

1. To begin I started by plotting some key metrics across time to see if there were any outliers and to better understand the data visually. In particular weight as well as propulsive impulse.
2. I noticed that SystemWeight had 2 outliers for a couple of players at over 5 standard deviations from the mean so I set a filter at 5 sd.
3. I used the average of the 3 jumps for each day so that way a player would not get docked for a good jump or a bad jump. It also would take into consideration if a player fatigued over the 3 jumps or if they ramped up to their best jump.
4. I looked at a couple of other metrics but settled on the ones I chose because of experience and research that uses these metrics and has given some good results.
5. I then worked on best ways to visualize it for a coach and how they would possibly understand the best. Since they are the decision makers in most cases I wanted to make sure that they would understand the message that I was trying to showcase.
6. Then to end I wrote up the information so that those in the organization could understand how I went about the analysis, and understand the thought process and analysis.