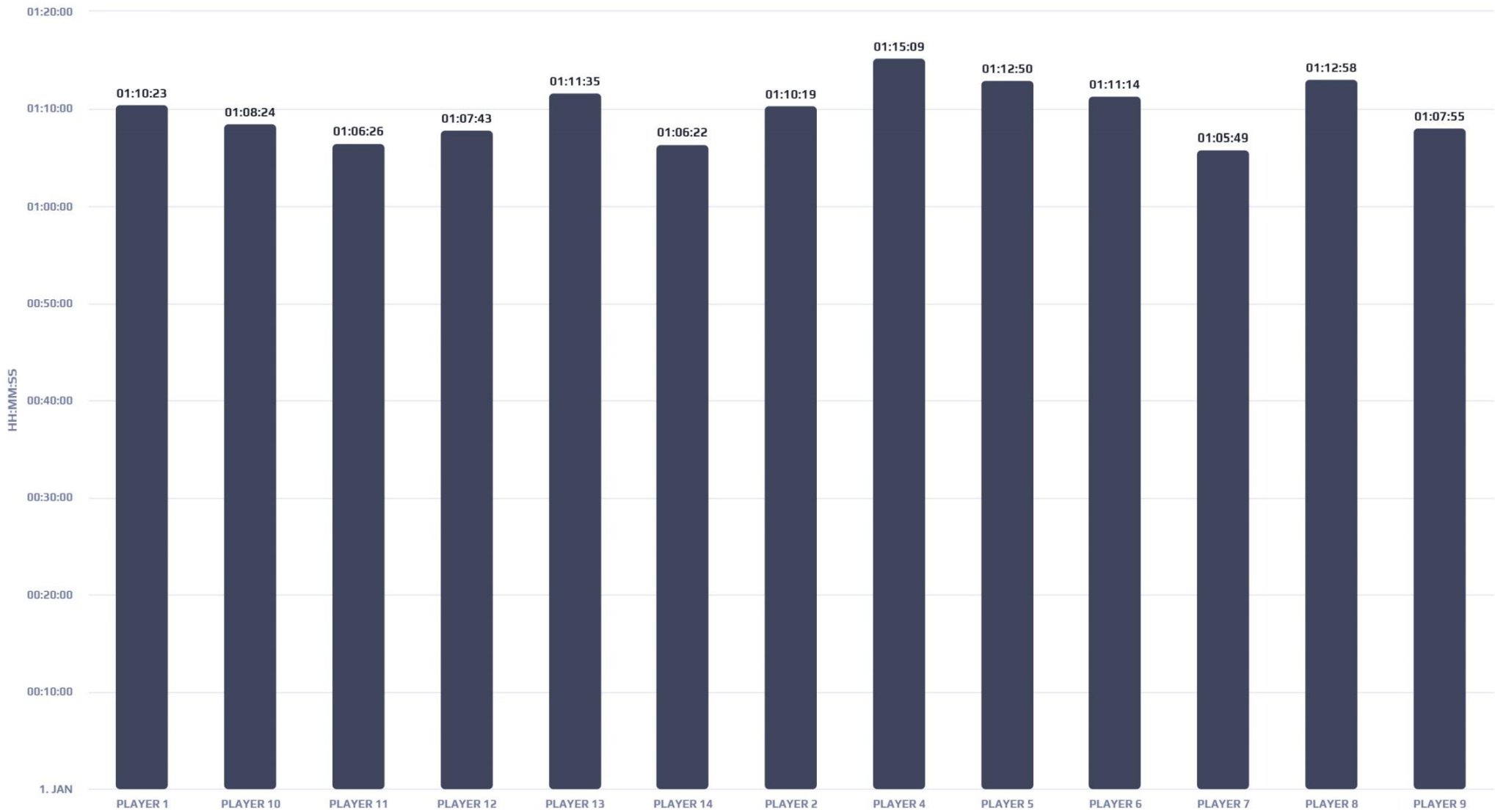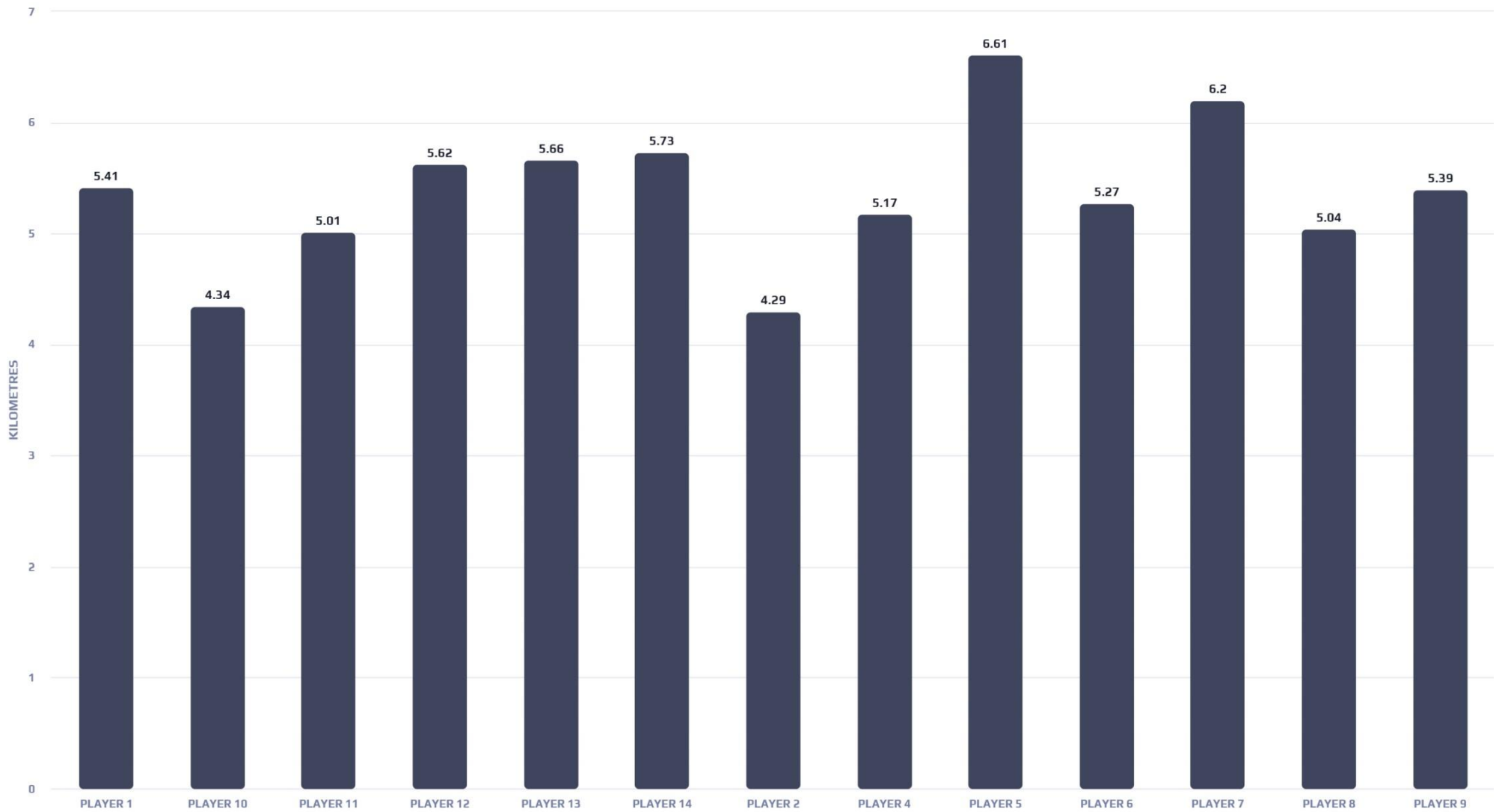# ASTROSTATS

20

14 PLAYERS

THIS INFORMATION WAS GATHERED USING AN APEX PROFESSIONAL SERIES POD. Using a highly optimised and powerful embedded processor, Apex has the capability to calculate over 50 metrics in real time on the device. This capability allows ASTROSTATS, POWERED BY STATSPORTS, to provide the most precise live metric
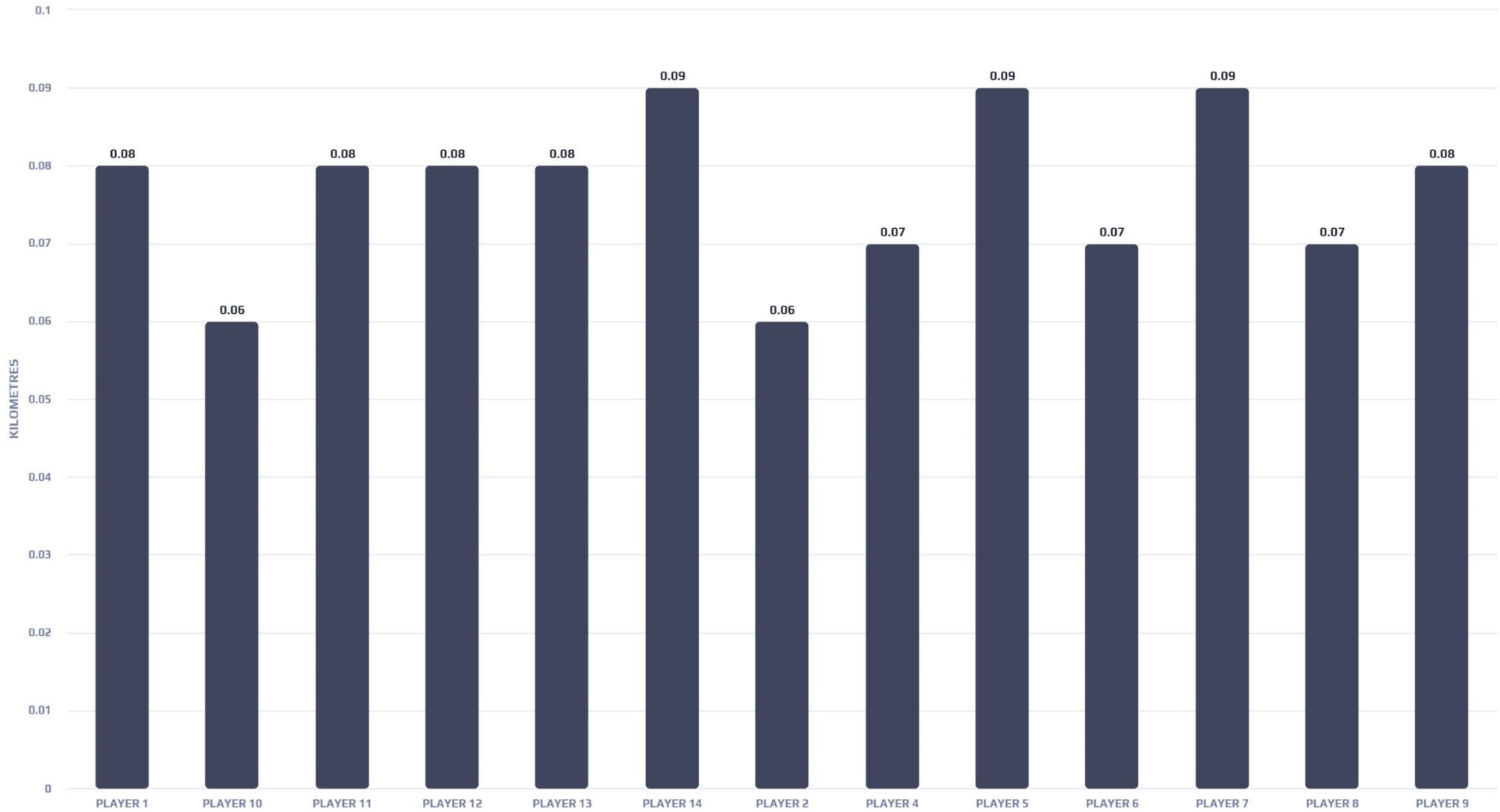
TOTAL TIME

Player	Total Time
PLAYER 1	01:10:23
PLAYER 10	01:08:24
PLAYER 11	01:06:26
PLAYER 12	01:07:43
PLAYER 13	01:11:35
PLAYER 14	01:06:22
PLAYER 2	01:10:19
PLAYER 4	01:15:09
PLAYER 5	01:12:50
PLAYER 6	01:11:14
PLAYER 7	01:05:49
PLAYER 8	01:12:58
PLAYER 9	01:07:55

HH:MM:SS

Total time of session wearing Apex Pro pod.

TOTAL DISTANCE

KILOMETRES

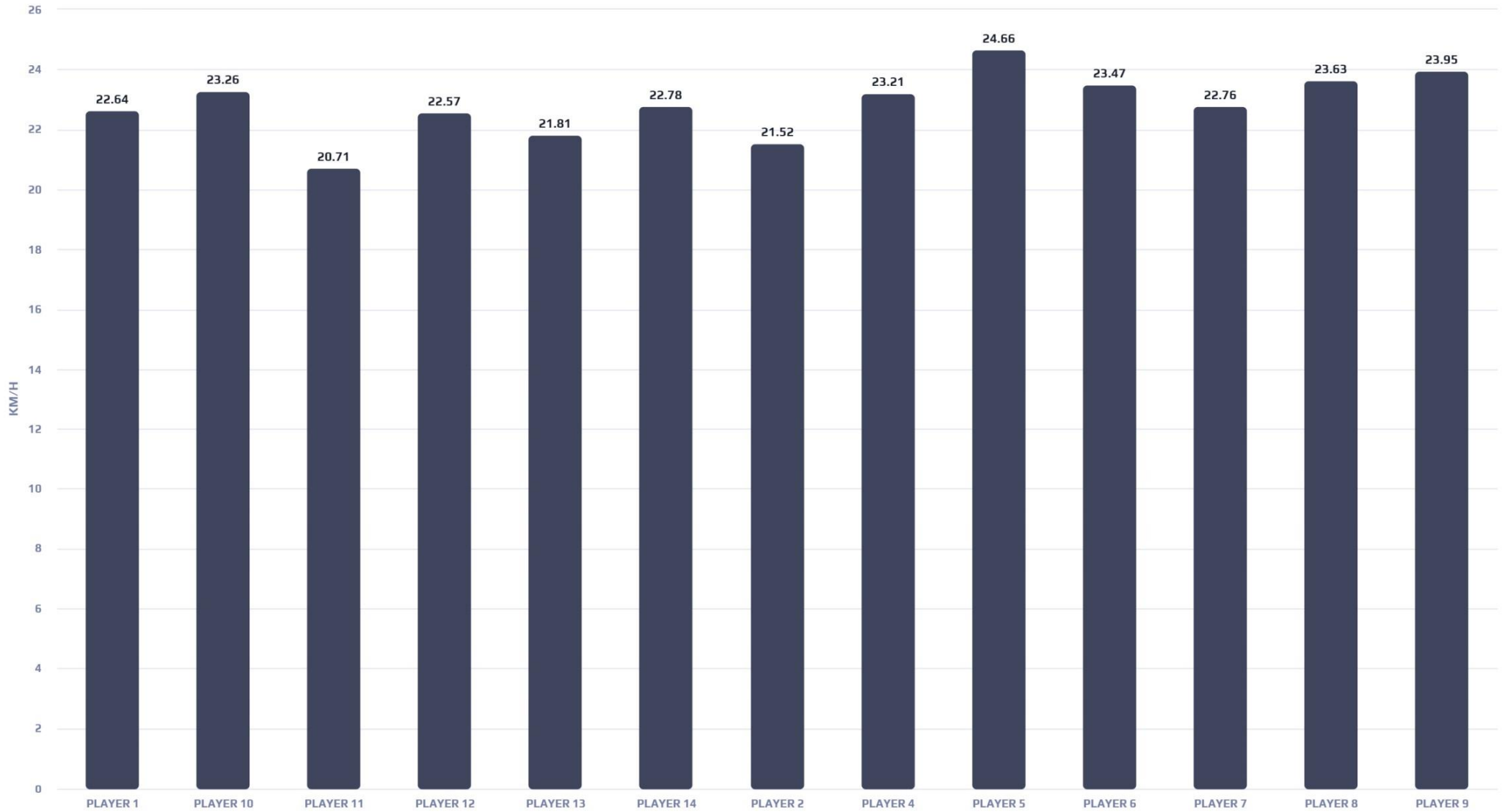| PLAYER	Distance
PLAYER 1	5.41
PLAYER 10	4.34
PLAYER 11	5.01
PLAYER 12	5.62
PLAYER 13	5.66
PLAYER 14	5.73
PLAYER 2	4.29
PLAYER 4	5.17
PLAYER 5	6.61
PLAYER 6	5.27
PLAYER 7	6.2
PLAYER 8	5.04
PLAYER 9	5.39

Total distance covered by players during session/drill. Report in KM.
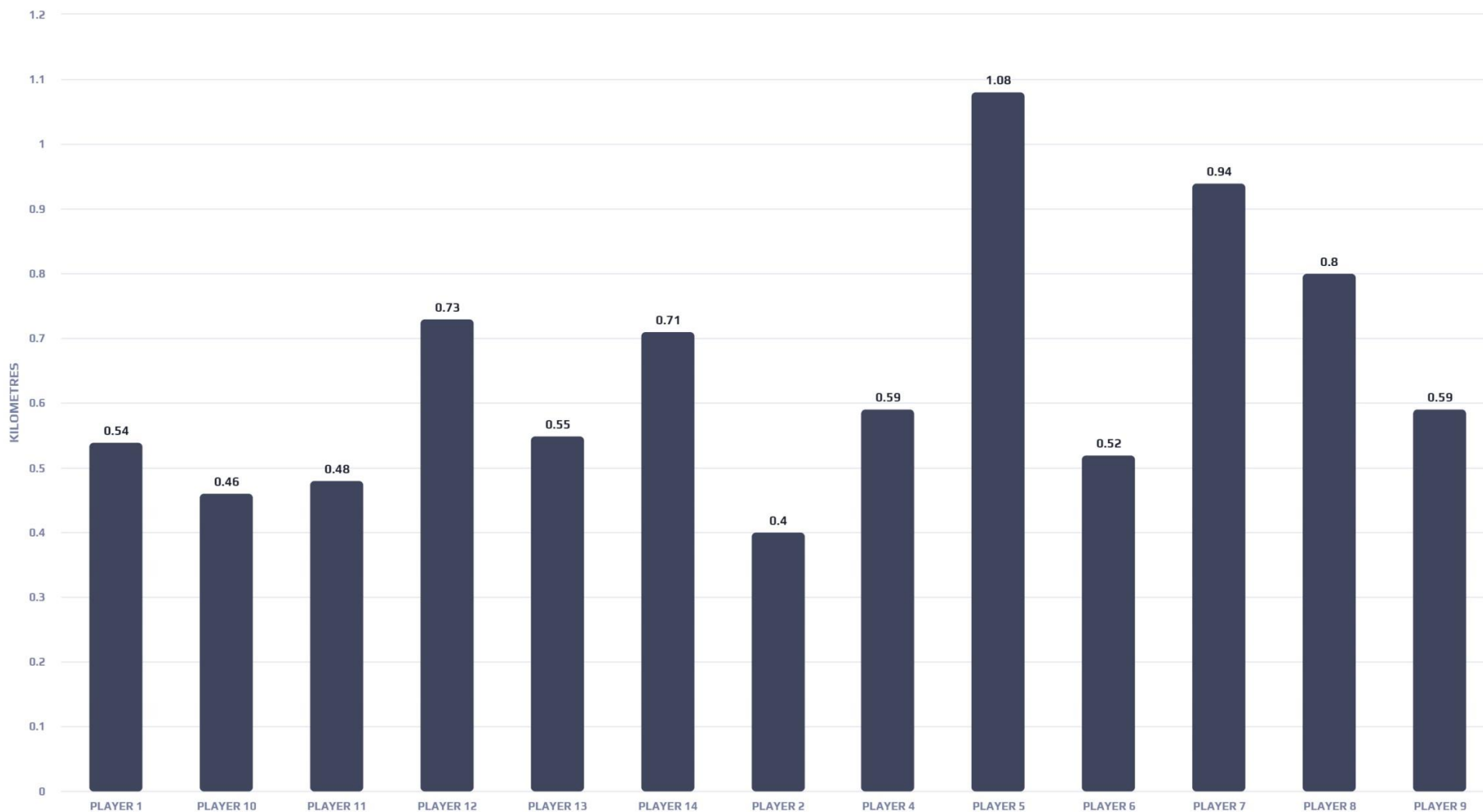
Average distance per minute. Please note the report will show in meters (Example, 82.72 meters will mean 0.08272 KM/H.
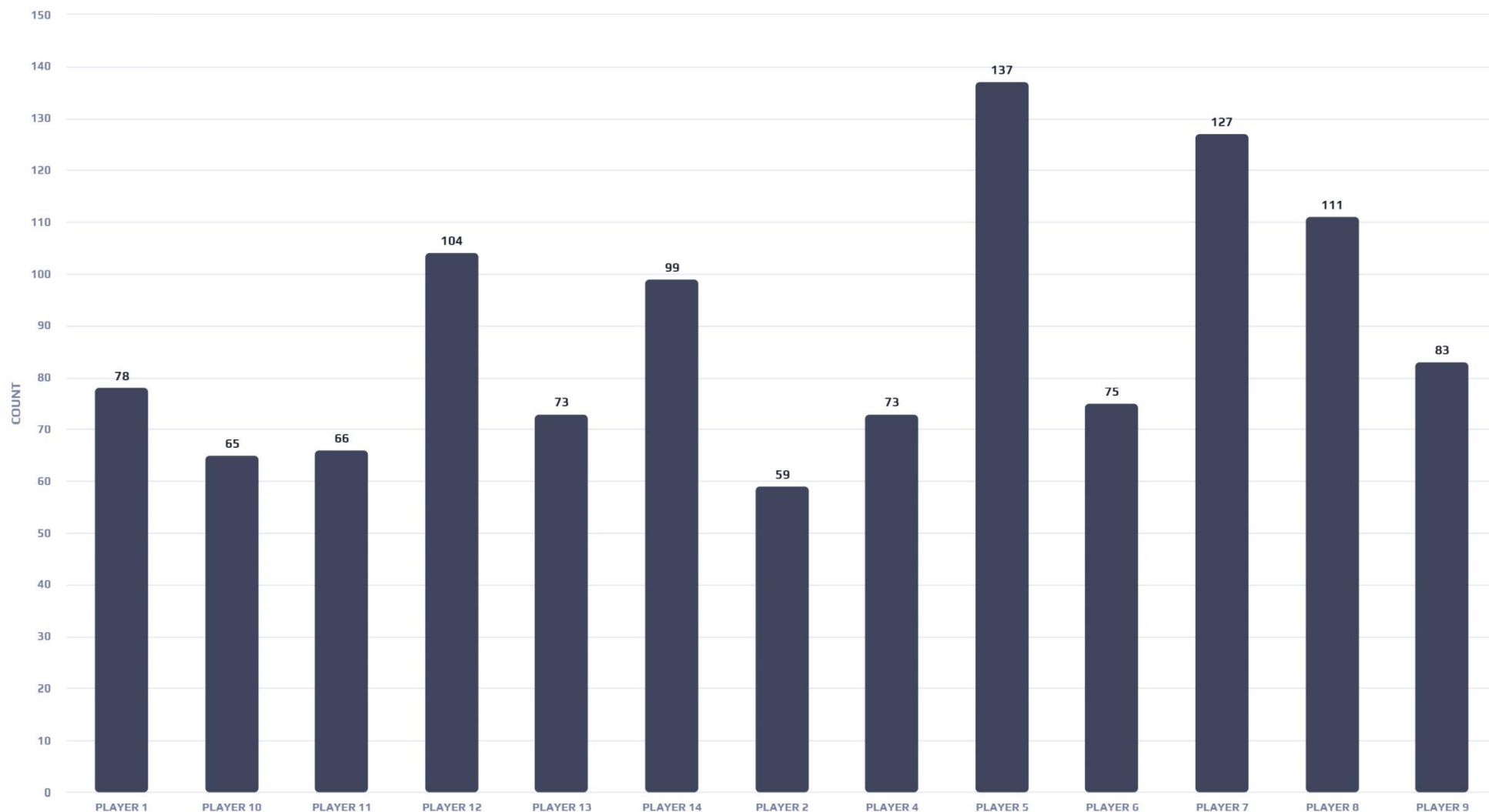
MAX SPEED

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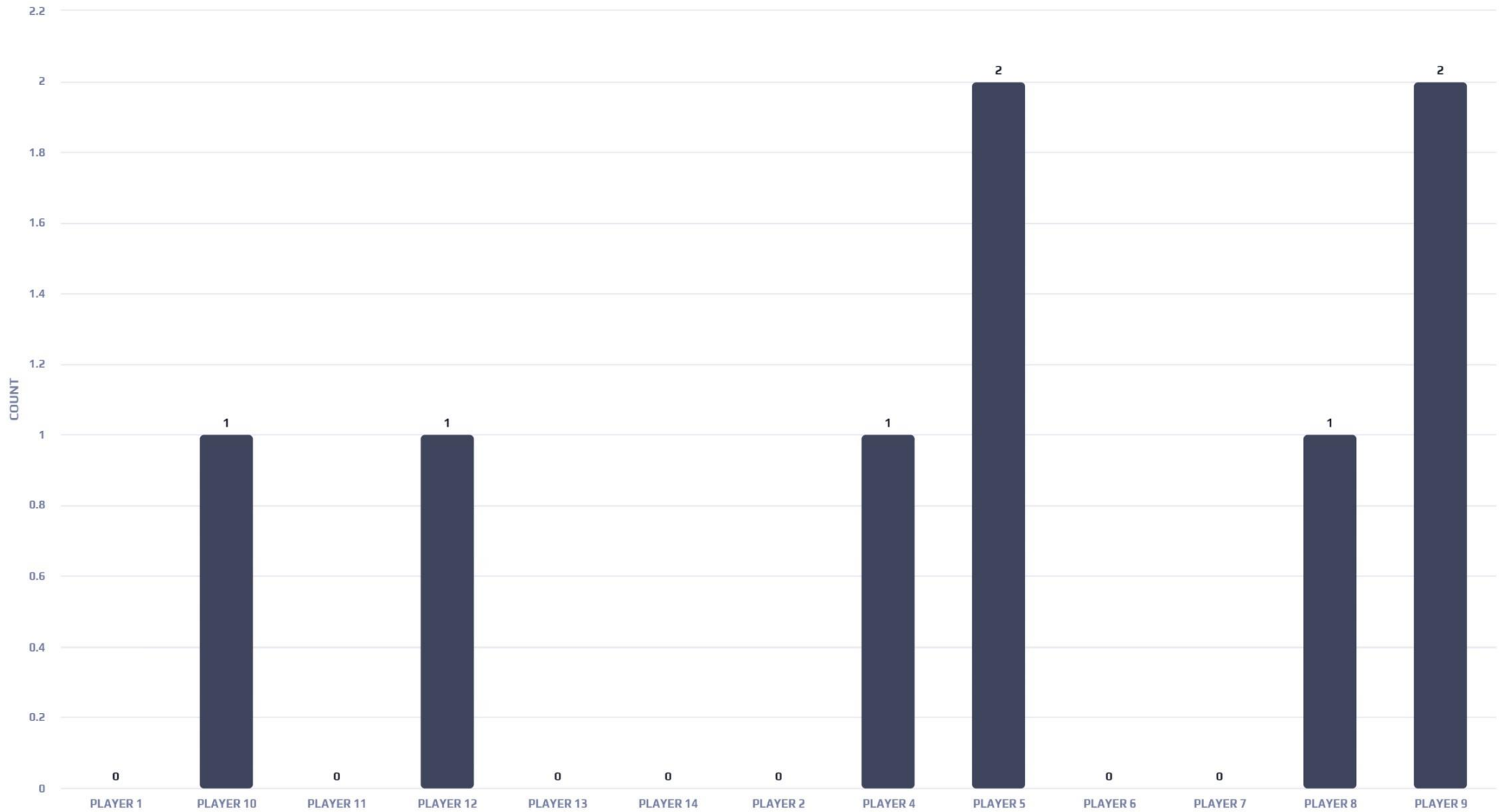
HML DISTANCE

KILOMETRES

0.54	0.46	0.48	0.73	0.55	0.71	0.4	0.59	1.08	0.52	0.94	0.8	0.59
PLAYER 1	PLAYER 10	PLAYER 11	PLAYER 12	PLAYER 13	PLAYER 14	PLAYER 2	PLAYER 4	PLAYER 5	PLAYER 6	PLAYER 7	PLAYER 8	PLAYER 9

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 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.

SPRINTS

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

SPRINT DISTANCE
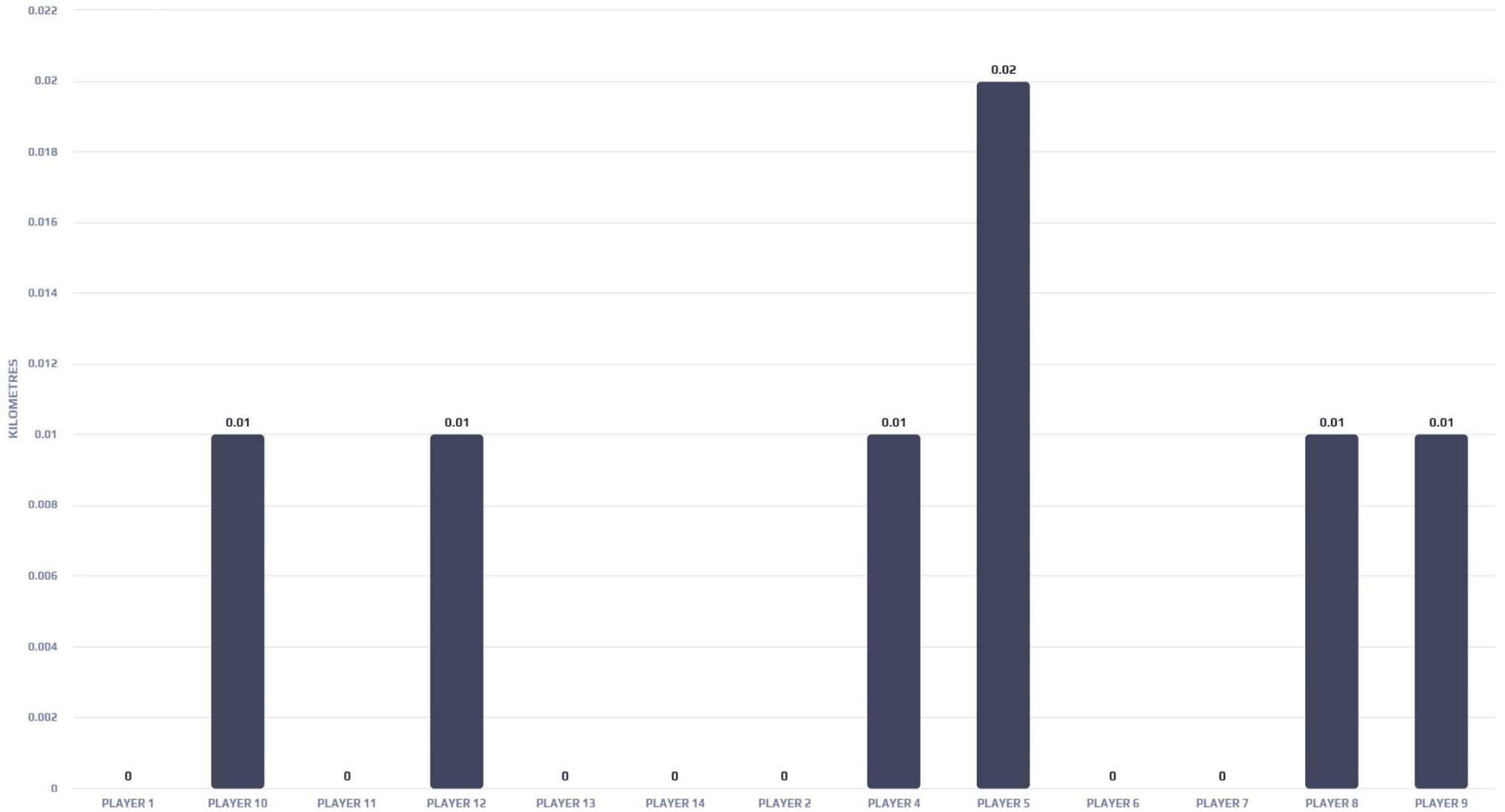
Total distance covered at a speed of 5.5 meters per second or above. To register as sprint distance, the speed must be maintained for a minimum duration of 1 second. This sprint threshold is configurable and is adjusted to your individual profile. Please note this report will read in meters. Example 0.16 will mean 16 meters.
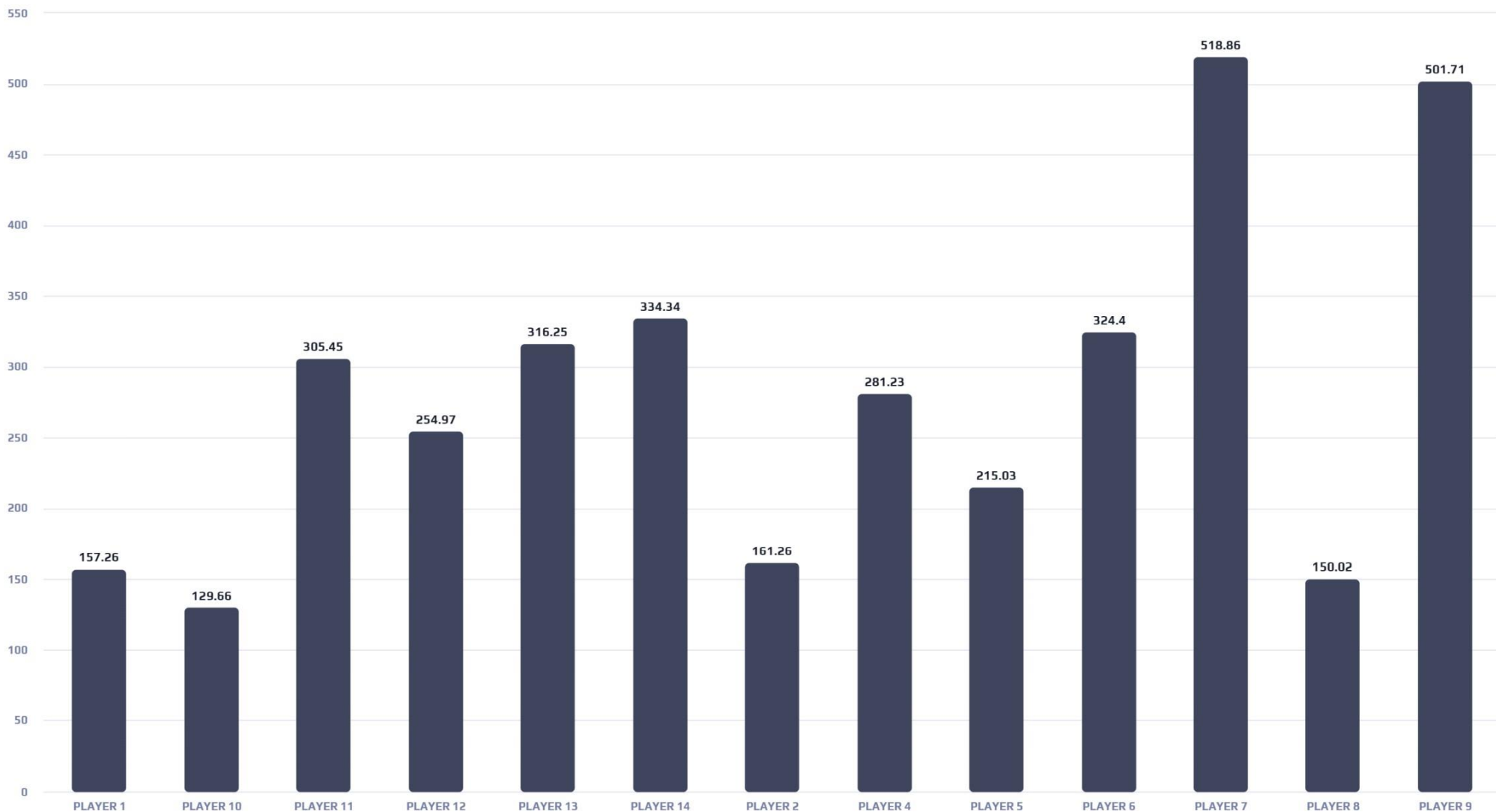
NUMBER OF HIGH INTENSITY BURSTS
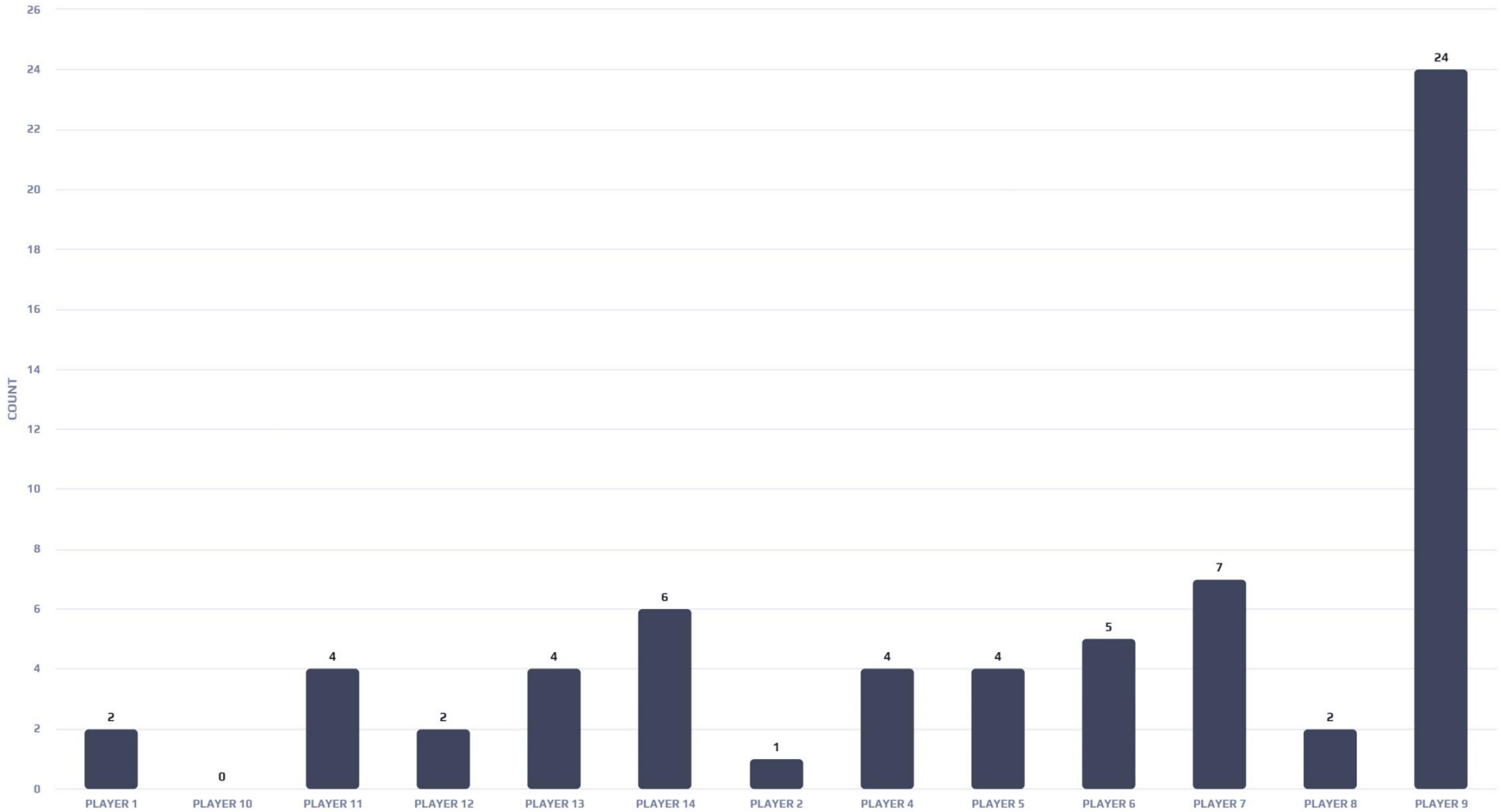
This quantifies the frequency and duration of a high Intensity activity.
For a HIB to be recognised, a minimum of three high intensity activities are required to occur within 20 seconds of each other. These high intensity activities are;
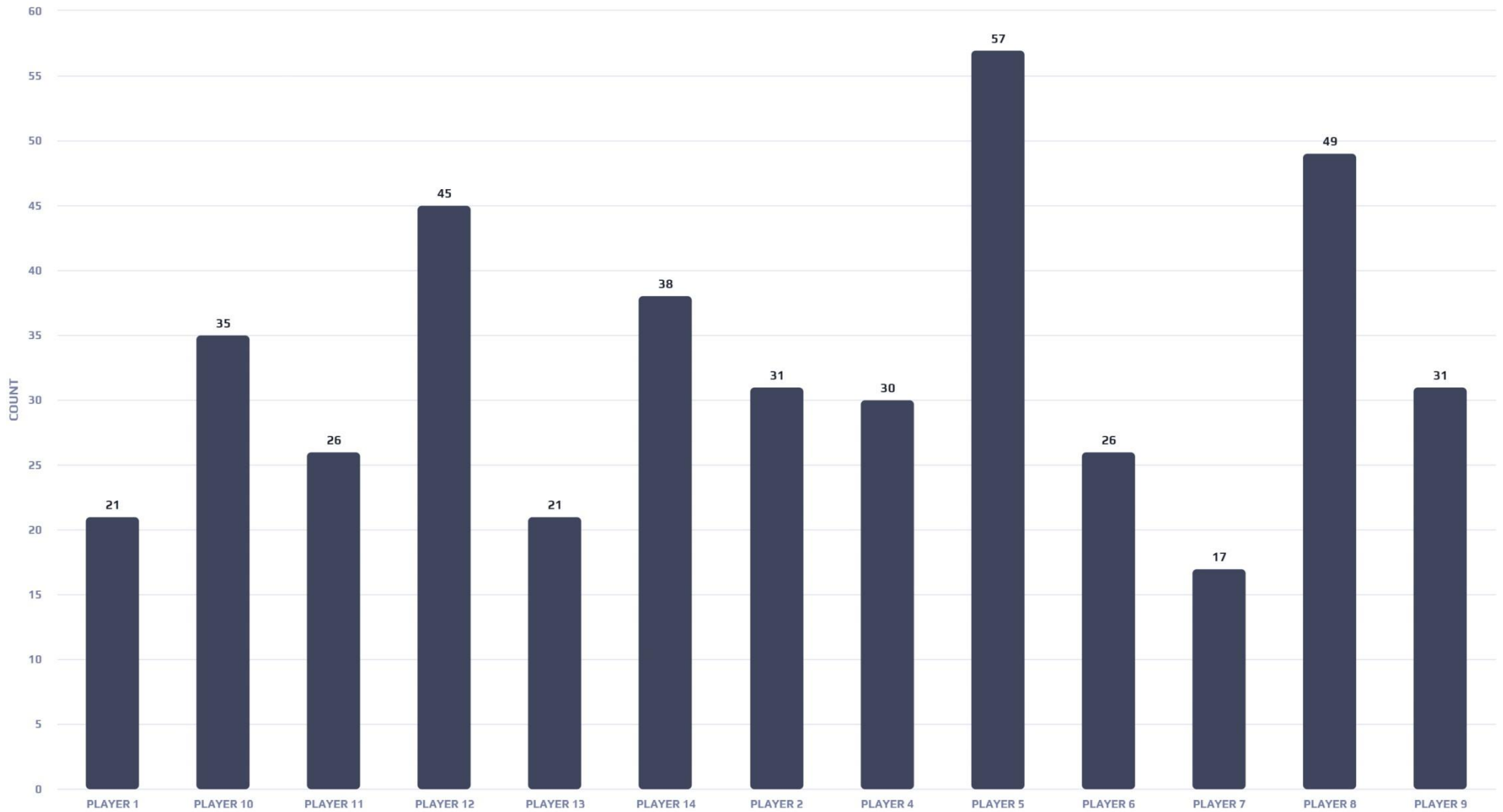Accelerations / Decelerations / Impacts / Sprints

DYNAMIC STRESS LOAD

Player	DSL
PLAYER 1	157.26
PLAYER 10	129.66
PLAYER 11	305.45
PLAYER 12	254.97
PLAYER 13	316.25
PLAYER 14	334.34
PLAYER 2	161.26
PLAYER 4	281.23
PLAYER 5	215.03
PLAYER 6	324.4
PLAYER 7	518.86
PLAYER 8	150.02
PLAYER 9	501.71

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
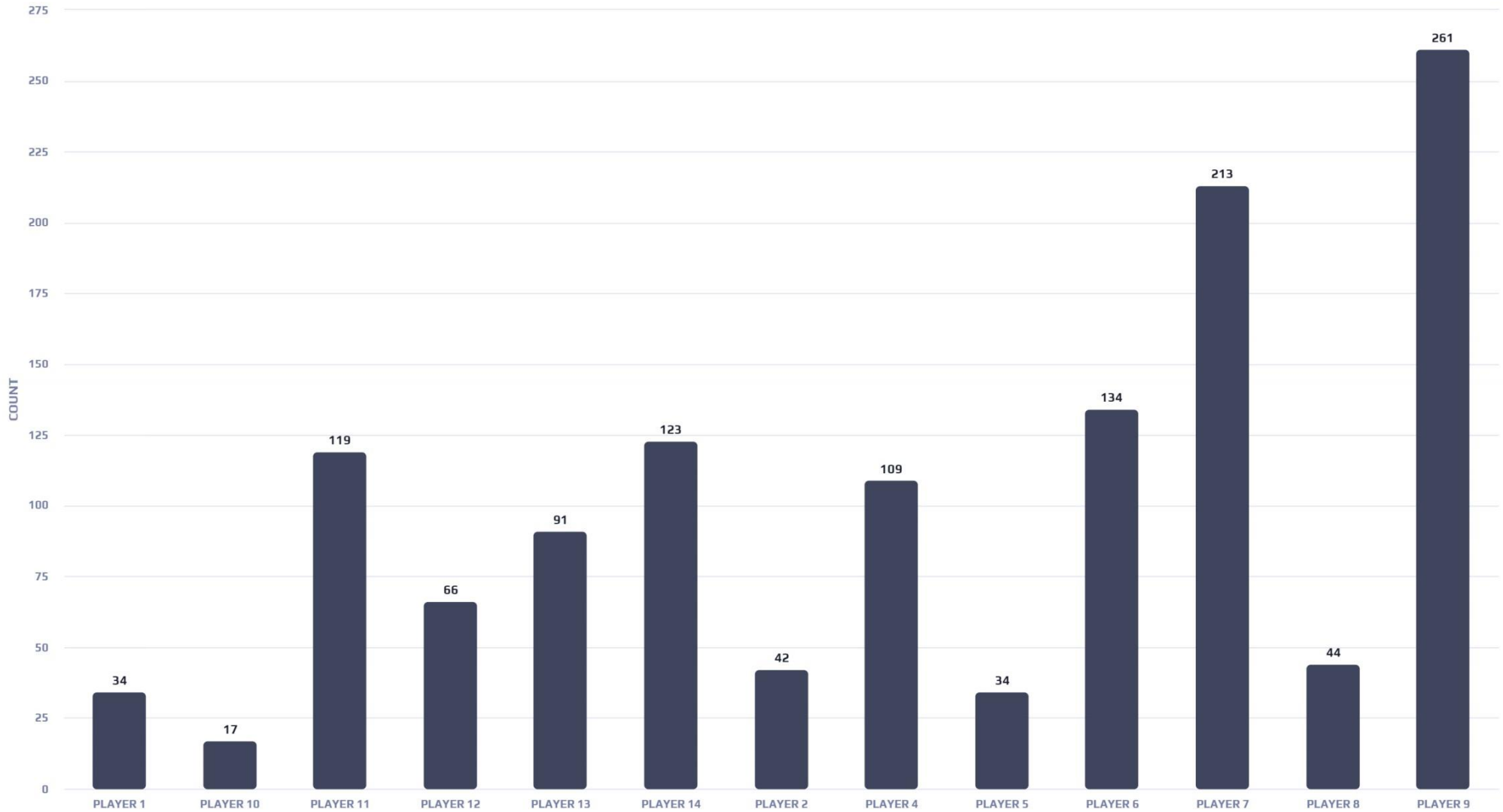
Measured in G-force using accelerometer data to provide a count, based on zone criteria. Please note the settings for weighted impacts will be increased to give more realistic feedback of collisions, tackles, ball strikes, etc. This may need to be adjusted dependent on the surface and competitive nature 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
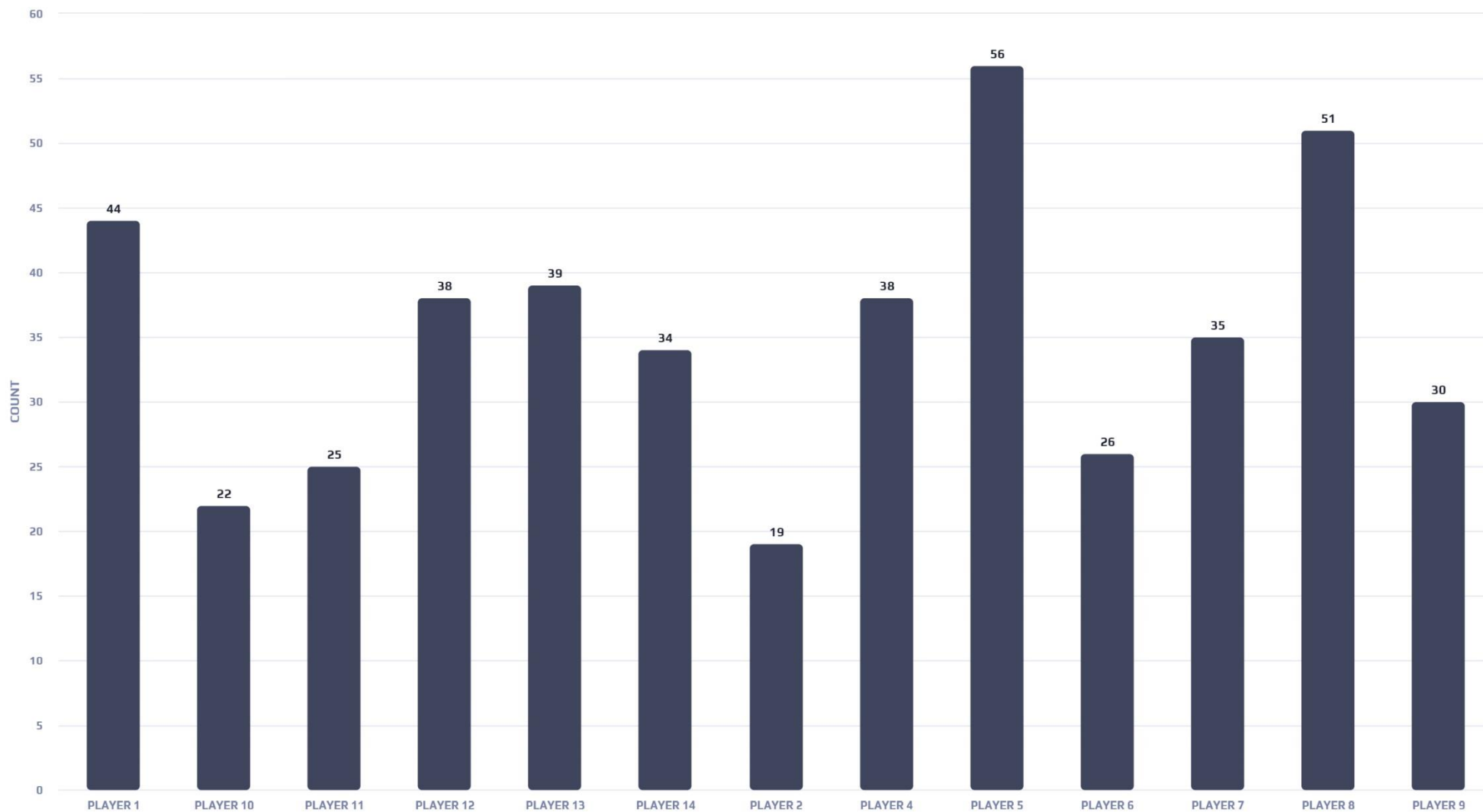
A deceleration is defined as a change in speed with a magnitude of 3 m/s2 or above and must be maintained for at least half a second. High-intensity decelerations are up to 2.9 times more frequent than high-intensity threshold accelerations. As a player decelerates, particularly the hamstring muscles 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

Player	Value
PLAYER 1	0.01
PLAYER 10	-0.02
PLAYER 11	0.02
PLAYER 12	0.03
PLAYER 13	0.04
PLAYER 14	-0.01
PLAYER 2	-0.03
PLAYER 4	0.02
PLAYER 5	-0.04
PLAYER 6	-0.06
PLAYER 7	0.01
PLAYER 8	0.03
PLAYER 9	-0.04

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.

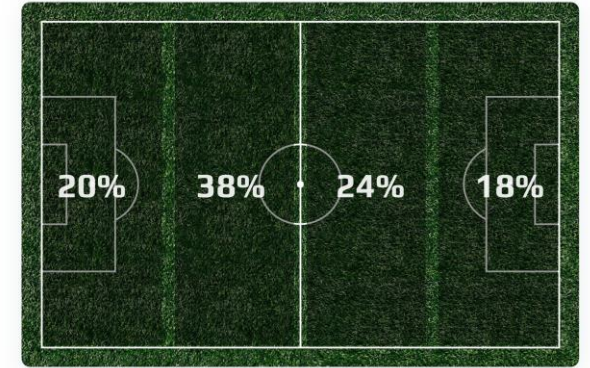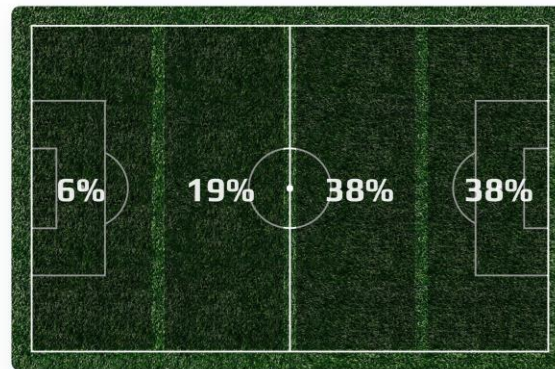PLAYER 1

PLAYER 2

PLAYER 3

PLAYER 4

PLAYER 5

PLAYER 6

PLAYER 7

| 35% | 36% | 20% | 9% |

PLAYER 8

| 40% | 40% | 16% | 4% |

PLAYER 9

| 20% | 38% | 24% | 18% |

PLAYER 10

| 31% | 29% | 28% | 12% |

PLAYER 11

| 6% | 19% | 38% | 38% |

PLAYER 12

| 4% | 19% | 45% | 32% |

| 5% | 14% | • 41% | 41% |

PLAYER 13

| 39% | 35% | • 18% | 7% |

PLAYER 14