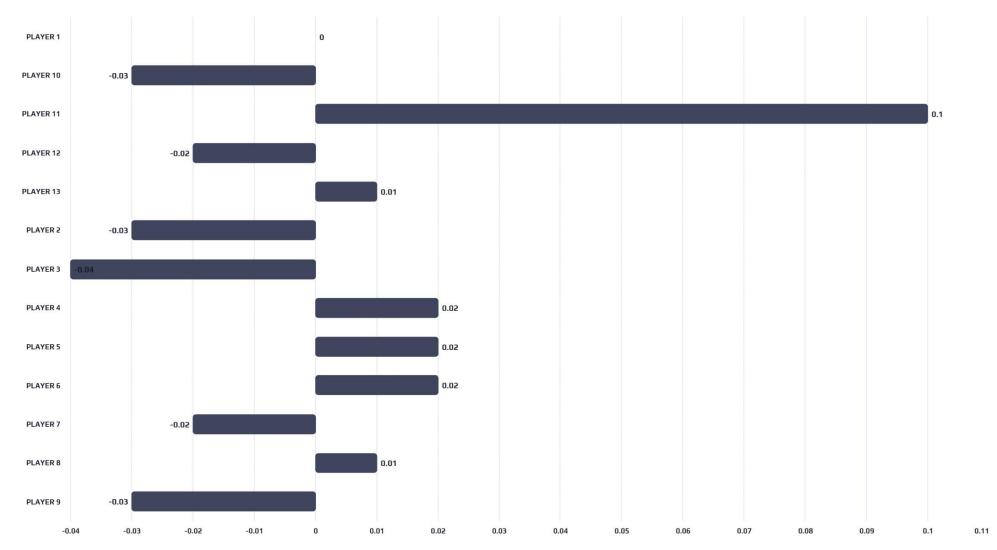
An acceleration is defined as a change in speed with a magnitude of 3 m/s2 or above and must be maintained for at least half a second. This is where short sprints are done but maximum speed may not be reached.

DECELERATIONS



A deceleration is defined as a change in speed with a magnitude of 3 m/s2 or above and must be maintained for at least half a second. High-intensity decelerations are up to 2.9 times more frequent than high-intensity threshold accelerations. As a player decelerates, particularly the hamstring muscles will experience considerable loading (known as eccentric loading where the muscle lengthens under tension). Hamstring injuries often occur during the deceleration phase. This can indicate that a player has experienced heavy (eccentric) loading and that a reduction would be advantageous to recovery.

STEP BALANCE



Average of left and right impacts. It is displayed as a percentage total of each foot. For example, 48:52. An even distribution of 50% through each foot, indicates an efficient running gait. This bar chart displays the ratio between left and right impacts and any significant imbalance during a controlled linear running drill may highlight poor gait or perhaps injury. This can be very significant if you're a player returning from injury, putting more force through your healthy side and therefore going easy on the injured leg.

	TOTAL TIME	TOTAL DISTANCE	DISTANCE PER MIN	MAX SPEED	SPRINTS	SPRINT DISTANCE
PLAYER 1	00:57:03	1.32	0.02	21.51	0	0
PLAYER 10	01:52:29	6.5	0.06	28.29	10	0.15
PLAYER 11	01:51:57	5.35	0.05	24.76	3	0.04
PLAYER 12	01:56:40	3.68	0.03	25.51	1	0.02
PLAYER 13	01:52:13	6.03	0.05	26.8	8	0.13
PLAYER 2	01:55:44	9.9	0.09	26.06	5	0.09
PLAYER 3	01:53:10	9.9	0.09	26.21	6	0.07
PLAYER 4	01:55:43	8.65	0.07	24.7	3	0.04
PLAYER 5	01:53:08	8.21	0.07	26.36	5	0.1
PLAYER 6	01:54:27	9.87	0.09	26.07	6	0.11
PLAYER 7	01:39:46	9.5	0.1	28.15	19	0.3
PLAYER 8	01:53:02	9.96	0.09	25.94	10	0.18
PLAYER 9	01:42:04	8.28	0.08	26.13	4	0.04
TOTAL	23:17:30	97.13	0.07	28.3	80	1.27
AVERAGE	01:47:30	7.47	0.07	25.88	7	0.1

	AVG TIME SINCE LAST SPRINT	ACCELERATIONS	AVG TIME SINCE LAST ACCEL	DECELERATIONS	AVG TIME SINCE LAST DECEL	IMPACTS
PLAYER 1	0:00:00	1	0:00:00	1	0:00:00	2
PLAYER 10	00:11:11	39	00:02:37	24	00:04:22	230
PLAYER 11	00:08:16	23	00:02:41	12	00:05:11	18
PLAYER 12	0:00:00	2	00:04:04	6	00:05:43	33
PLAYER 13	00:04:53	21	00:03:16	15	00:06:38	177
PLAYER 2	00:20:30	38	00:02:40	40	00:02:32	223
PLAYER 3	00:17:54	36	00:02:50	43	00:02:21	425
PLAYER 4	00:32:11	25	00:04:01	25	00:03:58	84
PLAYER 5	00:21:52	53	00:01:54	60	00:01:41	84
PLAYER 6	00:08:43	36	00:02:54	39	00:02:50	581
PLAYER 7	00:04:35	72	00:01:17	73	00:01:12	149
PLAYER 8	00:08:26	38	00:02:47	70	00:01:28	377
PLAYER 9	00:27:22	23	00:04:22	32	00:03:04	26
TOTAL	02:45:59	407	00:35:27	440	00:41:06	2409
AVERAGE	00:12:46	32	00:02:43	34	00:03:09	186

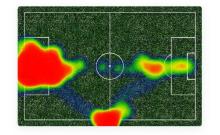
	HML EFFORTS	HML DISTANCE	DYNAMIC STRESS LOAD	NUMBER OF HIGH INTENSITY BURSTS	AVG TIME SINCE LAST HIB	STEP BALANCE
PLAYER 1	4	0.04	19.86	0	0:00:00	0
PLAYER 10	97	0.78	409.38	19	00:05:23	-0.03
PLAYER 11	66	0.54	115.85	1	0:00:00	0.1
PLAYER 12	33	0.24	105.37	1	0:00:00	-0.02
PLAYER 13	72	0.73	349.36	18	00:02:01	0.01
PLAYER 2	104	0.91	568.45	27	00:03:37	-0.03
PLAYER 3	145	1.18	738.72	40	00:02:10	-0.04
PLAYER 4	97	0.67	244.03	4	00:26:11	0.02
PLAYER 5	121	0.97	240.76	9	00:10:46	0.02
PLAYER 6	142	1.2	1027.06	48	00:01:53	0.02
PLAYER 7	183	1.7	552.85	14	00:06:08	-0.02
PLAYER 8	176	1.56	663.32	37	00:02:31	0.01
PLAYER 9	95	0.78	141.91	2	00:01:06	-0.03
TOTAL	1335	11.31	5176.92	220	01:01:51	0.01
AVERAGE	102.69	0.87	398.22	17	00:04:45	0



REPORT 2

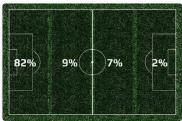
INDIVIDUAL PLAYER PERFORMANCE

Activity Graph Player Heat Map Sprint Areas Time Spent Areas Goal Keeper Analysis Breakdown Summary





SPRINT AREAS



12.5 (KW/H) 30 10 10 7.5



TIME SPENT

PLAYER 1	TOTAL TIME 57:02	TOTAL DIVES 38	GK LOAD 538.51	TOTAL IMPACTS 16	AVERAGE TIME SINCE LAST DIVE 01:23	1 st
GK	AVEARAGE DIVE IMPACT	TOTAL ACCELERATIONS	TOTAL DECELERATIONS	DIVES LEFT	DIVES RIGHT	HALF
	38.29	11	20	11	27	



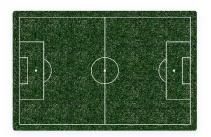






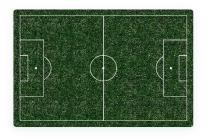
● SPEED — DSL — METABOLIC POWER — ACCELS — DECELS — SPRINTS — IMPACTS — HML EFFORTS — DIVES





HEAT MAP

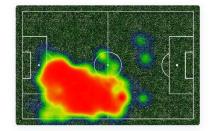
SPRINT AREAS

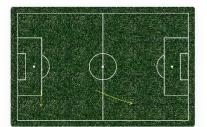


TIME SPENT

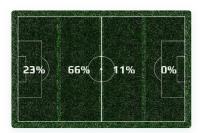
4

PLAYER 1	TOTAL TIME N/A	TOTAL DIVES N/A	GK LOAD N/A	TOTAL IMPACTS N/A	AVERAGE TIME SINCE LAST DIVE N/A	2 nd
	AVERAGE DIVE IMPACT N/A	TOTAL ACCELERATIONS N/A	TOTAL DECELERATIONS N/A	N/A	DIVES RIGHT N/A	HALF





SPRINT AREAS



24 21 18 15 SPEED (KM/H) 12 9 6 з 0 14:05:00 14:10:00 14:15:00 14:20:00 14:25:00 14:30:00 14:35:00 14:40:00 14:45:00 14:50:00

TIME SPENT

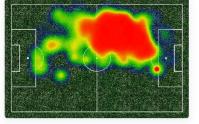
4

PLAYER 2	AVERAGE HEART RATE N/A	TOTAL DISTANCE 4.8km	MAX SPEED 25.1km	TOTAL IMPACTS 220	HIGH INTENSITY BURSTS 26	1 st
	TIME IN RED ZONE N/A	TOTAL ACCELERATIONS 25	TOTAL DECELERATIONS 19	TOTAL SPRINTS 24	DYNAMIC STRESS LOAD (DSL) 426.7	HALF



•

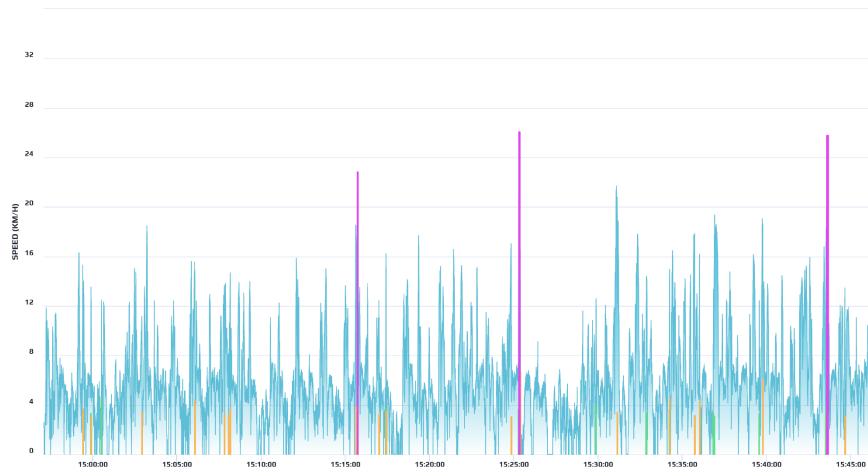




SPEED

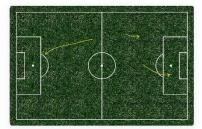
— DSL

- METABOLIC POWER - ACCELS

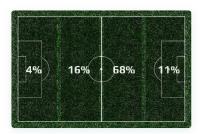


— DECELS — SPRINTS — IMPACTS — HML EFFORTS — DIVES

HEAT MAP



SPRINT AREAS



TIME SPENT

PLAYER 2	AVERAGE HEART RATE	TOTAL DISTANCE	MAX SPEED	TOTAL IMPACTS	HIGH INTENSITY BURSTS	7 nd
	N/A	4.6km	26.1km	188	16	2
	TIME IN	TOTAL	TOTAL	TOTAL	DYNAMIC STRESS LOAD	HALF
	RED ZONE	ACCELERATIONS	DECELERATIONS	SPRINTS	(DSL)	
	N/A	12	18	14	389	



SPEED

— HR (BPM)

DSL

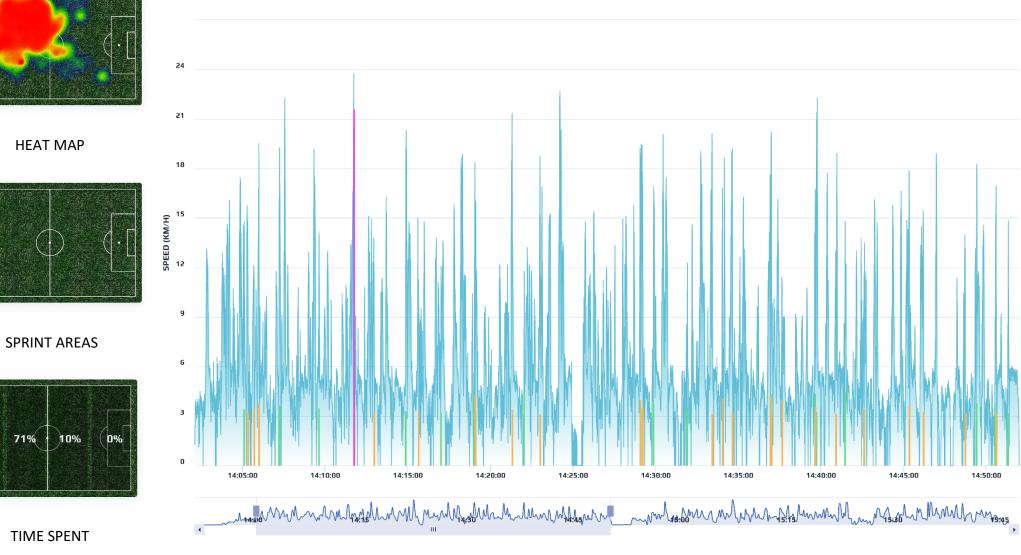
METABOLIC POWER

- ACCELS

DECELS

SPRINTS

- IMPACTS - HML EFFORTS - DIVES



ASTROSTATS

Q Q C 🕒

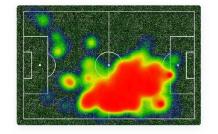


10%

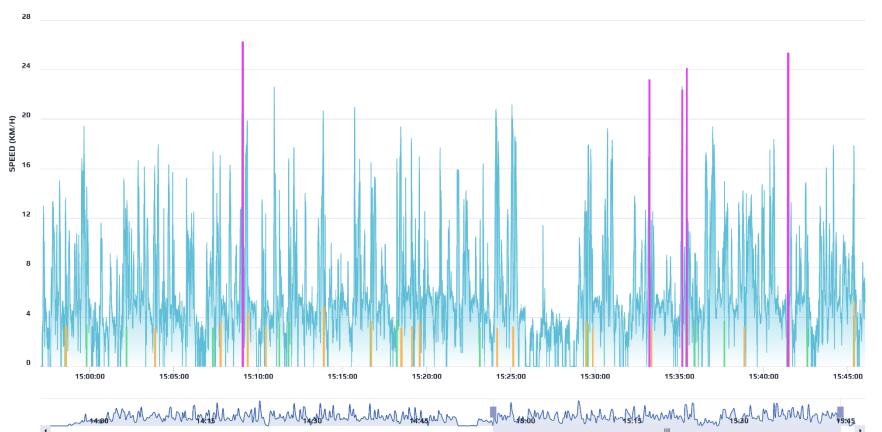
71%

19%

PLAYER 3	AVERAGE HEART RATE N/A	TOTAL DISTANCE 4.8km	MAX SPEED 23.7km	TOTAL IMPACTS 313	HIGH INTENSITY BURSTS 32	1 st
	TIME IN RED ZONE N/A	TOTAL ACCELERATIONS 19	TOTAL DECELERATIONS 24	TOTAL SPRINTS 37	DYNAMIC STRESS LOAD (DSL) 495.1	HALF



32



TIME SPENT

22%

2%

SPRINT AREAS

64%

12%

4

PLAYER 3	AVERAGE HEART RATE N/A	TOTAL DISTANCE 4.8km	MAX SPEED 26.2km	TOTAL IMPACTS 385	HIGH INTENSITY BURSTS 33	2 nd
	TIME IN RED ZONE N/A	TOTAL ACCELERATIONS 17	TOTAL DECELERATIONS 19	TOTAL SPRINTS 42	DYNAMIC STRESS LOAD (DSL) 385	HALF



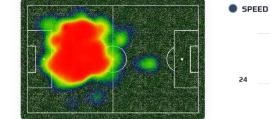


C



Q C 🖨

Ð



— HR (BPM)

DSL

METABOLIC POWER

- ACCELS

- DECELS

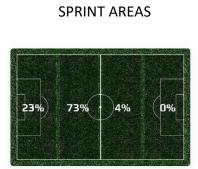
24 20 21 17.5 18 15 12.5 IMPACTS (G) 10 15 SPEED (KM/H) 1; 12 9 7.5 6 5 з 2.5 0 Π 14:05:00 14:10:00 14:15:00 14:20:00 14:25:00 14:30:00 14:35:00 14:40:00 14:45:00 14:50:00

SPRINTS

_

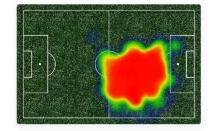
- IMPACTS - HML EFFORTS - DIVES

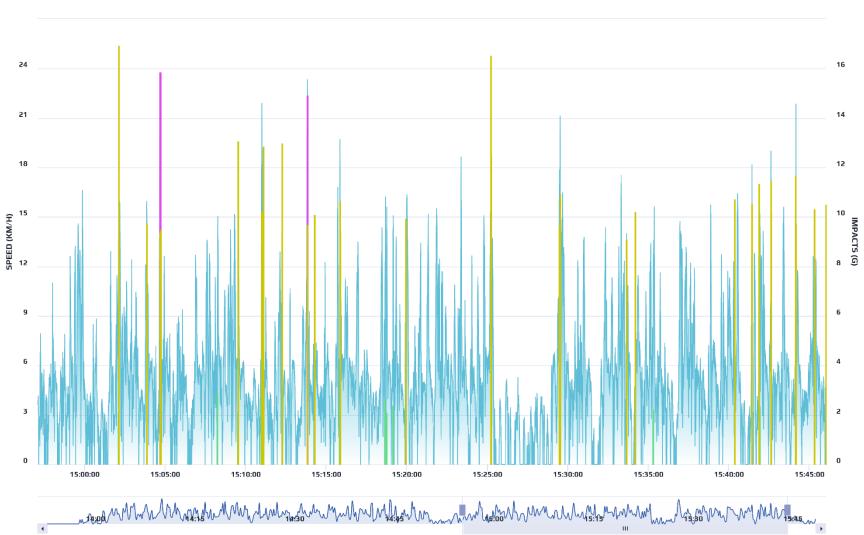
HEAT MAP



TIME SPENT

PLAYER 4	AVERAGE 	TOTAL DISTANCE 4.3km	MAX SPEED 24.7km	TOTAL IMPACTS 73	HIGH INTENSITY BURSTS 13	1 st
	TIME IN RED ZONE N/A	TOTAL ACCELERATIONS 15	TOTAL DECELERATIONS 11	TOTAL SPRINTS 21	DYNAMIC STRESS LOAD (DSL) 191.2	HALF





TIME SPENT

80%

16%

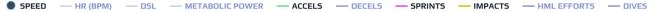
•

SPRINT AREAS

5%

0%

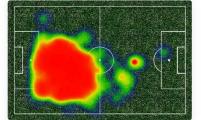
PLAYER 4	AVERAGE HEART RATE N/A	TOTAL DISTANCE 4.1km	MAX SPEED 23.7km	TOTAL IMPACTS 60	HIGH INTENSITY BURSTS	2 nd
	TIME IN RED ZONE	TOTAL	TOTAL DECELERATIONS	TOTAL SPRINTS	DYNAMIC STRESS LOAD (DSL)	HALF
	N/A	10	14	18	165.4	

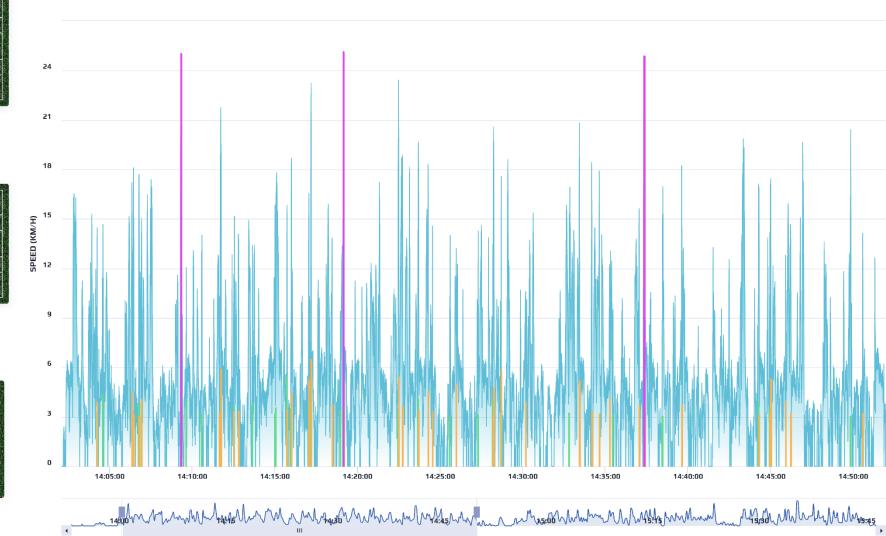




Q C 🖨

Ð





TIME SPENT

SPRINT AREAS

5%

0%

25%

70%

PLAYER 5	AVERAGE HEART RATE	TOTAL DISTANCE	MAX SPEED	TOTAL IMPACTS	HIGH INTENSITY BURSTS	1 st
	N/A	4.2km	25.1km	93	14	_
			TOTAL	TOTAL		HALF
	RED ZONE	ACCELERATIONS	DECELERATIONS	SPRINTS	(DSL)	
	N/A	31	39	15	183	





0 Q C 🗗





SPEED

— HR (BPM)

DSL

---- METABOLIC POWER

- ACCELS

DECELS

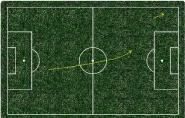
SPRINTS

_

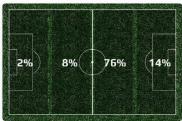
- IMPACTS - HML EFFORTS - DIVES

32 28 24 20 (H/M) 16 12 8 4 0 15:00:00 15:05:00 15:10:00 15:15:00 15:20:00 15:25:00 15:30:00 15:35:00 15:40:00 15:45:00

HEAT MAP

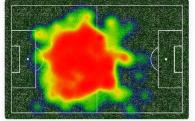


SPRINT AREAS

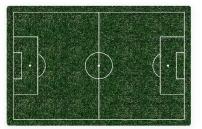


TIME SPENT

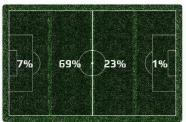
PLAYER 5	AVERAGE HEART RATE N/A	TOTAL DISTANCE 3.9km	MAX SPEED 26.4km	TOTAL IMPACTS 68	HIGH INTENSITY BURSTS 10	2 nd
	TIME IN RED ZONE	TOTAL ACCELERATIONS	TOTAL DECELERATIONS	TOTAL SPRINTS	DYNAMIC STRESS LOAD (DSL)	HALF
	N/A	22	21	19	160.2	







SPRINT AREAS



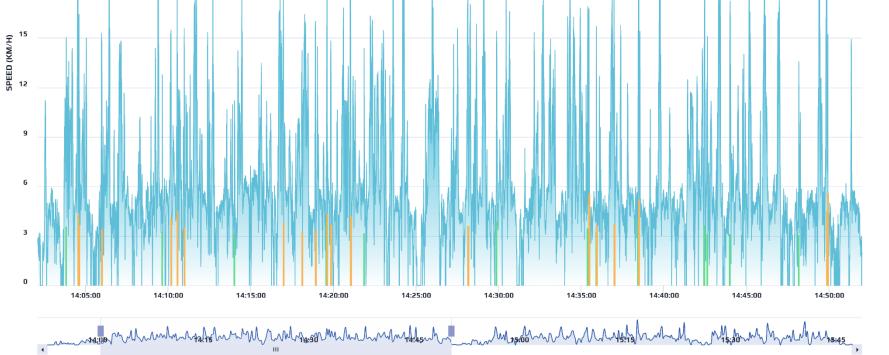






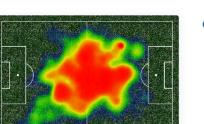


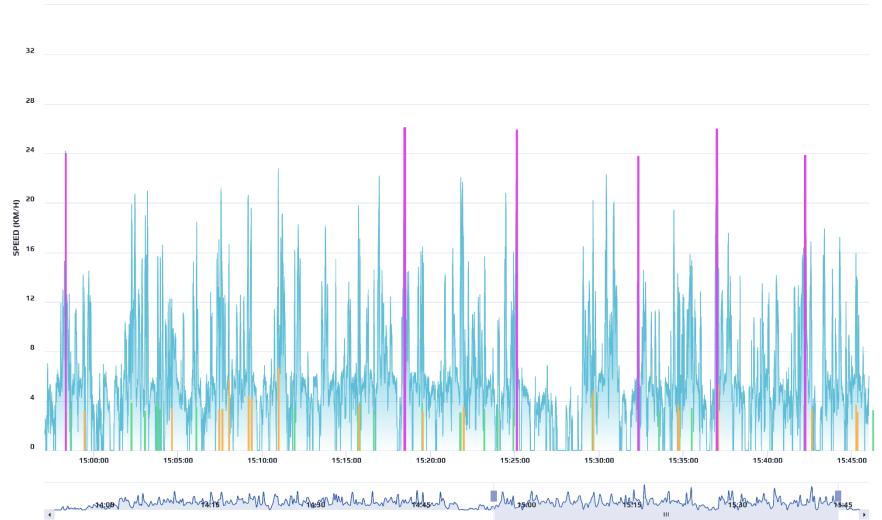




TIME SPENT

PLAYER 6	AVERAGE HEART RATE	TOTAL DISTANCE	MAX SPEED	TOTAL IMPACTS	HIGH INTENSITY BURSTS	1 st
	N/A	4.8km	23km	271	29	-
	TIME IN RED ZONE	TOTAL ACCELERATIONS	TOTAL DECELERATIONS	TOTAL SPRINTS	DYNAMIC STRESS LOAD (DSL)	HALF
	N/A	15	19	45	718.7	





TIME SPENT

42%

1%

SPRINT AREAS

54%

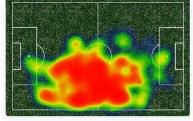
3%

PLAYER 6	AVERAGE HEART RATE	TOTAL DISTANCE	MAX SPEED	TOTAL IMPACTS	HIGH INTENSITY BURSTS	2 nd
	N/A	4.8km	26.1km	333	30	
	TIME IN	TOTAL	TOTAL	TOTAL	DYNAMIC STRESS LOAD	HALF
	RED ZONE	ACCELERATIONS	DECELERATIONS	SPRINTS	(DSL)	
	N/A	21	19	46	798.6	





Q Q C 🖡



HEAT MAP

SPRINT AREAS

45%

4%

SPEED

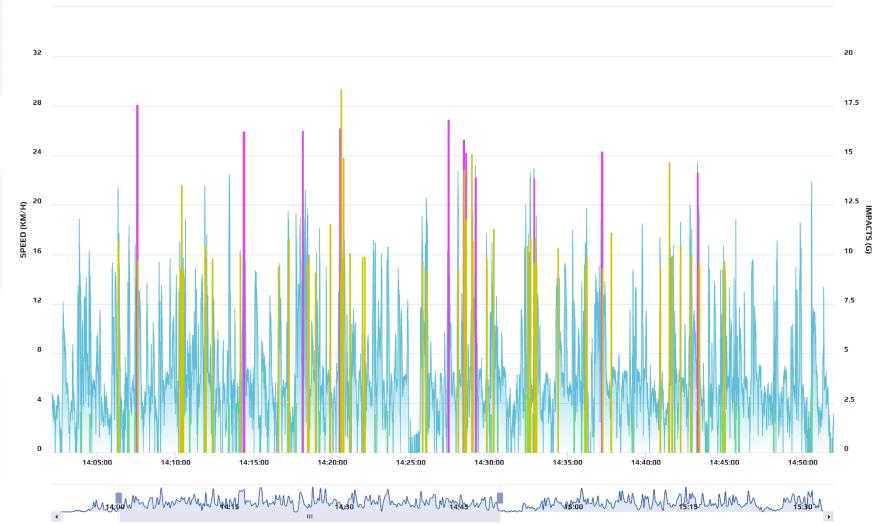
— HR (BPM)

DSL

METABOLIC POWER

- ACCELS

- DECELS



- SPRINTS

- IMPACTS - HML EFFORTS - DIVES

TIME SPENT

46%

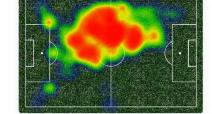
6%

PLAYER 7	AVERAGE HEART RATE	TOTAL DISTANCE	MAX SPEED	TOTAL IMPACTS	HIGH INTENSITY BURSTS	1 st
	N/A	5.4km	28km	164	18	-
	TIME IN RED ZONE	TOTAL ACCELERATIONS	TOTAL DECELERATIONS	TOTAL SPRINTS	DYNAMIC STRESS LOAD (DSL)	HALF
	N/A	54	47	57	436.6	

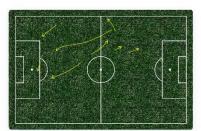


QCB

Ð



HEAT MAP



SPRINT AREAS





SPEED

— HR (BPM)

DSL

METABOLIC POWER

- ACCELS

- DECELS

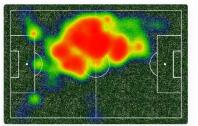
- SPRINTS

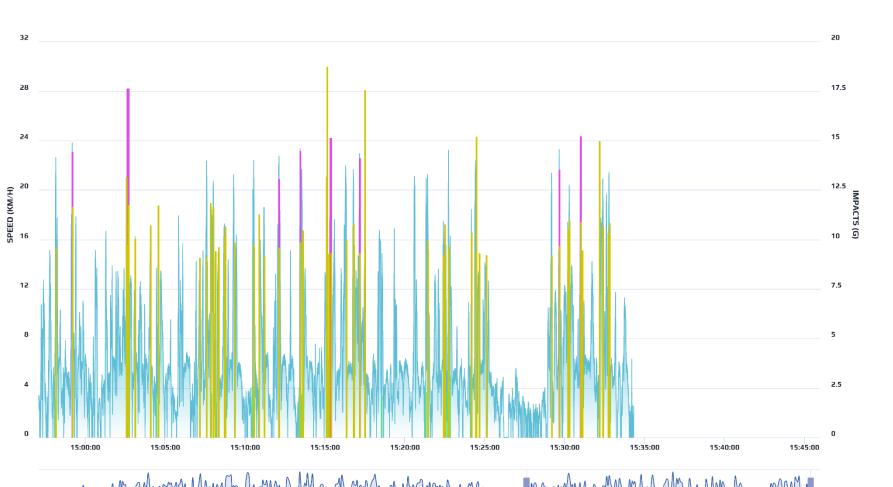
- IMPACTS - HML EFFORTS - DIVES



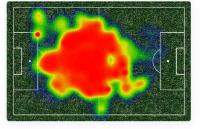
TIME SPENT

PLAYER 7	AVERAGE HEART RATE N/A	TOTAL DISTANCE 3.8km	MAX SPEED 28.2km	TOTAL IMPACTS 180	HIGH INTENSITY BURSTS 18	2 nd
	TIME IN RED ZONE N/A	TOTAL ACCELERATIONS 17	TOTAL DECELERATIONS 26	TOTAL SPRINTS 46	DYNAMIC STRESS LOAD (DSL) 372.2	HALF









SPEED

DSL

- METABOLIC POWER

- ACCELS

- DECELS

- SPRINTS

24 21 18 15 12 12 9 6 з 0 14:05:00 14:10:00 14:15:00 14:20:00 14:25:00 14:30:00 14:35:00 14:40:00 14:45:00 14:50:00 mineson www. Mary south Mill My Hast mineson where and the mineson market with the south mineson where and the sou

- IMPACTS - HML EFFORTS - DIVES

TIME SPENT

64%

9%

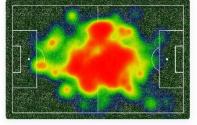
SPRINT AREAS

25%

2%

PLAYER 8	AVERAGE HEART RATE N/A	TOTAL DISTANCE 4.8km	MAX SPEED 24.5km	TOTAL IMPACTS 280	HIGH INTENSITY BURSTS 30	1 st
	TIME IN RED ZONE N/A	TOTAL ACCELERATIONS 22	TOTAL DECELERATIONS 34	TOTAL SPRINTS 41	DYNAMIC STRESS LOAD (DSL) 445.5	HALF





SPEED

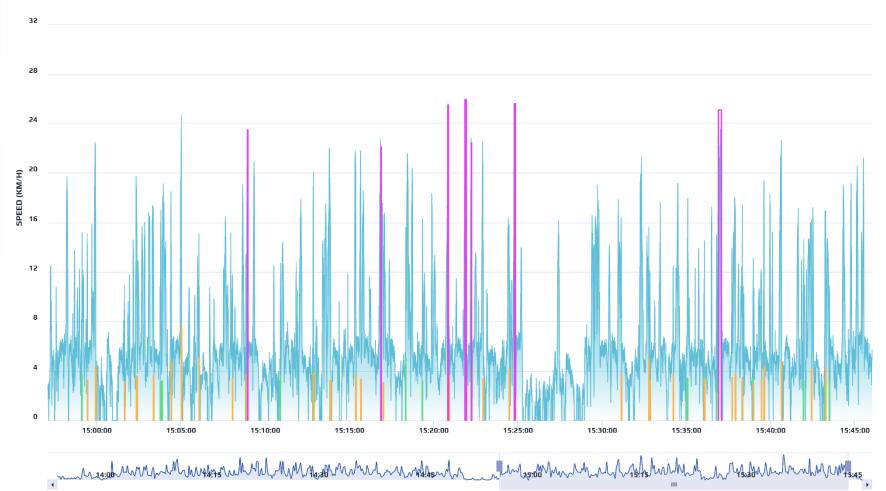
DSL

---- METABOLIC POWER

- ACCELS

- DECELS

- SPRINTS



- IMPACTS - HML EFFORTS - DIVES

TIME SPENT

38%

4%

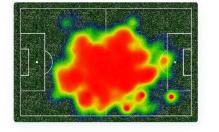
SPRINT AREAS

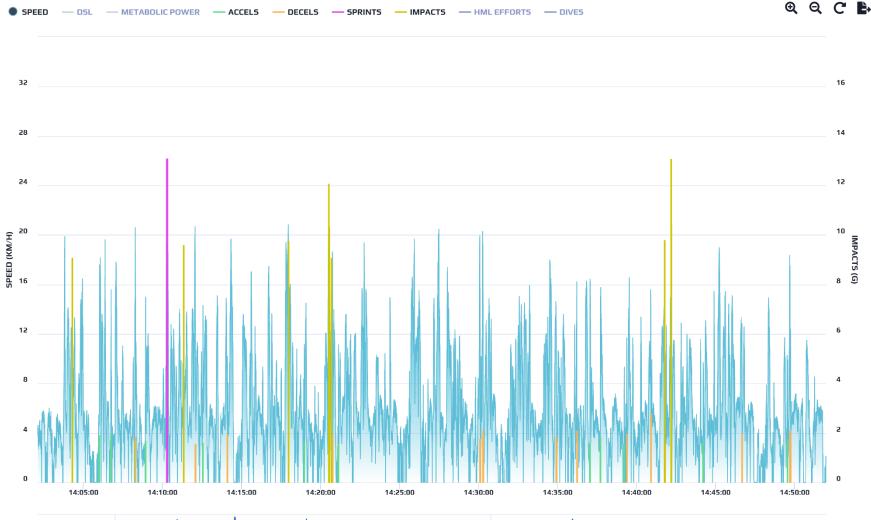
53%

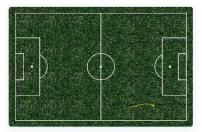
5%

PLAYER 8	AVERAGE HEART RATE		MAX SPEED	TOTAL IMPACTS	HIGH INTENSITY BURSTS	2 nd
	N/A	4.9km	26km	318	34	
	TIME IN RED ZONE	TOTAL ACCELERATIONS	TOTAL DECELERATIONS	TOTAL SPRINTS	DYNAMIC STRESS LOAD (DSL)	HALF
	N/A	15	35	51	485.1	

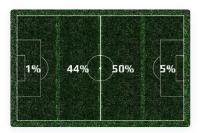








SPRINT AREAS



- Masson Mhanham Masha har Man Maria so Man Maria Maria Man Maria Ma

PLAYER 9	AVERAGE HEART RATE	TOTAL DISTANCE	MAX SPEED	TOTAL IMPACTS	HIGH INTENSITY BURSTS	1 st
	N/A	4.7km	26.1km	44	2	
	TIME IN RED ZONE	TOTAL ACCELERATIONS	TOTAL DECELERATIONS	TOTAL SPRINTS	DYNAMIC STRESS LOAD (DSL)	HALF
	N/A	10	15	15	107	



SPEED

9

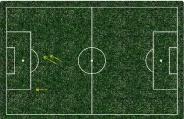
6

з

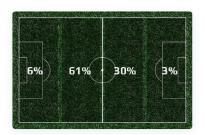
0

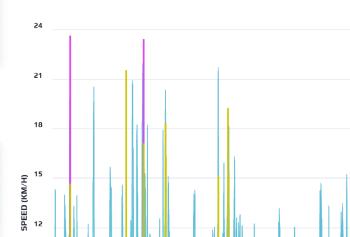
DSL





SPRINT AREAS



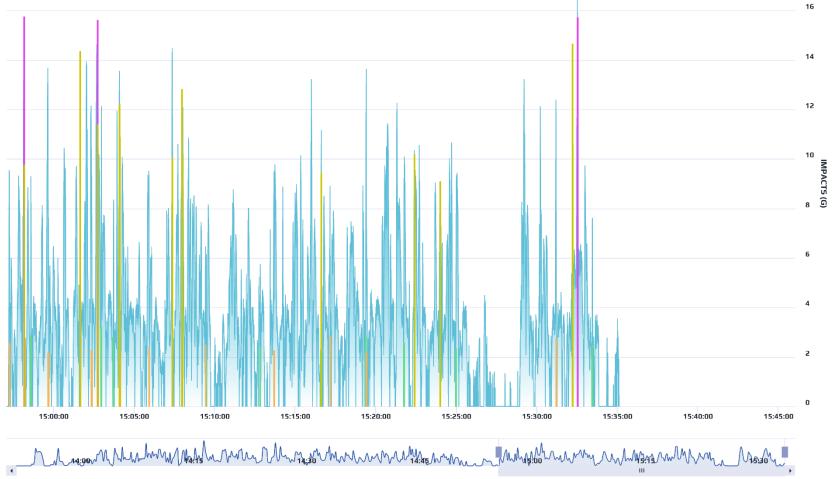


- METABOLIC POWER

- ACCELS

- DECELS

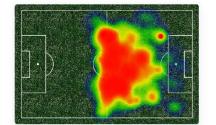
- SPRINTS



- IMPACTS - HML EFFORTS - DIVES

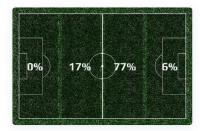
PLAYER 9	AVERAGE HEART RATE	TOTAL DISTANCE	MAX SPEED	TOTAL IMPACTS	HIGH INTENSITY BURSTS	7 nd
	N/A	3.9km	27.7km	200	6	2
						HALF
	TIME IN RED ZONE	TOTAL ACCELERATIONS	TOTAL DECELERATIONS	TOTAL SPRINTS	DYNAMIC STRESS LOAD (DSL)	
	N/A	10	15	15	220.9	

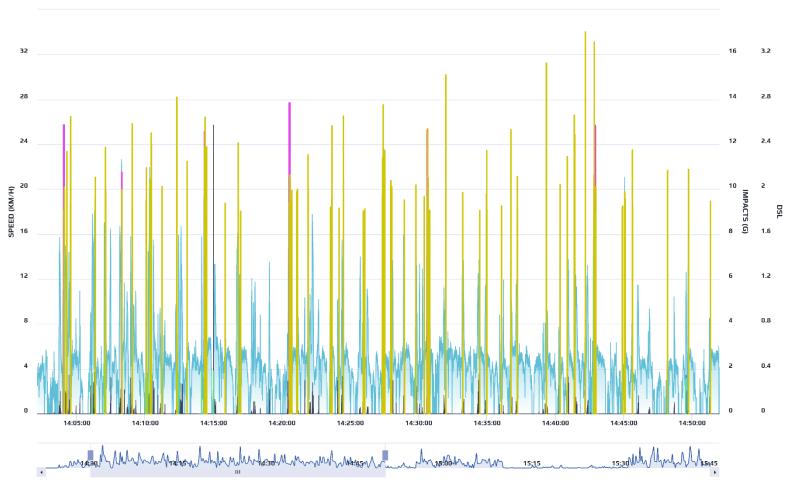






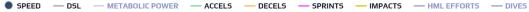
SPRINT AREAS





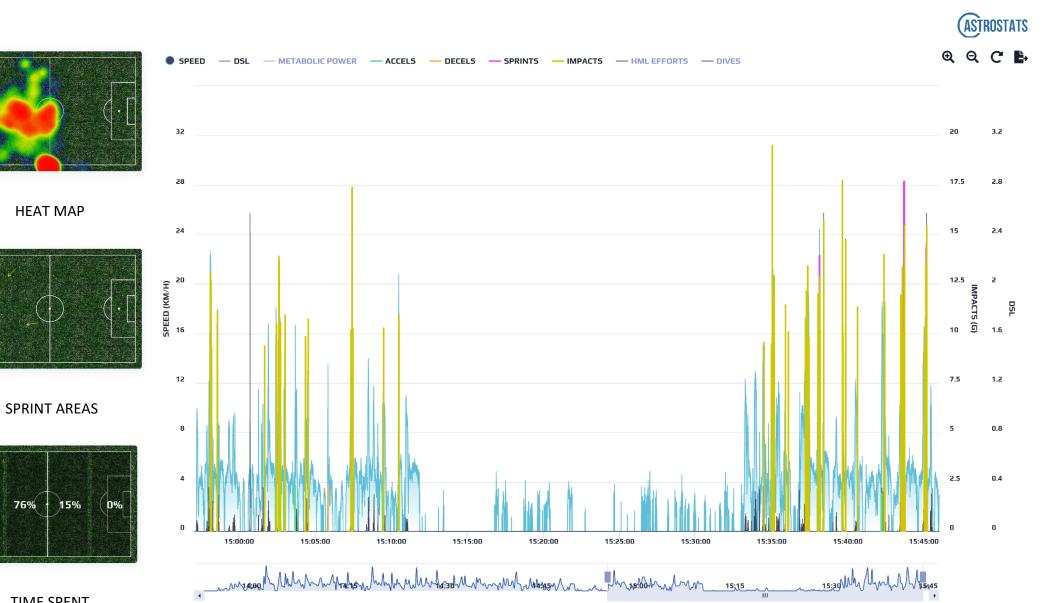
TIME SPENT

PLAYER	AVERAGE HEART RATE N/A	TOTAL DISTANCE 3.9km	MAX SPEED 27.7km	TOTAL IMPACTS 200	HIGH INTENSITY BURSTS 25	1 st
10	TIME IN RED ZONE N/A	TOTAL ACCELERATIONS 25	TOTAL DECELERATIONS 14	TOTAL SPRINTS 35	DYNAMIC STRESS LOAD (DSL) 315.5	HALF





ASTROSTATS



TIME SPENT

15%

76%

9%

PLAYER	AVERAGE HEART RATE N/A	TOTAL DISTANCE 2.4km	MAX SPEED 28.3km	TOTAL IMPACTS 159	HIGH INTENSITY BURSTS 13	2 nd
10	TIME IN RED ZONE N/A	TOTAL ACCELERATIONS 14	TOTAL DECELERATIONS 10	TOTAL SPRINTS 19	DYNAMIC STRESS LOAD (DSL) 255.8	HALF



0 Q C 🗗



SPEED

4

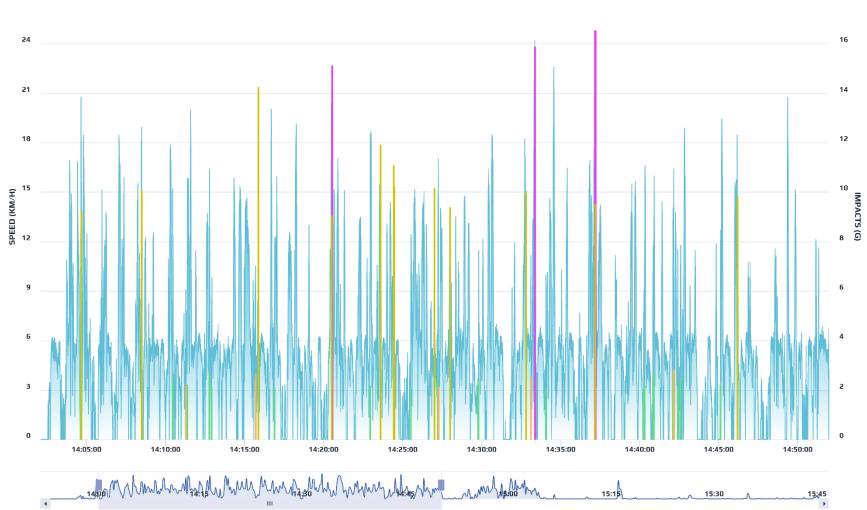
— DSL

---- METABOLIC POWER

- ACCELS

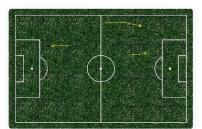
- DECELS

- SPRINTS

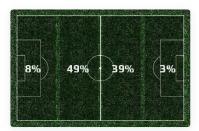


- IMPACTS - HML EFFORTS - DIVES

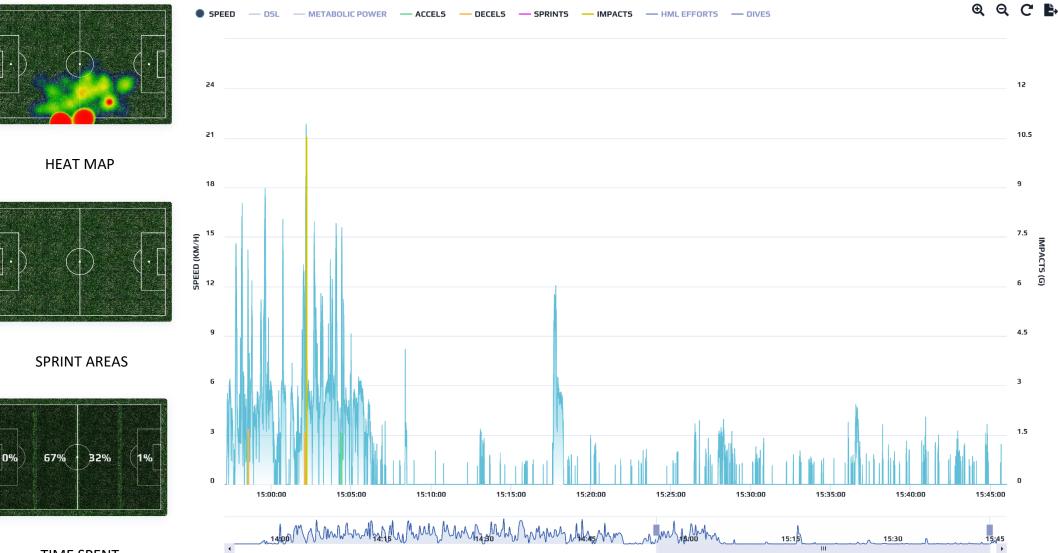
HEAT MAP



SPRINT AREAS

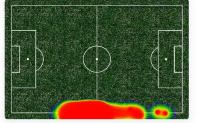


PLAYER	AVERAGE HEART RATE N/A	TOTAL DISTANCE 4.3km	MAX SPEED 24.8km	TOTAL IMPACTS 30	HIGH INTENSITY BURSTS 4	1 st
11	TIME IN RED ZONE N/A	TOTAL ACCELERATIONS 20	TOTAL DECELERATIONS 10	TOTAL SPRINTS 17	DYNAMIC STRESS LOAD (DSL) 149.7	HALF



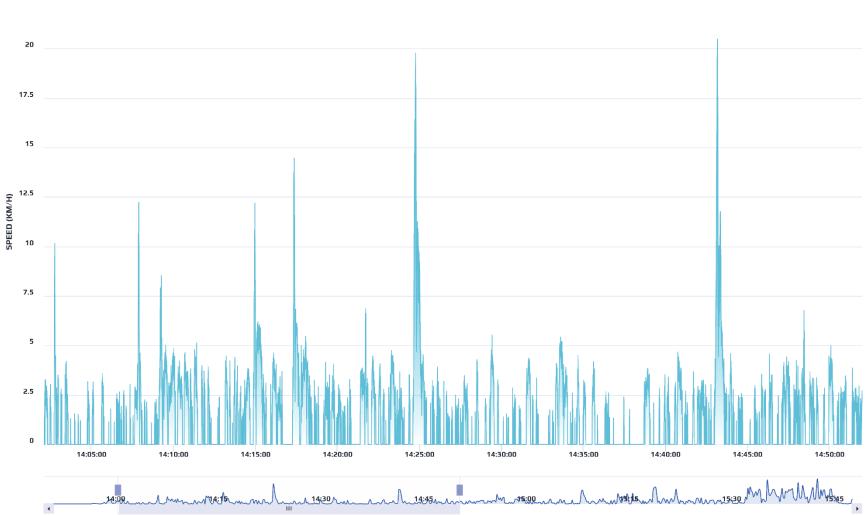
ASTROSTATS

PLAYER	AVERAGE HEART RATE N/A	TOTAL DISTANCE 0.9km	MAX SPEED 21.9km	TOTAL IMPACTS	HIGH INTENSITY BURSTS	2 nd
11	TIME IN RED ZONE	TOTAL	TOTAL	TOTAL SPRINTS	DYNAMIC STRESS LOAD (DSL)	HALF
	N/A	3	2	2	19.8	









TIME SPENT

72%

0%

SPRINT AREAS

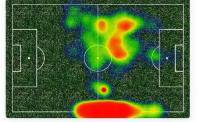
27%

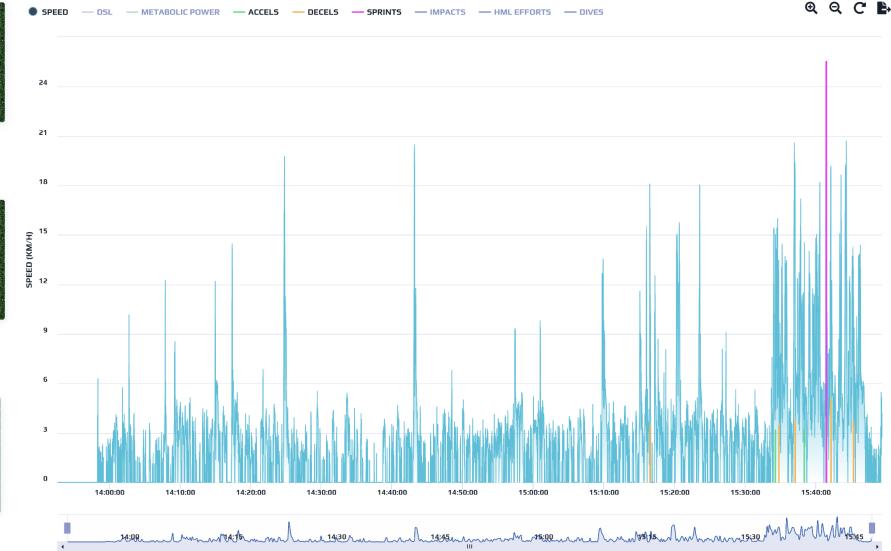
1%

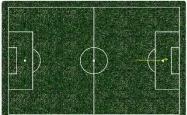
PLAYER	AVERAGE HEART RATE N/A	TOTAL DISTANCE 0.8km	MAX SPEED 20.5km	TOTAL IMPACTS 4	HIGH INTENSITY BURSTS 0	1 st
12	TIME IN RED ZONE N/A	TOTAL ACCELERATIONS 0	TOTAL DECELERATIONS O	TOTAL SPRINTS 2	DYNAMIC STRESS LOAD (DSL) 19.7	HALF



C













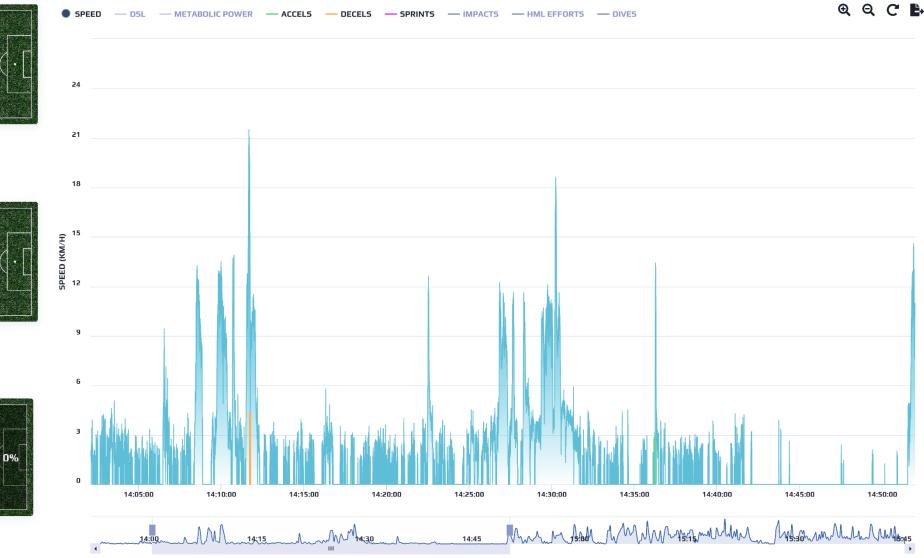
PLAYER	AVERAGE HEART RATE N/A	TOTAL DISTANCE	MAX SPEED 25.5km	TOTAL IMPACTS 28	HIGH INTENSITY BURSTS 1	2 nd
12	TIME IN RED ZONE N/A	TOTAL ACCELERATIONS 2	TOTAL DECELERATIONS 6	TOTAL SPRINTS 10	DYNAMIC STRESS LOAD (DSL) 130.7	HALF





SPRINT AREAS

25%

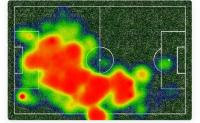


75%

0%

PLAYER	AVERAGE HEART RATE	TOTAL DISTANCE	MAX SPEED	TOTAL IMPACTS	HIGH INTENSITY BURSTS	1 st
13	N/A TIME IN RED ZONE	1.2km TOTAL ACCELERATIONS	21.5km TOTAL DECELERATIONS	TOTAL SPRINTS	I DYNAMIC STRESS LOAD (DSL)	HALF
	N/A	1	1	2	28.9	

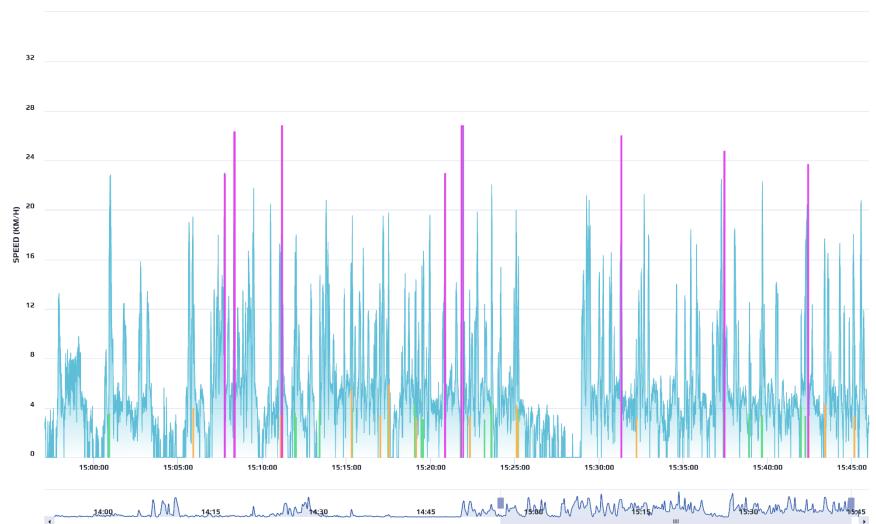




SPEED

— DSL

— METABOLIC POWER — ACCELS



— DECELS — SPRINTS — IMPACTS — HML EFFORTS — DIVES

ASTROSTATS

È,

QQC

TIME SPENT

55%

23%

SPRINT AREAS

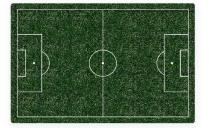
19%

3%

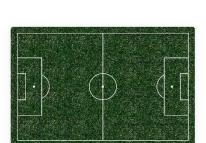
PLAYER	AVERAGE HEART RATE	TOTAL DISTANCE	MAX SPEED	TOTAL IMPACTS	HIGH INTENSITY BURSTS	2 nd
13	N/A TIME IN	4.8km TOTAL	26.8km TOTAL	332 TOTAL	32 DYNAMIC STRESS LOAD	HALF
	RED ZONE	ACCELERATIONS	DECELERATIONS	SPRINTS	(DSL)	
	N/A	20	14	39	495.4	



ASTROSTATS

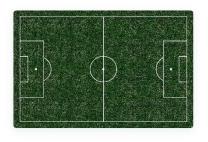


● SPEED --- DSL --- METABOLIC POWER --- ACCELS --- SPRINTS --- IMPACTS --- HML EFFORTS



HEAT MAP

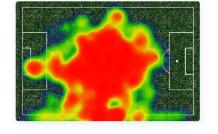
SPRINT AREAS



TIME SPENT

PLAYER	AVERAGE HEART RATE N/A	TOTAL DISTANCE N/A	MAX SPEED N/A	TOTAL IMPACTS N/A	HIGH INTENSITY BURSTS N/A	1 st
14	TIME IN RED ZONE N/A	TOTAL ACCELERATIONS N/A	TOTAL DECELERATIONS N/A	TOTAL SPRINTS N/A	DYNAMIC STRESS LOAD (DSL) N/A	HALF





SPEED

0

15:05:00

— DSL

32 28 24 20 (H/M) 16 12 8 4

15:25:00

15:30:00

MASIBO

15:35:00

15:40:00

W75/35 MM M15/48

15:45:00

Mr. MA:As

- METABOLIC POWER - ACCELS - DECELS - SPRINTS - IMPACTS - HML EFFORTS



SPRINT AREAS

15:05 M 15:15 M M 15:25 M 15:25 M 15:25 M

15:15:00

15:10:00

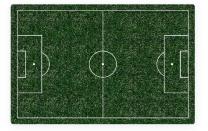
TIME SPENT

PLAYER	AVERAGE HEART RATE N/A	TOTAL DISTANCE 3.9km	MAX SPEED 27.1km	TOTAL IMPACTS 323	HIGH INTENSITY BURSTS 23	2 nd
14	TIME IN RED ZONE N/A	TOTAL ACCELERATIONS 7	TOTAL DECELERATIONS 19	TOTAL SPRINTS 37	DYNAMIC STRESS LOAD (DSL) 464.1	HALF

15:20:00

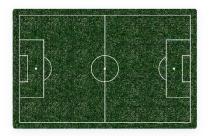


ASTROSTATS



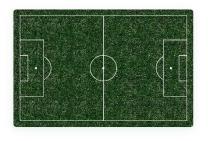
● SPEED --- DSL --- METABOLIC POWER --- ACCELS --- SPRINTS --- IMPACTS --- HML EFFORTS





HEAT MAP

SPRINT AREAS



TIME SPENT

PLAYER	TOTAL TIME	TOTAL DIVES	GK LOAD	TOTAL IMPACTS	AVERAGE TIME SINCE LAST DIVE	1 st
15	N/A	N/A	N/A	N/A	N/A	-
10	AVEARAGE	TOTAL	TOTAL	DIVES	DIVES	HALF
	DIVE IMPACT	ACCELERATIONS	DECELERATIONS	LEFT	RIGHT	
	N/A	N/A	N/A	N/A	N/A	



24

21

18

15

6

з

15:45:00

GK LOAD





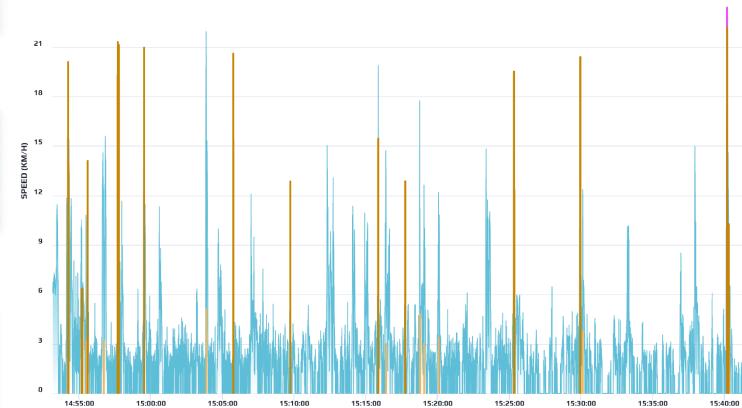
HEAT MAP

SPEED

24

— HR (BPM)

DSL



- METABOLIC POWER - ACCELS - DECELS - SPRINTS - IMPACTS - HML EFFORTS - DIVES



3%

97%

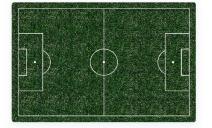
SPRINT AREAS

1%

0%

PLAYER	TOTAL TIME	TOTAL DIVES	GK LOAD	TOTAL IMPACTS	AVERAGE TIME SINCE LAST DIVE	7 nd
15	N/A	26	428.55	58	02:01	2
13	AVEARAGE DIVE IMPACT	TOTAL ACCELERATIONS	TOTAL DECELERATIONS	DIVES LEFT	DIVES RIGHT	HALF
GK	32.84	19	16	13	13	





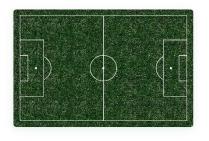
● SPEED --- DSL --- METABOLIC POWER --- ACCELS --- SPRINTS --- IMPACTS --- HML EFFORTS





HEAT MAP

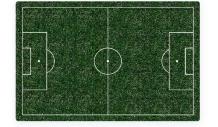
SPRINT AREAS



TIME SPENT

PLAYER	AVERAGE HEART RATE	TOTAL DISTANCE	MAX SPEED	TOTAL IMPACTS	HIGH INTENSITY BURSTS	1 st
16	N/A	N/A	N/A	N/A	N/A	-
10	TIME IN RED ZONE	TOTAL ACCELERATIONS	TOTAL DECELERATIONS	TOTAL SPRINTS	DYNAMIC STRESS LOAD (DSL)	HALF
	N/A	N/A	N/A	N/A	N/A	

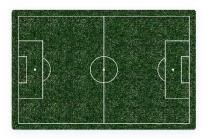




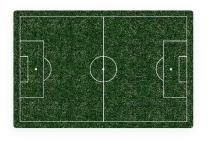
● SPEED --- DSL --- METABOLIC POWER --- ACCELS --- SPRINTS --- IMPACTS --- HML EFFORTS



•



SPRINT AREAS



PLAYER 16	AVERAGE HEART RATE N/A	TOTAL DISTANCE N/A	MAX SPEED N/A	TOTAL IMPACTS N/A	HIGH INTENSITY BURSTS N/A	2 nd
10	TIME IN RED ZONE N/A	TOTAL ACCELERATIONS N/A	TOTAL DECELERATIONS N/A	TOTAL SPRINTS N/A	DYNAMIC STRESS LOAD (DSL) N/A	HALF

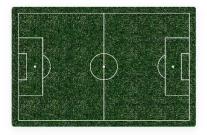




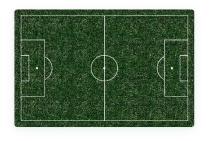
● SPEED --- DSL --- METABOLIC POWER --- ACCELS --- SPRINTS --- IMPACTS --- HML EFFORTS

HEAT MAP

•



SPRINT AREAS



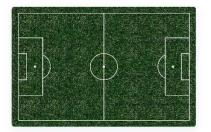
PLAYER	AVERAGE HEART RATE	TOTAL DISTANCE	MAX SPEED	TOTAL IMPACTS	HIGH INTENSITY BURSTS	1 st
17	N/A	N/A	N/A	N/A	N/A	-
1/		TOTAL	TOTAL	TOTAL		HALF
	RED ZONE	ACCELERATIONS	DECELERATIONS	SPRINTS	(DSL)	
	N/A	N/A	N/A	N/A	N/A	



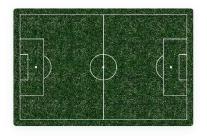


● SPEED --- DSL --- METABOLIC POWER --- ACCELS --- SPRINTS --- IMPACTS --- HML EFFORTS





SPRINT AREAS



TIME SPENT

PLAYER	AVERAGE HEART RATE	TOTAL DISTANCE	MAX SPEED	TOTAL IMPACTS	HIGH INTENSITY BURSTS	7 nd
17	N/A	N/A	N/A	N/A	N/A	٢
1/	TIME IN	TOTAL	TOTAL	TOTAL	DYNAMIC STRESS LOAD	HALF
	RED ZONE	ACCELERATIONS	DECELERATIONS	SPRINTS	(DSL)	
	N/A	N/A	N/A	N/A	N/A	



Alan Malone Strength & Conditioning AstroStats T: 087 838 7987 E: alan@astrostats.ie



©AstroStats – This report has been prepared only for general information purposes only. It should not be used as a substitute for advice. Before acting or refraining from acting in particular circumstances, specialist advice should be obtained. No responsibility can be accepted by AstroStats for loss occasioned to any person acting or refraining from acting as a result of any material in this report.



This report has been created using Apex Pro Series technology. SONRA and Apex Team/Pro pods are designed and provided by STATSports[®]. AstroStats is a provider of this technology to you, the end user. Please go to <u>www.statsports.com</u> for more information