Example Player - Performance Report

Age	Position
30.6	Defender

Foot:	**Right**	Shirt Number:	**6**
Height:	**1.72 m**	Age Group:	**Seniors**
Weight:	**62 kg**	D.O.B:	**23/04/1988**

Body Comp and Maturation

Test	Latest	Previous	Change	Rating
Height (cm)	172.0	171.8	↑ 0.2 cm	
Seated Height (cm)	91.1	91.1	↓ 0 cm	
Weight (kg)	62	61.6	↑ 0.4 kg	
Sum of 7 (mm)	41.3	41.4	↓ 0.1 mm	Good
DEXA Body Fat (%)	8.7	8.8	↓ 0.1 %	Excellent
DEXA Lean Mass (kg)	56.6	56.2	↑ 0.4 kg	

Predicted Growth rates

Maturation Status:	Unknown
Predicted Adult Height:	172.0
Height Left to Grow:	0.0
Years from PHV:	17.6

Extended Maturation Measures - FFA

Test	2/11/2018	2/10/2018
Age at Test (Days)	11150	11119
Chronological Age (Years)	30.5	30.5
Seated Height w/ Stool (cm)	131.8	131.8
Stool Height (cm)	40.7	40.7

Test	2/11/2018	2/10/2018
Leg Length - Left (cm)	95.9	94.2
Leg Length - Right (cm)	95.0	94.3
Tibial Length - Left (cm)	40.5	40.3
Tibial Length - Right (cm)	40.5	40.5

Physical Profile

Speed

Test	Latest	Previous	Change	Rating
20m Sprint (s)	2.79	2.86	↓ 0.07 s	Excellent
RSI - 10/5 Repeat	1.7	1.91	↓ 0.21	Poor
RSI - Drop Jump (30cm)	1.83	1.5	↑ 0.33	Fair

Power

Test	Latest	Previous	Change	Rating
10m Sprint (s)	1.60	1.63	↓ 0.03 s	Excellent
Broad Jump (m)	2.34	2.46	↓ 0.12 m	Average
CMJ (cm)	51	50	↑ 1 cm	Average

Capacity

Test	Latest	Previous	Change	Rating
6 min run (m)	1745	1699.77	↑ 45 m	Average

Mobility

Test	Latest	Previous	Change	Rating
NYL Screening /33	28	26	↑ 2	Excellent
Modified FMS /12	9	9	=	Good

Injury Prevention

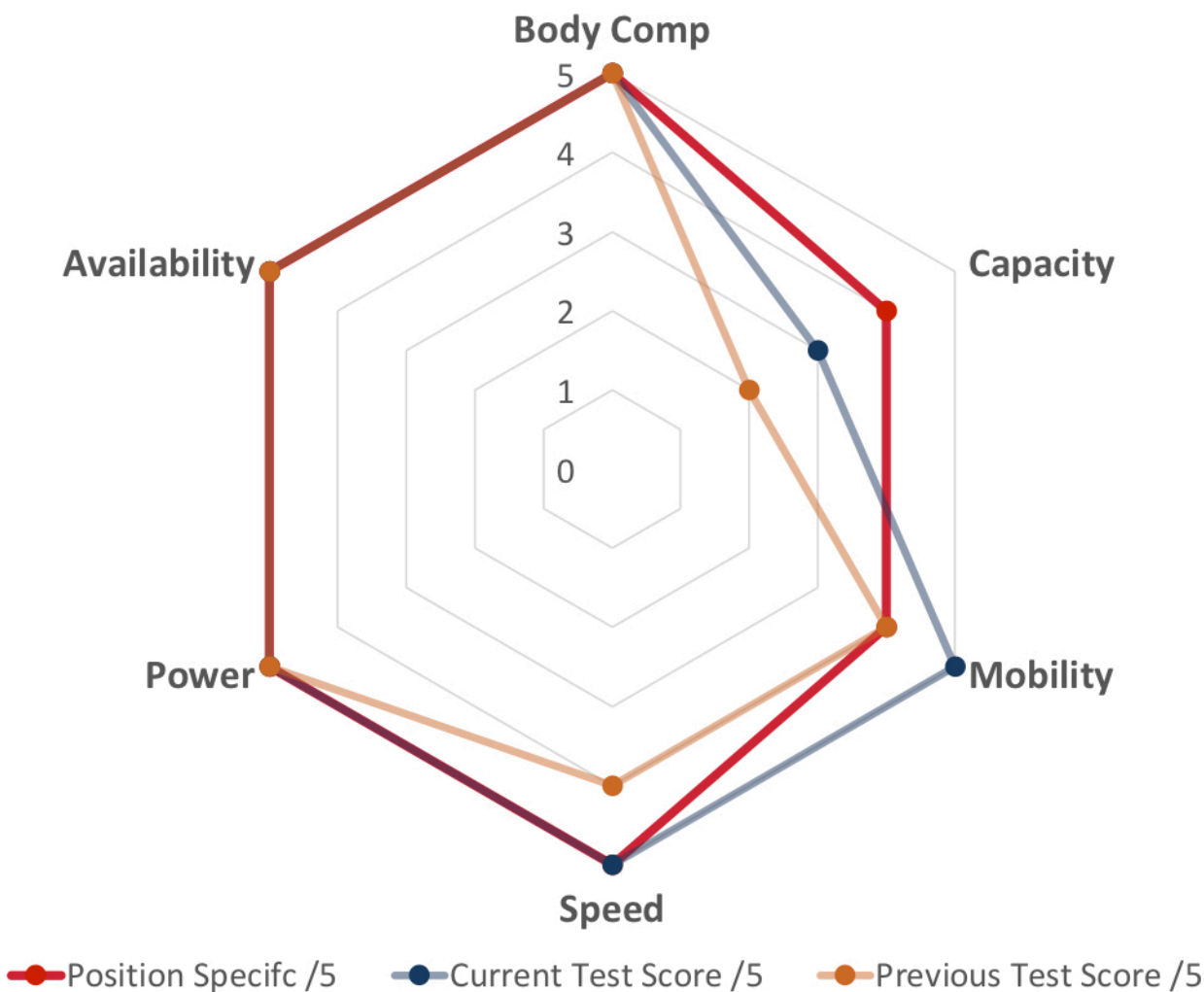| Test	Latest	Previous	Change	Rating
Nordics Max Force - Left (N)	333	374	↓ 41 N	Poor
Nordics Max Force - Right (N)	338	378	↓ 40 N	Poor
Nordics Force Imbalance (%)	1.5	1.1	↑ 0.4	Excellent
Adductor Max Force - Left (N)	384	361	↑ 23 N	Fair
Adductor Max Force - Right (N)	384	372	↑ 12 N	Fair
Abductor Max Force - Left (N)	381	379	↑ 2 N	Fair
Abductor Max Force - Right (N)	409	385	↑ 24 N	Average
Groinbar - Add:Abd Ratio Left	1.01	0.95	↑ 0.06	Average
Groinbar - Add:Abd Ratio Right	0.94	0.97	↓ 0.03	Fair
Max Calf Raise - Left (n)	53	48	↑ 5	Good
Max Calf Raise - Right (n)	55	46	↑ 9	Good

Availability

Test	2018	2017	Change	Rating
Full Training (%)	88	85	↑ 3 %	Good
Modified - Load (%)	8	12	↓ 4 %	Excellent
Modified - Injury (%)	0	0	↑ 0 %	Excellent
Rehabilitation (%)	0	0	↑ 0 %	Excellent
Injured (%)	0	0	↑ 0 %	Excellent
Off (%)	4	3	↑ 1 %	Excellent

Match Performance

Total Distance
5/10/2018: 8063, 6/10/2018: 8777, 10/10/2018: 9085, 9/11/2018: 9016, 12/11/2018: 8463, Season Average: 8604

HSD
5/10/2018: 830, 6/10/2018: 675, 10/10/2018: 868, 9/11/2018: 867, 12/11/2018: 663, Season Average: 840

Accels/Deccels
5/10/2018: 121, 6/10/2018: 135, 10/10/2018: 154, 9/11/2018: 132, 12/11/2018: 141, Season Average: 137

Minutes
5/10/2018: 90, 6/10/2018: 94, 10/10/2018: 87, 9/11/2018: 93, 12/11/2018: 85, Season Average: 91

Physical Testing Profile

Legend: Position Specifc /5 — Current Test Score /5 — Previous Test Score /5

Coaches Notes

Strengths

- Outstanding leadership, leads by example, big game player
- Playing out from the back, great technical ability, high level ball retention and distribution
- Defensive organsation, high level ability to read opposition tactics and set up defensive structure accordingly
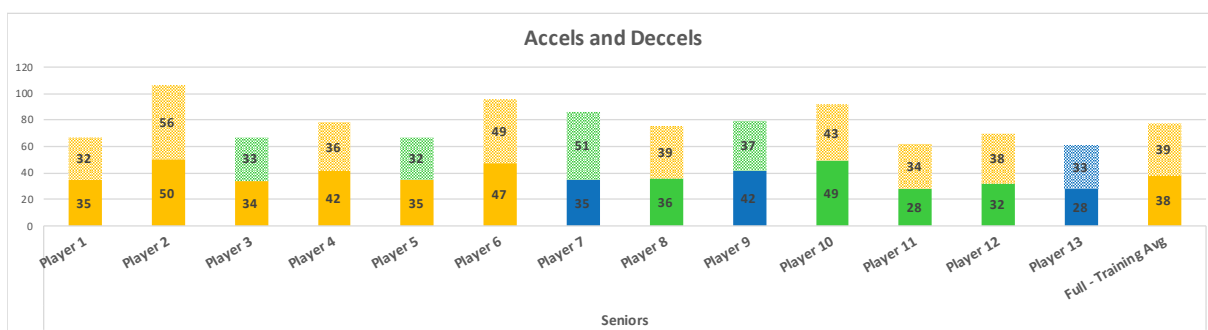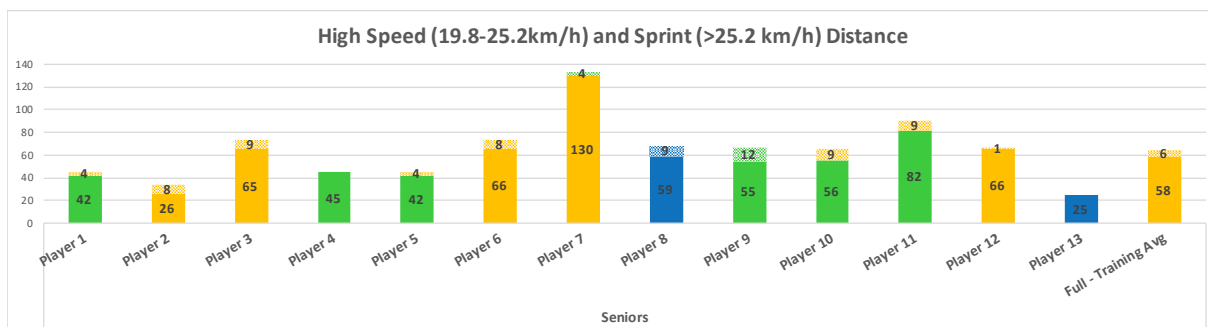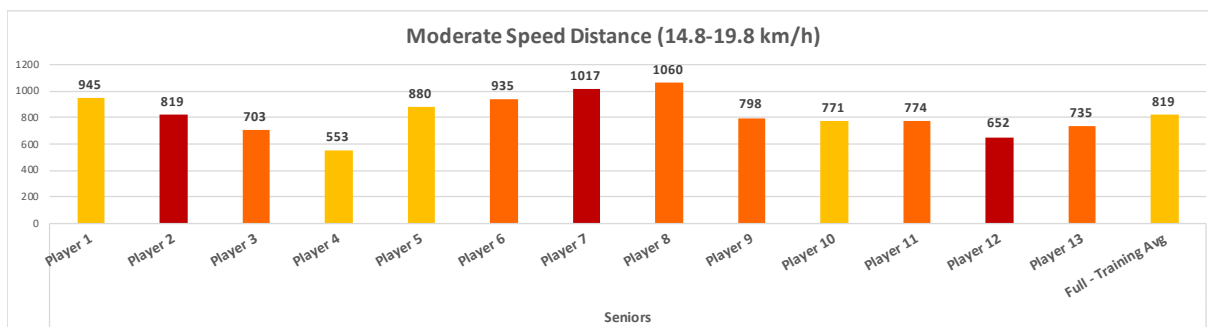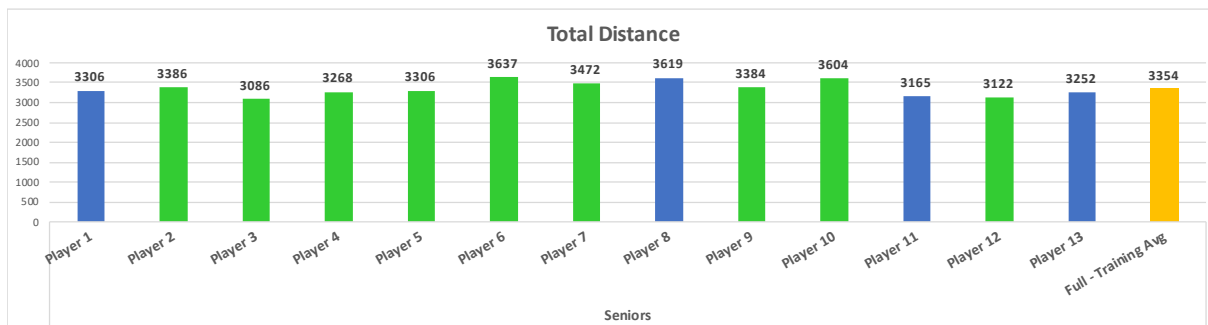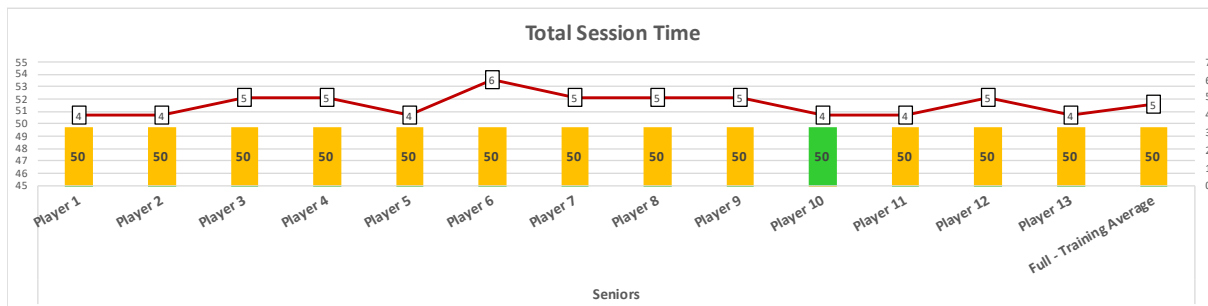
Weaknesses

- Needs to improve on 1v1 defending, gets beaten too often
- Long ball delivery, accuraccy needs to improve

Daily Sports Science Report
23/11/18: Matchday -3

Total Session Time

	Player 1	Player 2	Player 3	Player 4	Player 5	Player 6	Player 7	Player 8	Player 9	Player 10	Player 11	Player 12	Player 13	Full - Training Average
Line	4	4	5	5	4	6	5	5	5	4	4	5	4	5
Bar	50	50	50	50	50	50	50	50	50	50	50	50	50	50

Seniors

Total Distance

Player 1	Player 2	Player 3	Player 4	Player 5	Player 6	Player 7	Player 8	Player 9	Player 10	Player 11	Player 12	Player 13	Full - Training Avg
3306	3386	3086	3268	3306	3637	3472	3619	3384	3604	3165	3122	3252	3354

Seniors

Moderate Speed Distance (14.8-19.8 km/h)

Player 1	Player 2	Player 3	Player 4	Player 5	Player 6	Player 7	Player 8	Player 9	Player 10	Player 11	Player 12	Player 13	Full - Training Avg
945	819	703	553	880	935	1017	1060	798	771	774	652	735	819

Seniors

High Speed (19.8-25.2km/h) and Sprint (>25.2 km/h) Distance

	Player 1	Player 2	Player 3	Player 4	Player 5	Player 6	Player 7	Player 8	Player 9	Player 10	Player 11	Player 12	Player 13	Full - Training Avg
Top	4	8	9		4	8	4	9	12	9	9	1		6
Bottom	42	26	65	45	42	66	130	59	55	56	82	66	25	58

Seniors

Accels and Deccels

	Player 1	Player 2	Player 3	Player 4	Player 5	Player 6	Player 7	Player 8	Player 9	Player 10	Player 11	Player 12	Player 13	Full - Training Avg
Top	32	56	33	36	32	49	51	39	37	43	34	38	33	39
Bottom	35	50	34	42	35	47	35	36	42	49	28	32	28	38

Seniors

Daily Wellness
20/12/2018 Matchday -4

Player	Fatigue		Sleep Quality		General Soreness		Relaxation		Readiness		Wellness Score		Muscle Soreness Area	Joint Soreness Area
Player 1	9	↑↑	7	=	9	↑	7	=	7	=	33	=	Hip flexors,	
Player 2	4	↓↓	7	=	4	↓↓	8	↑↑	5	↓↓	28	↓		
Player 3	7	=	8	=	6	=	8	=	7	=	36	=	Upper body, Glutes, Hamstrings, Calves,	Neck,
Player 4	6	=	7	=	5	↓↓	7	=	6	=	31	↓↓		
Player 5														
Player 6														
Player 7	4	=	6	=	4	=	7	=	4	=	25	=		
Player 8														
Player 9	8	=	6	=	8	=	8	=	6	=	36	=	Groins	
Player 10	6	=	4	↓↓	8	↑↑	5	↓	10	=	33	=		
Player 11	7	=	9	=	6	=	8	↓↓	8	=	38	↓↓		
Player 12	8	=	6	=	7	=	8	=	6	=	35	=		
Player 13	7	=	7	=	6	=	8	=	7	=	35	=	Quads, Hamstrings	
Player 14	8	=	6	↓	8	=	8	=	8	↓↓	38			
Player 15														
Player 16	6	=	6	=	8	=	10	=	7	=	34	=		
Player 17	7	=	6	↓↓	6	↓↓	8	=	6	↓↓	33	↓		
Player 18	4	=	8	=	5	=	6	=	3	=	26	=		
Player 19	7	=	7	↓↓	5	=	6	↓↓	8	=	37	=	Quads, Hamstrings, Calves	Wrist, Foot
Player 20	6	=	6	=	6	=	6	=	7	=	31	=		
Player 21														
Player 22	9	↑↑	8	↓↓	9	=	9	=	8	↑↑	43	↑↑	Lower back	
Player 23	6	=	8	=	5	=	8	=	6	=	33	=		
Player 24	6	=	7	=	5	=	8	↑↑	8	=	32	=		
Player 25														
Average	7	=	7	=	6	=	8	=	7	=	34	=		

GROUP AVERAGE WELLNESS SCORE

Chart values: 36.5, 36.2, 38.4, 36.1, 36.4, 37.2, 36.7