



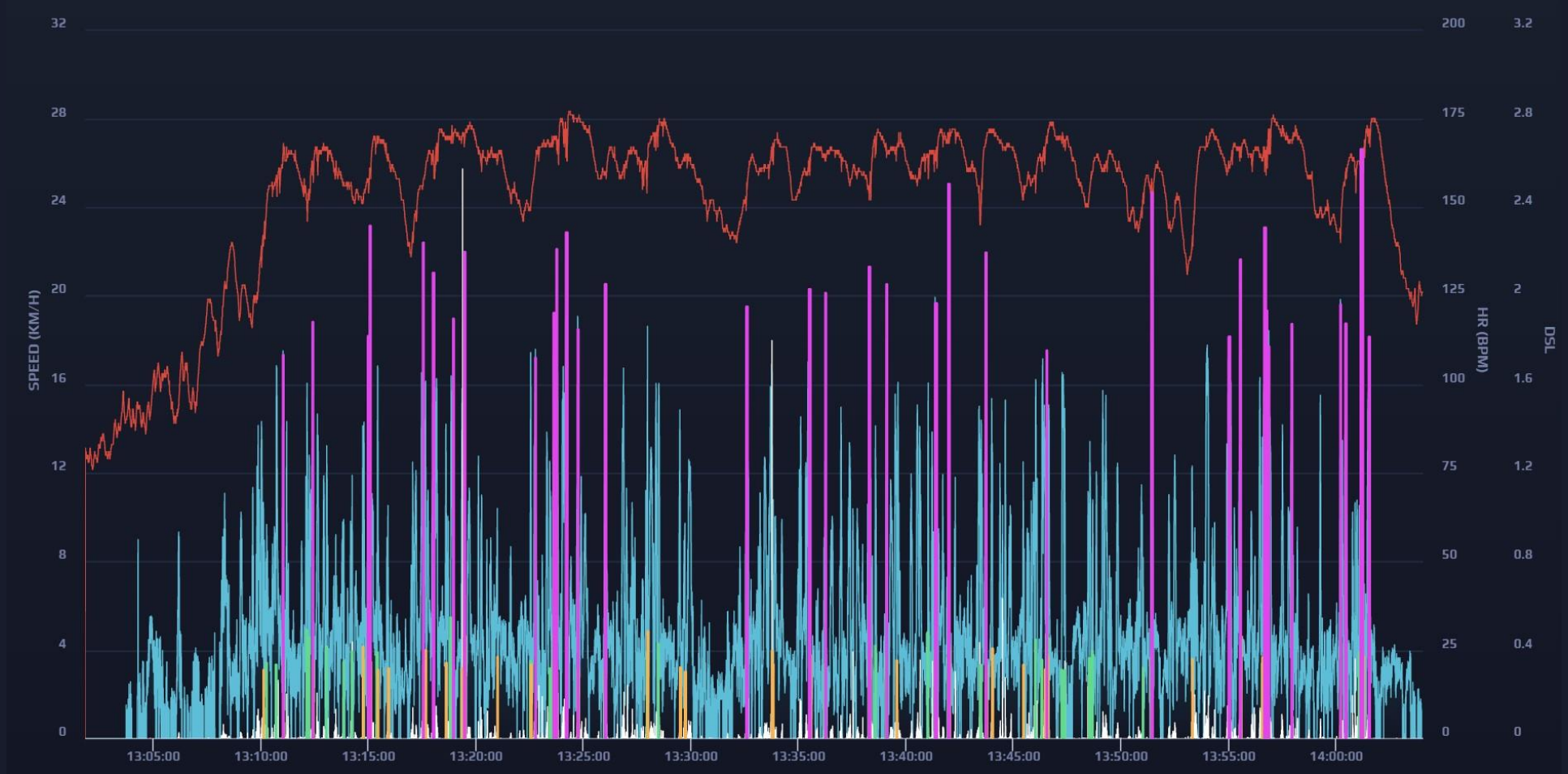
ELITE
MATCH ANALYSIS
ASTROTURF MATCH
WEDNESDAY 8/7/2020

PLAYER: **YOUR NAME**

20

Satellites were used to triangulate the players position during this session.

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 data in the industry, data that accurately matches post-session download.

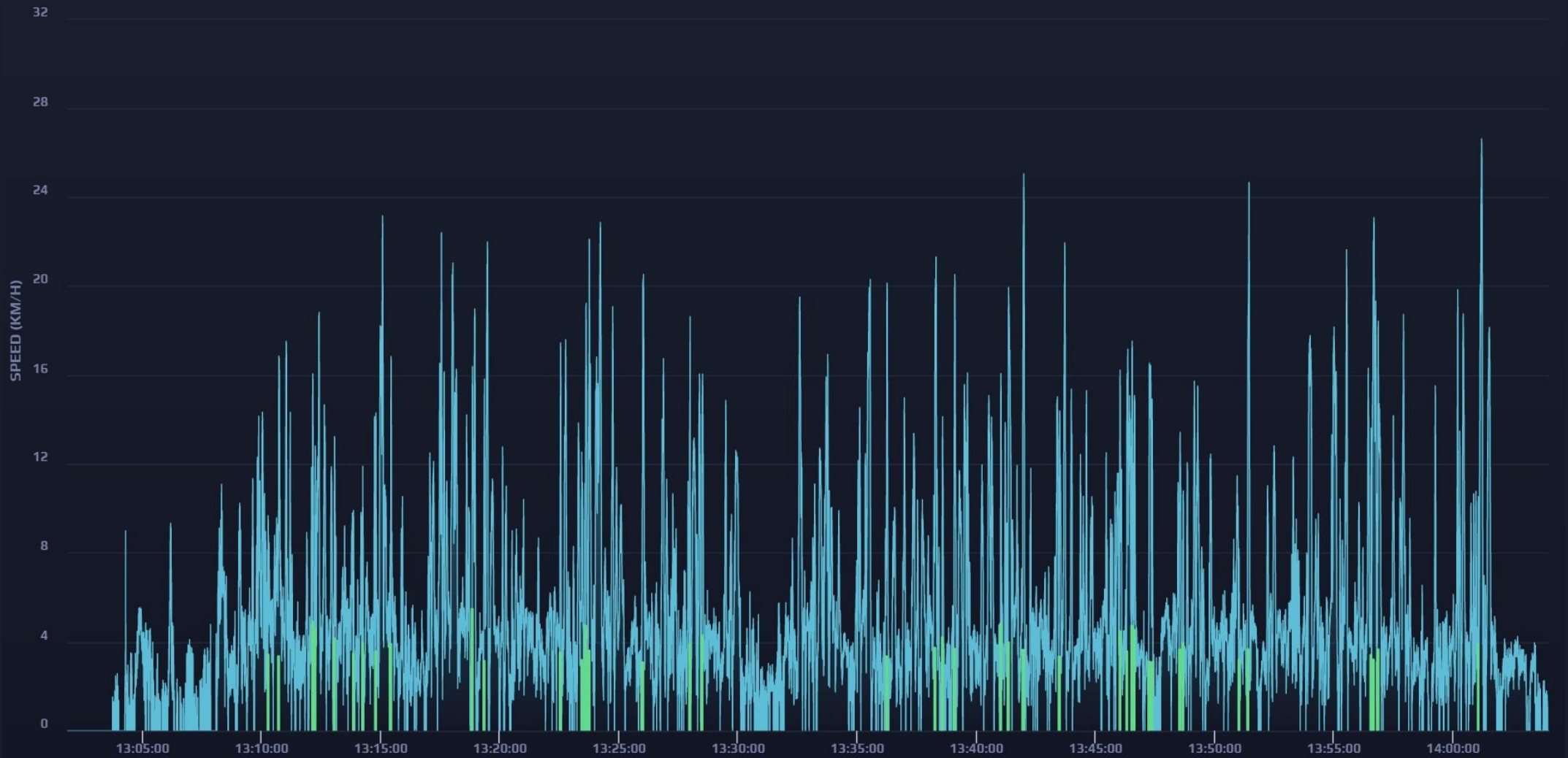


TOTAL TIME	TOTAL DISTANCE	MAX SPEED	TOTAL IMPACTS	HML EFFORTS
50:22	3.8km	26.5km	44	57
TIME IN RED ZONE	TOTAL ACCELERATIONS	TOTAL DECELERATIONS	TOTAL SPRINTS	DYNAMIC STRESS LOAD (DSL)
N/A	25	19	24	220.9

ACTIVITY GRAPH OVERVIEW GLOSSARY

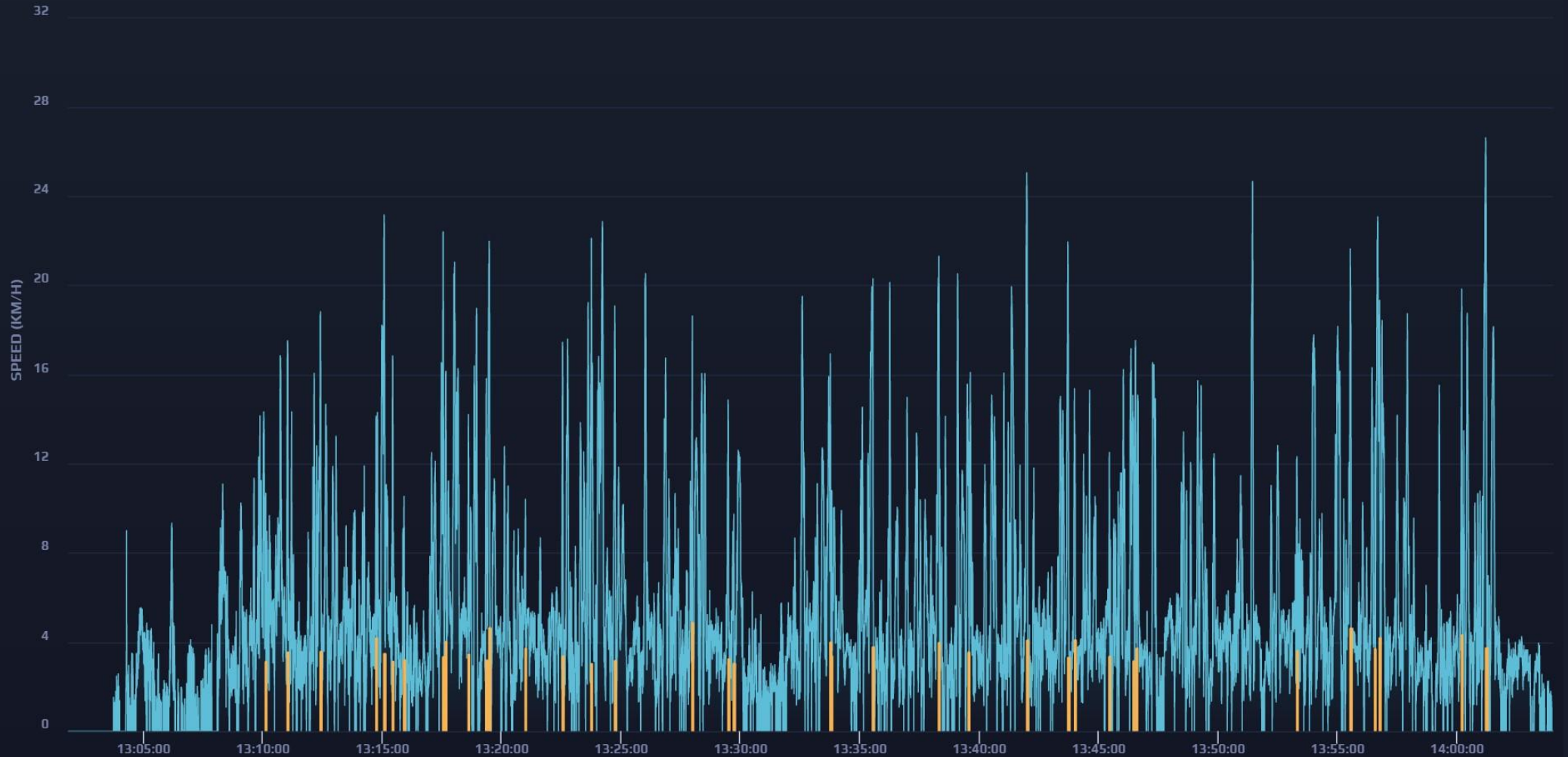
- **Movement Speeds (IN BLUE)** – The bigger the line the faster the speed.
- **Total Distance** – Total distance covered by player(s) in selected session/drill.
- **Max Speed** – Maximum speed attained in session/drill expressed in speed preference (M/S, HM/H, MPH).
- **Impacts (IN YELLOW)** – Measured in G-force using accelerometer data to provide a count based zone criteria.
- **HML Efforts** – Number of efforts performed above the 25.5W/KG threshold.
- **Time in Red Zone** – Total time spent above zone 5 threshold of an individual's max heart rate – i.e. at default of 220 BPM = Time spent above 187 BPM.
- **Accelerations (IN GREEN)** – Number of accelerations performed in a session or game. 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.
- **Decelerations (IN ORANGE)** – Number of decelerations performed in a session or game. 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.
- **Sprint Distance (IN VIOLET)** – 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 in the individual profile
- **DSL (Dynamic Stress Load) (IN WHITE)** – Dynamic Stress Load is a measure of accumulated load. It's the total of the weighted impacts. In a non-collision sport such as soccer, the majority of these impacts are dominated by running steps. 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. An unexpected increase in DSL may indicate fatigue or abnormal stress on the body.

ACCELERATIONS



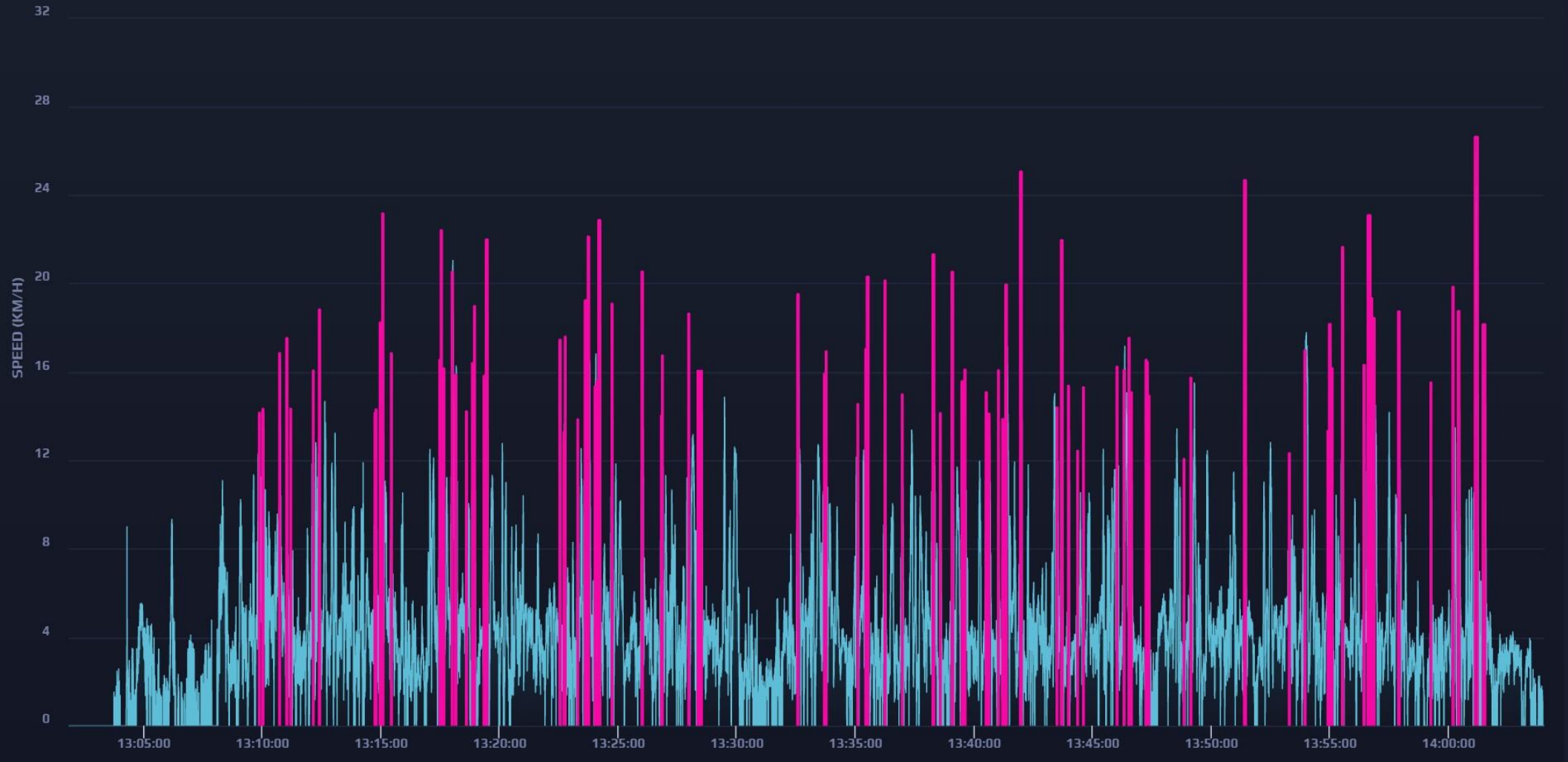
Number of accelerations performed in a session or game. An acceleration is defined as a change in speed with a magnitude of 3 m/s^2 or above and must be maintained for at least half a second. In terms of running, anytime the body starts, speeds up, or changes direction, it is accelerating.

DECELERATIONS



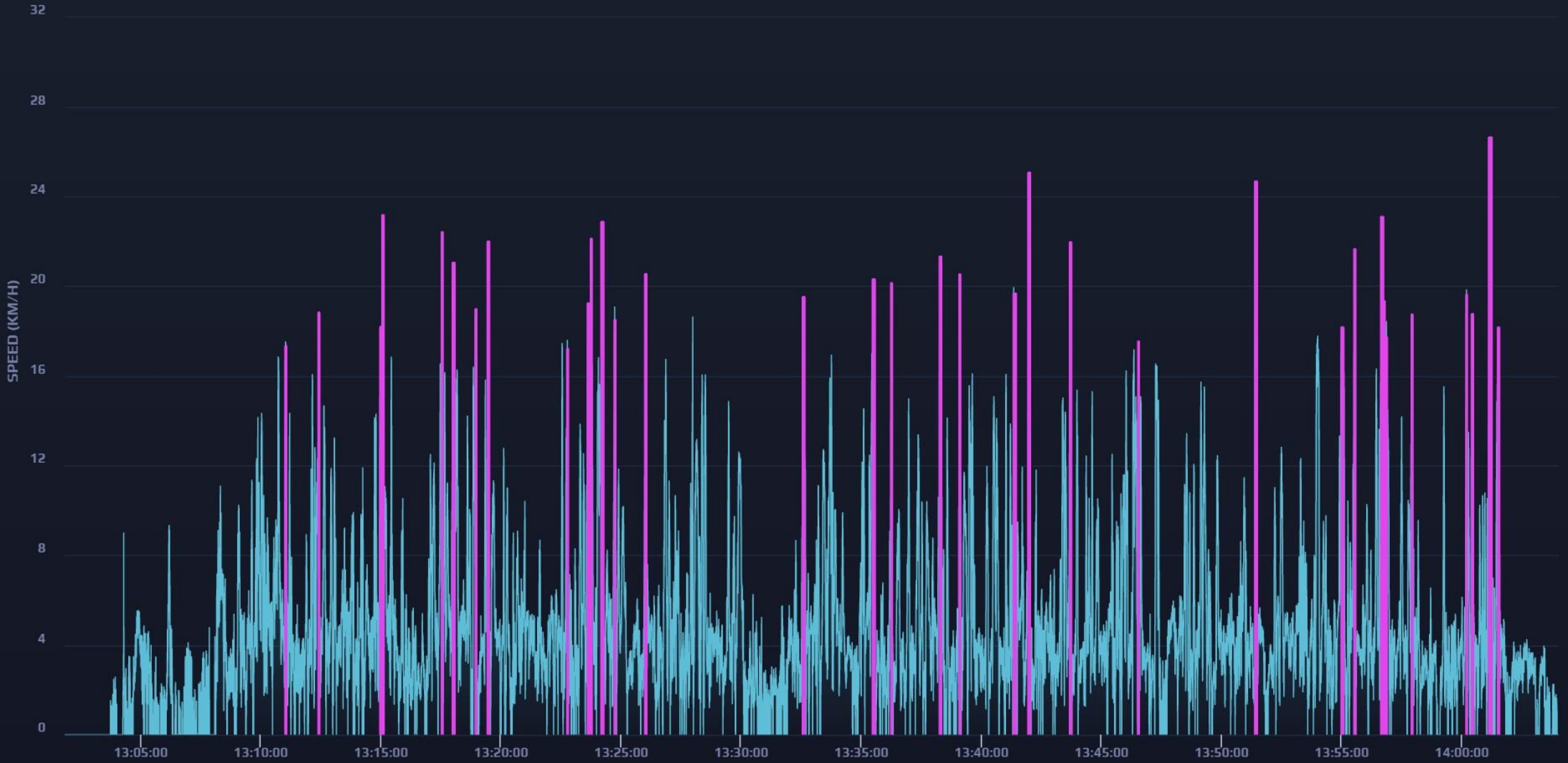
Number of decelerations performed in a session or game. A deceleration is defined as a change in speed with a magnitude of 3 m/s^2 or above and must be maintained for at least half a second. As a player decelerates, particularly the hamstring muscles will experience heaving loading leading to hamstring injuries.

HML EFFORTS



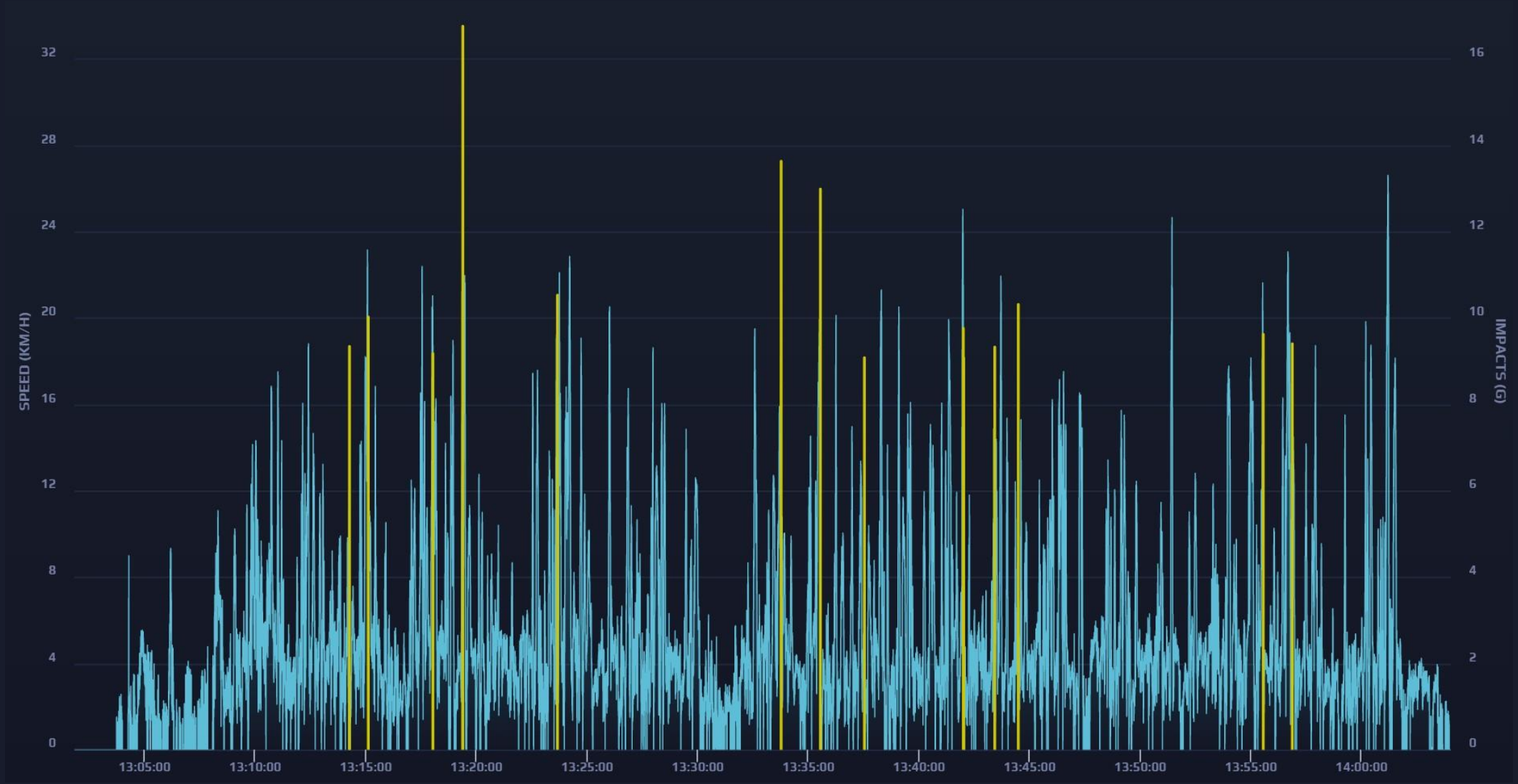
This measures the total distance of accelerations and decelerations throughout a session. Essentially it's the intensity at which your body is working at. Position plays a big part in this. For instance, if you're a centre-back, your score will naturally be much lower than a full-back, who naturally does more high-intensity speed running up and down the wing.

SPRINTS



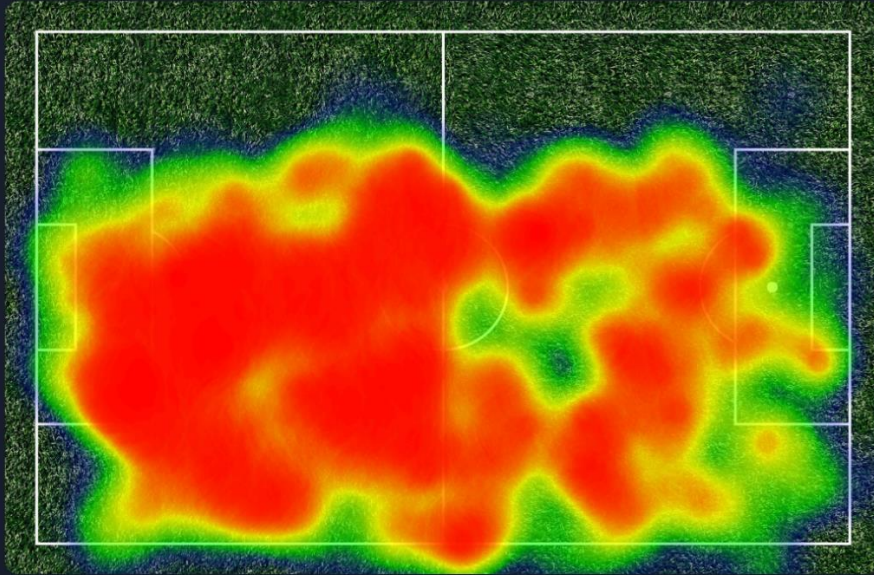
Total distance covered at a speed of 5.5 meters per second or above. To register as sprint distance, the speed must be maintained for a minimum duration of 1 second. This sprint threshold has been configured to your individual profile and will be reviewed after each session.

IMPACTS



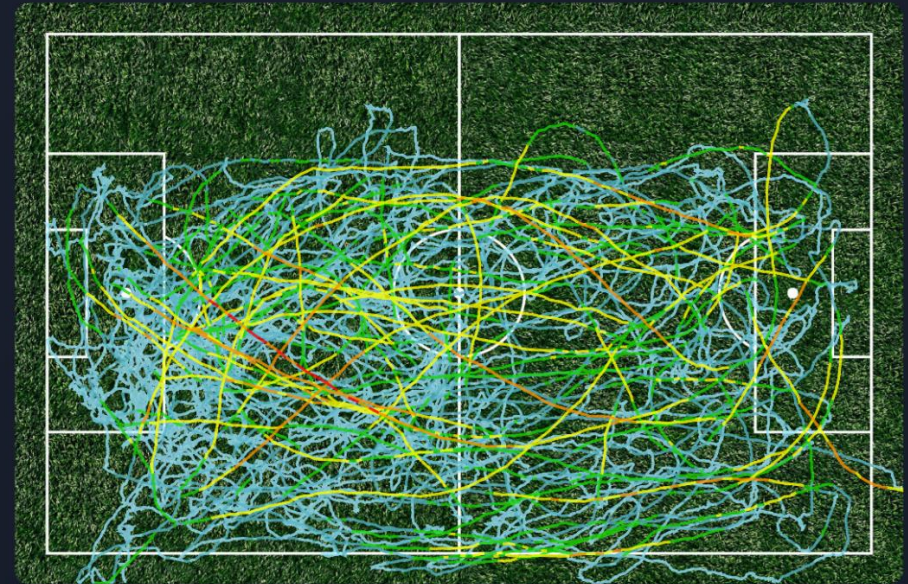
Measured in G-force using accelerometer data to provide a count, based on zone criteria. Impacts can vary from a wide range of areas including weighted impacts, collisions, tackles, ball strikes, etc. As a player becomes more fatigued it is common to notice impacts increase due to the foot striking the ground harder during a run.

ACTIVITY HEATMAP



The Activity Heatmap shows your time spent in the different areas of the pitch during play. The closer the colour gets to red shows the areas of highest intensity for extended periods.

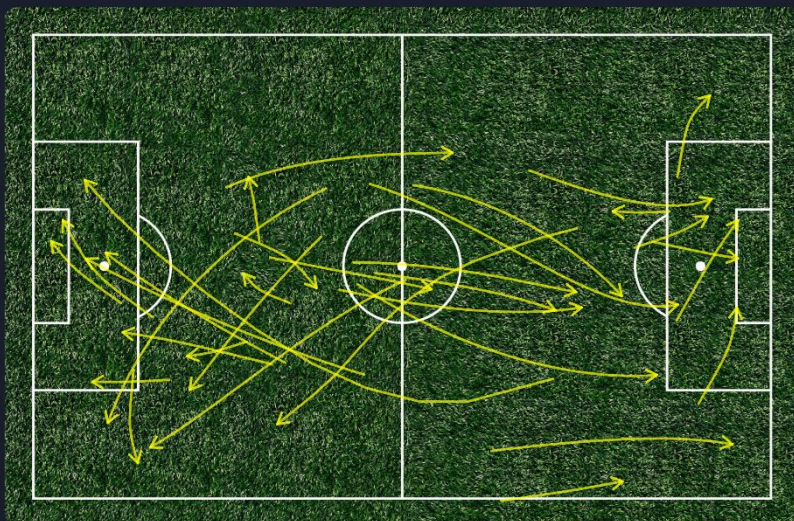
POSITIONAL MAP



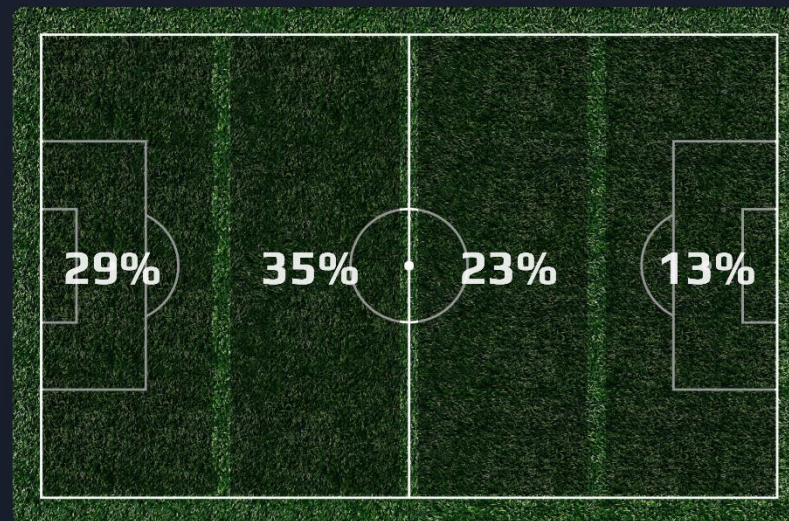
ZONE 1 ● ZONE 2 ● ZONE 3 ● ZONE 4 ● ZONE 5 ● ZONE 6 ●

- | | |
|--------|----------------------------|
| ZONE 1 | Lowest Intensity |
| ZONE 2 | Low Intensity |
| ZONE 3 | Moderate Intensity |
| ZONE 4 | Moderate to High Intensity |
| ZONE 5 | High Intensity |
| ZONE 6 | Maximum Effort |

SPRINT AREAS



TIME SPENT



STEP BALANCE

Average of left and right impacts. Uses the accelerometer and determines the average peak on each step for the left and right feet. The pie chart displays the ration between left and right impacts and any significant imbalance during a controlled liner running drill may highlight poor gait or perhaps injury.

The blue percentage sign is globally set to 0% and will not change under the current player settings.





Alan Malone

Strength & Conditioning

AstroStats

T: 087 838 7987

E: alan@astrostats.ie

W: www.astrostats.ie



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