

Practice Volume			
Position	Metric	N	Mean
Guard	Average Intensity (L and R)	71	11.55 ± 1.88
Guard	Impact Load Total (L+R)	71	76115.25 ± 25779.71
Forward	Average Intensity (L and R)	27	11.55 ± 1.88
Forward	Impact Load Total (L+R)	28	76115.25 ± 25779.71

Guards					
Metric	Pre	Post	Mean_Pre	Mean_Post	ES
Eccentric Braking Impulse [N s]	71	71	48.27 ± 10.05	44.60 ± 8.07	-0.40
Eccentric Braking RFD / BM [N/s/kg]	71	71	67.06 ± 21.59	59.46 ± 23.81	-0.33
Force at Zero Velocity / BM [N/kg]	71	71	22.37 ± 2.36	21.18 ± 3.03	-0.44
Concentric Impulse (Abs) / BM [N s]	71	71	5.306 ± 0.37	5.31 ± 0.40	0.03
Concentric Impulse [N s]	71	71	215.17 ± 20.75	208.11 ± 20.24	-0.34
Concentric RFD / BM [N/s/kg]	71	71	30.95 ± 15.86	37.62 ± 18.96	0.38
Jump Height (Imp-Mom) in Inches [in]	71	70	16.19 ± 1.95	15.56 ± 2.68	-0.27
RSI-modified (Imp-Mom) [m/s]	71	71	0.54 ± 0.08	0.51 ± 0.11	-0.29

Forwards					
Metric	Pre	Post	Mean_Pre	Mean_Post	ES
Eccentric Braking Impulse [N s]	28	26	73.9 ± 12.04	63.51 ± 9.25	-0.97
Eccentric Braking RFD / BM [N/s/kg]	28	28	66.57 ± 15.94	59.67 ± 15.93	-0.43
Force at Zero Velocity / BM [N/kg]	28	28	22.17 ± 1.70	20.87 ± 1.89	-0.72
Concentric Impulse (Abs) / BM [N s]	27	28	5.51 ± 0.30	5.40 ± 0.34	-0.33
Concentric Impulse [N s]	28	28	254.94 ± 27.01	246.26 ± 25.64	-0.33
Concentric RFD / BM [N/s/kg]	28	28	14.42 ± 12.58	21.38 ± 18.80	0.44
Jump Height (Imp-Mom) in Inches [in]	27	28	14.75 ± 2.72	13.84 ± 2.79	-0.33
RSI-modified (Imp-Mom) [m/s]	27	28	0.46 ± 0.08	0.43 ± 0.09	-0.29