

# CFC Performance Insights Vizathon



LOAD DEMAND  
& BIOGRAPHY



GPS  
DATA



RECOVERY



PHYSICAL  
CAPABILITIES



PRIORITY  
AREAS

Load Demond &  
Biography

GPS DATA

Recovery

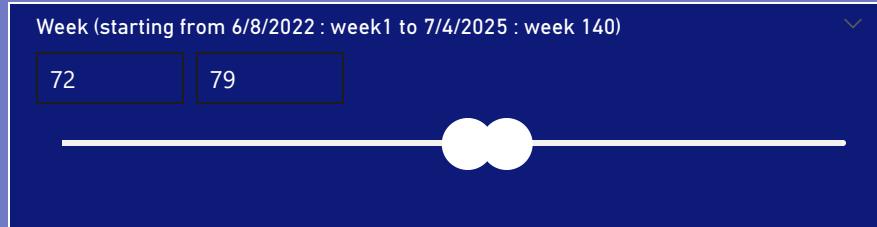
Physical Capabilities

Priority Areas

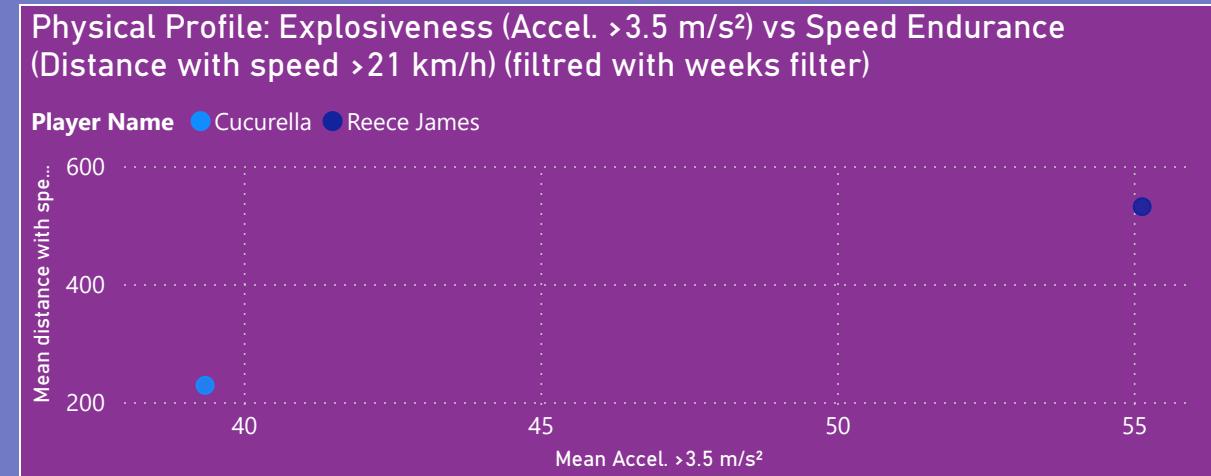
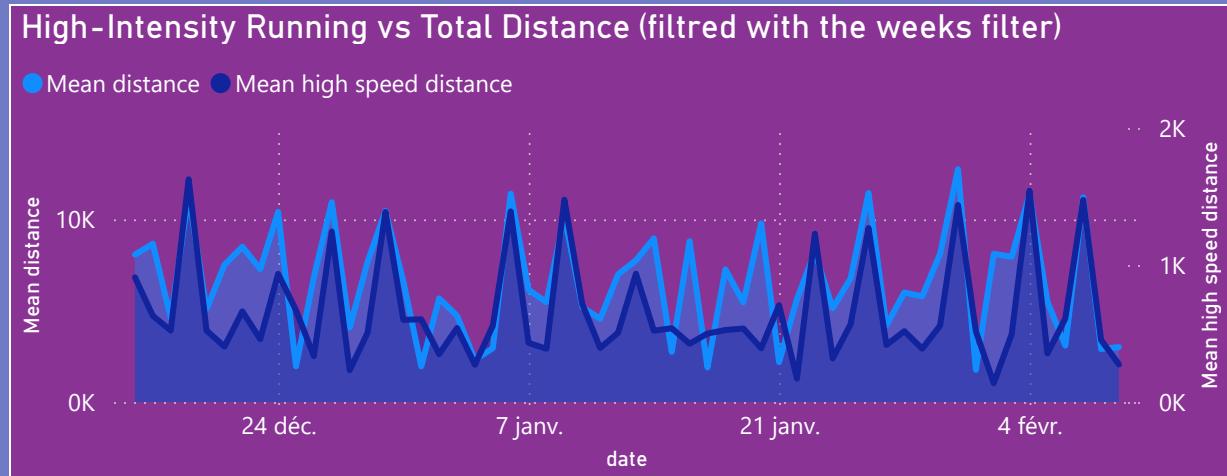
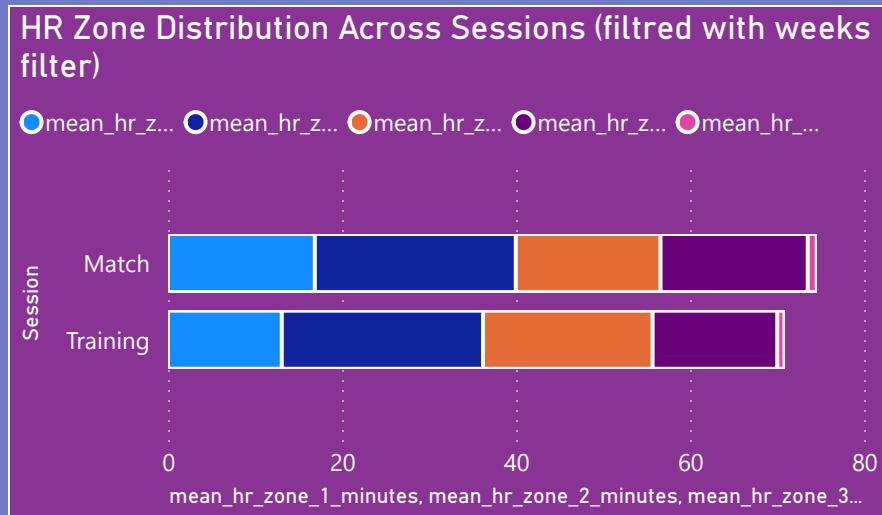
# Load Demand & Biography

Player Name	Cucurella
	Reece James

Season	2022/2023
	2023/2024
	2024/2025



Player Name	Date of Birth	Nationality	Squad Number	Position	Team	League	Availability %
Cucurella	mercredi 22 juillet 1998	Spain	32	Defender	Chelsea FC	Premier League	93,75
Reece James	mercredi 8 décembre 1999	England	24	Defender	Chelsea FC	Premier League	100,00



# GPS DATA

Player Name

Cucurella  
 Reece James

Total Distance  
**173**  
 Km

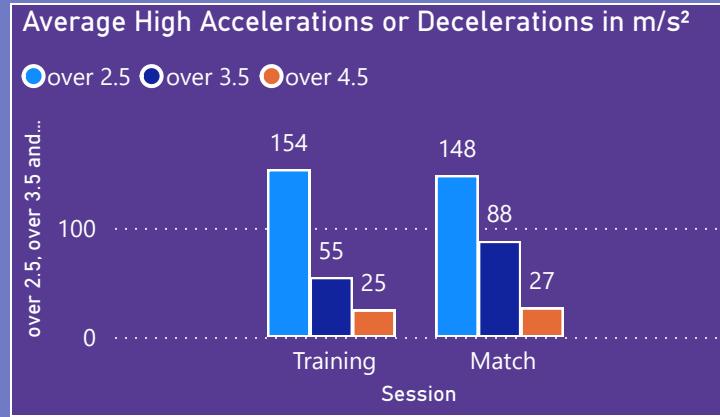
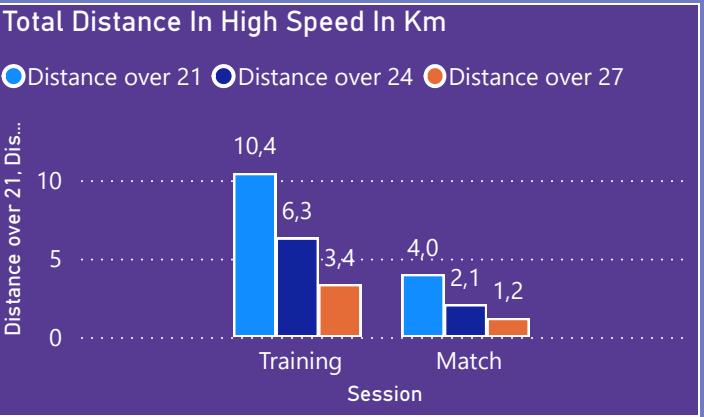
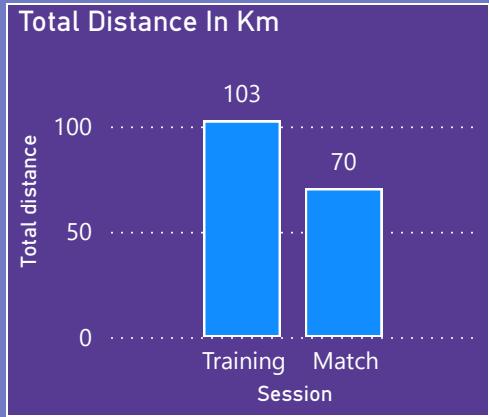


High Speed Distance  
**27**  
 Km

Peak Speed  
**15,61**  
 Km / h

Year, Month

2022  
 2023  
 2024  
 janvier  
 février  
 mars  
 avril  
 mai  
 juin  
 juillet  
 août  
 septembre  
 octobre  
 novembre

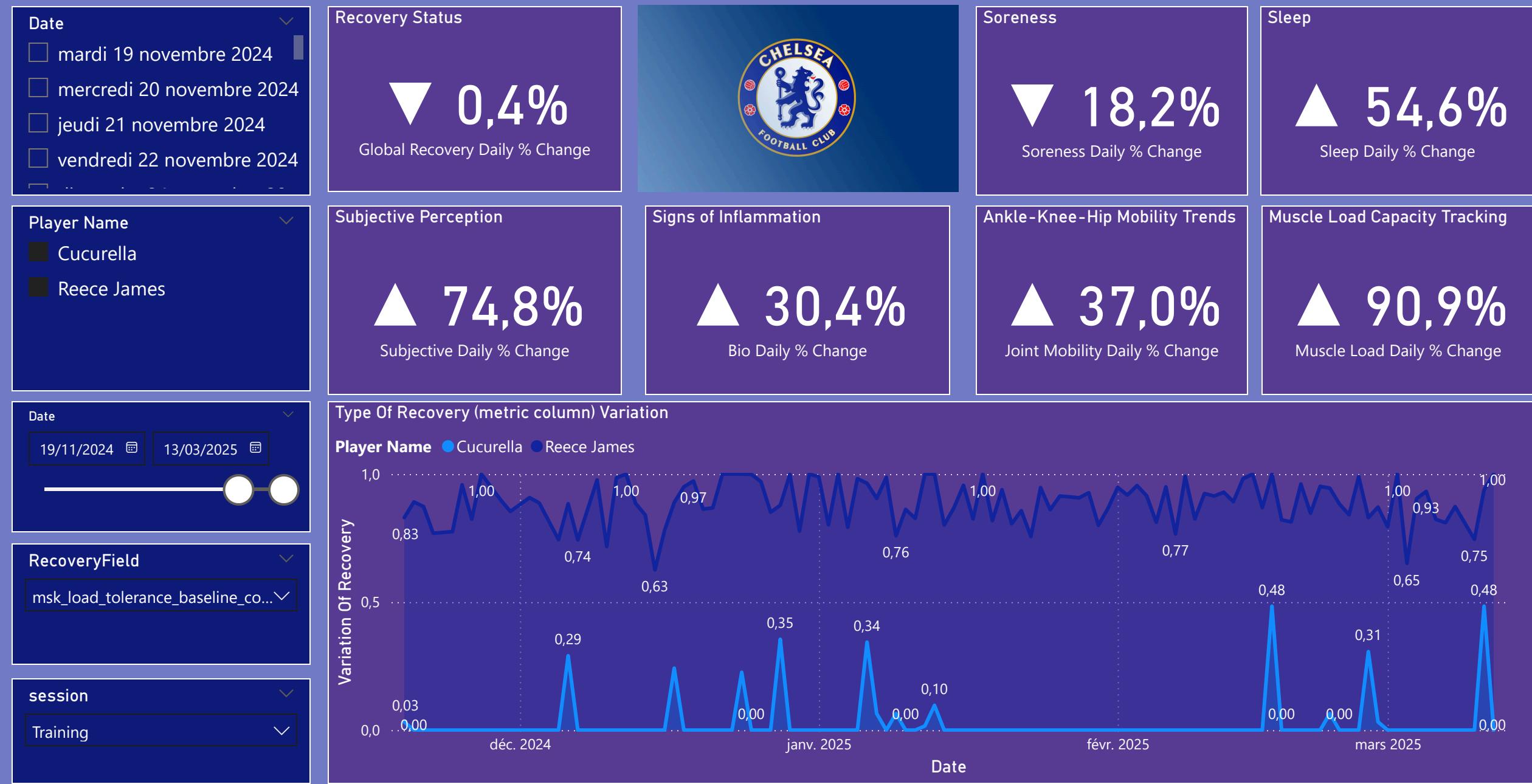


Metric

Accel/Decel >2.5 m/s<sup>2</sup>  
 Accel/Decel >3.5 m/s<sup>2</sup>  
 Accel/Decel >4.5 m/s<sup>2</sup>  
 Day Duration in minutes  
 Distance in Km >21 km/h  
 Distance in Km >24 km/h



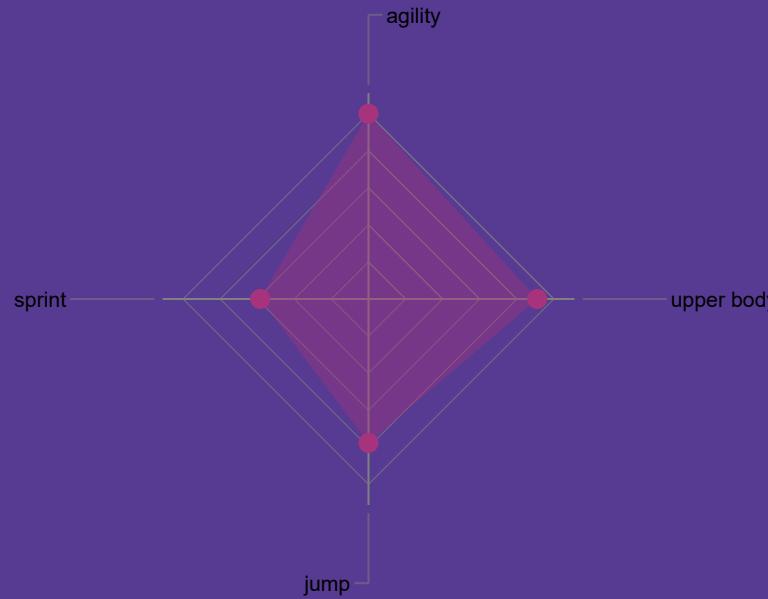
# RECOVERY



# PHYSICAL CAPABILITIES

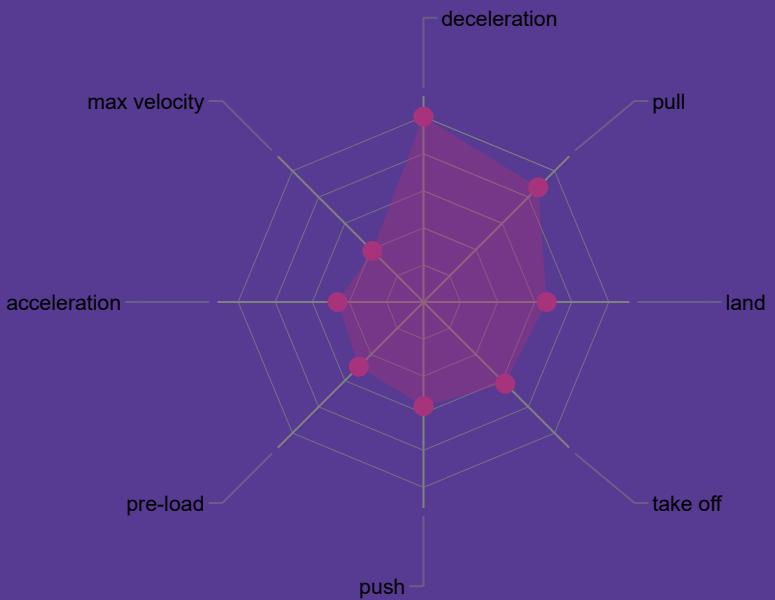
Average Benchmarks (movements)

Axis ● Average of benchmarkPct



Average Benchmarks (quality)

Axis ● Average of benchmarkPct



Quality

All

Expression

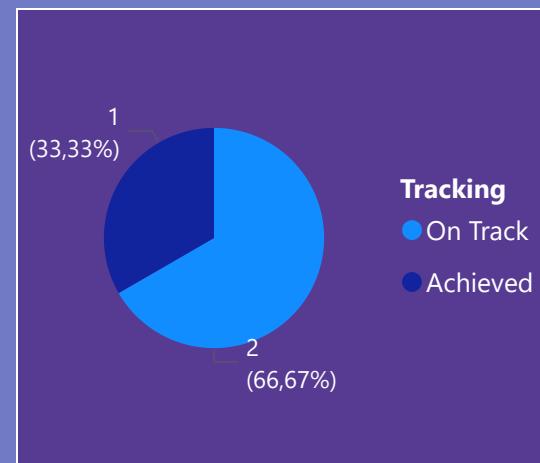
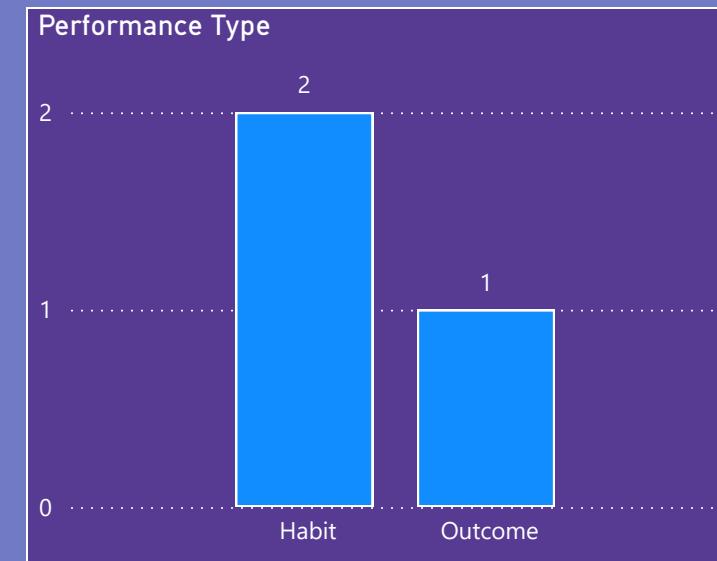
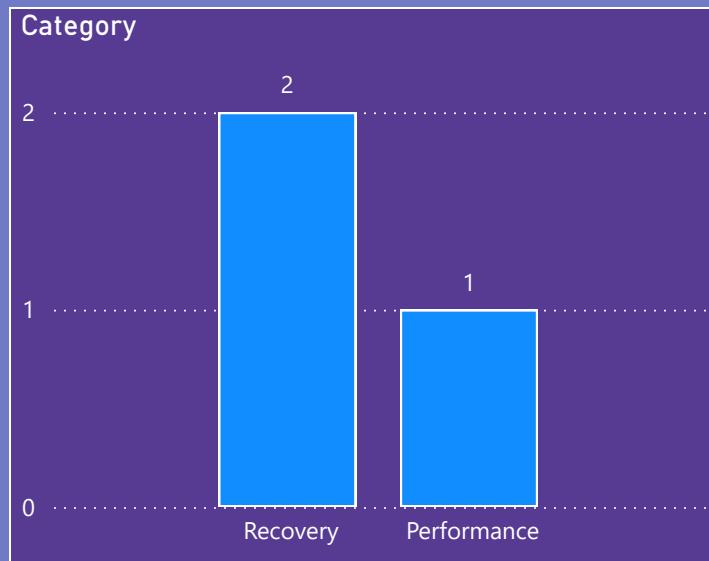
Multiple selections

Variation Of Capabilities Over Time

movement ● agility ● jump ● sprint ● upper body



# PRIORITY AREAS



Area	Category	Performance Type	Priority	Target	Target set	Tracking
Nutrition	Recovery	Habit	2	45g of carbohydrate every half time	07/03/25	On Track
Sleep	Recovery	Habit	1	Increase average sleep by 1hr per night	07/03/25	On Track
Sprint	Performance	Outcome	3	>65% in max velocity score	07/03/25	Achieved