



CFC PERFORMANCE INSIGHTS VIZATHON DATA GUIDE

SIMPLE | ILLUMINATING | ACTIONABLE

GPS DATA



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GPS DATA



GPS performance metrics track movement demands, including speed, distance, and acceleration, to assess workload and physical output. This dataset contains simulated data for 1 player.

- date:** The date of the recorded session or match
- opposition_code:** A unique identifier for the opposing team
- opposition_full:** The full name of the opposing team
- md_plus_code:** A marker for the number of days after a match (e.g., MD+1 refers to one day post-match)
- md_minus_code:** A marker for the number of days before a match (e.g., MD-1 refers to one day before a match)
- season:** The football season during which the data was recorded
- distance:** The total distance covered by a player during the session or match, measured in meters or kilometers
- distance_over_21:** The distance covered at a speed above 21 km/h
- distance_over_24:** The distance covered at a speed above 24 km/h
- distance_over_27:** The distance covered at a speed above 27 km/h
- accel_decel_over_2_5:** The number of accelerations or decelerations above 2.5 m/s^2
- accel_decel_over_3_5:** The number of accelerations or decelerations above 3.5 m/s^2
- accel_decel_over_4_5:** The number of accelerations or decelerations above 4.5 m/s^2
- day_duration:** The duration of the session in minutes
- peak_speed:** The highest speed recorded during the session
- hr_zone_1_hms:** The total time spent in heart rate zone 1 (50-60% Max HR)
- hr_zone_2_hms:** The total time spent in heart rate zone 2 (60-70% Max HR)
- hr_zone_3_hms:** The total time spent in heart rate zone 3 (70-80% Max HR)
- hr_zone_4_hms:** The total time spent in heart rate zone 4 (80-90% Max HR)
- hr_zone_5_hms:** The total time spent in heart rate zone 5 (90-100% Max HR)

PHYSICAL CAPABILITY DATA



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PHYSICAL CAPABILITY



Physical Capability is measured using a battery of tests which measure different qualities and expressions of force.

The dataset provided contains the longitudinal data for 1 player for the past 2+ seasons. The data has been aggregated to the **MOVEMENT**, **QUALITY** and **EXPRESSION** level, so scores are not available for the specific tests and metrics that lie in the layers underneath.

Where sufficient data exists, the “**BenchmarkPct**” value will be available. This is a pre-calculated aggregate expressed as a percentage. There is 1 row per movement/quality/expression per day. If no new data has been recorded on a given day, data from the previous day is carried forward.

MOVEMENTS – The movement category that the values belong to

Agility: qualities relating to change of direction and agility ability

Sprint: qualities relating to maximum speed

Upper Body: qualities relating to upper body strength

Jump: qualities relating to jumping ability

QUALITY – The specific quality that supports the movement. A quality can belong to more than one movement and may be measured in more than one expression.

Acceleration: ability to speed up

Deceleration: ability to slow down

Grapple: ability to hold strong and push

Land: landing from a jump

Max velocity: qualities

Pre-load: ability to store energy prior to a jump or change of direction

Pull: upper body pull strength

Push: upper body push strength

Rotate: ability to produce and resist rotations

Take off: vertical propulsive qualities

EXPRESSION – The type of force expression that is measured for the quality. A quality can be measured in both Isometric and Dynamic expressions

Isometric: qualities of maximum force expressed against a fixed surface with no movement of the joints

Dynamic: qualities of force and power production that involve movement such as a vertical jump or hop test

RECOVERY STATUS DATA

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RECOVERY STATUS



Recovery status is measured using several tests and metrics to inform recovery strategies throughout the season.
This dataset contains simulated data for 1 player.

The tests used to monitor recovery belong to one of 6 categories

Bio: blood biomarker analysis to assess signs of inflammation that may be due to fatigue or illness. Collected

Msk_joint_range: the joint range of ankles, knees and hips.
Collected around once per week

Msk_load_tolerance: the ability of the thigh and hip muscles to produce & tolerate force. Collected around once per week

Subjective: perceived level of recovery submitted by the player.
Collected on most days except match days and days off

Soreness: self reported muscle soreness

Sleep: perceived quality of previous nights sleep

The 6 categories above have 2 metrics each

_completeness: percentage completeness of all the tests that are pooled within the category. Values can range from 0 to 1 (0 to 100%)

_composite: The category composite score, expressed as a percentage is relative to the player's normative values. E.g. value of -0.50 (-50%) means that on that day, the player was 50% lower than their normative value in that category

In addition to the categories, there is also a pre-calculated aggregated “total” category. This category contains only 1 metric which is called “**emboss_baseline_score**” and is an aggregation of all the “...baseline_composite” values on that day. **This can be used as the overall recovery score.**

When value = null then the data was not collected for that metric on that day.

When value = 0 it was collected. This is a real 0



INDIVIDUAL PRIORITY AREAS

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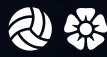
INDIVIDUAL PRIORITY AREAS



Individual priority areas are identified and reviewed by the player and Performance Support Team.

These priorities should be displayed in a prominent way to engage players and staff and encourage collaboration.

| Priority | Category | Area | Target | Performance Type | Target set | Review Date | Tracking |
|----------|-------------|-----------|---|------------------|------------|-------------|----------|
| 1 | Recovery | Sleep | Increase average sleep by 1hr per night | Habit | 07/03/2025 | 07/05/2025 | On Track |
| 2 | Recovery | Nutrition | 45g of carbohydrate every half time | Habit | 07/03/2025 | 07/05/2025 | On Track |
| 3 | Performance | Sprint | >65% in max velocity score | Outcome | 07/03/2025 | 07/05/2025 | Achieved |



GET IN TOUCH

If you have any questions about the data, need further clarification, or require additional insights, feel free to reach out to the CFC Performance Insights Team



RICHARD AKENHEAD
Head of Performance Insights
richard.akenhead@chelseafc.com



EMMANUEL (MANNY) FAJEMILUA
Performance Insights Analyst
emmanuel.fajemilua@chelseafc.com