**David Roddy** Age: 21 Position: F

***Rocket Rating - AVGRockRat Combine-Only Rating - AVGComRat***

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Anthropometric Measurements** | **Value** | / | **% Rank** |  | **Combine Measurements** | **Value** | / | **% Rank** |
| Height w/o Shoes (ft’in): | 76.5 | / | 33.95 |  | **Vertical Explosiveness** | ***Combine Grade -*** | | |
| Standing Reach (ft’in): | 104.25 | / | 54.04 |  | Max Jump Height (ft’in): | 241.75 | / | 100 |
| Wingspan (ft’in): | 83.5 | / | 59.3 |  | Standing Vertical Jump (in): | 27.75 | / | 31.7 |
| Wingspan/Height Differential (in): | 7 | / | 83.36 |  | Max Vertical Jump (in): | 137.5 | / | 100 |
| Body Weight (lbs): | 264 |  | 96.5 |  | Lateral Agility/COD | ***Combine Grade -*** | | |
| Body Fat (%)): | 10 |  | 14.06 |  | Lane Shuttle – Moving Right (s): | 2.64 |  | 92.98 |
|  |  |  |  |  | Lane Shuttle – Moving Left (s): | 2.59 |  | 93.99 |
|  |  |  |  |  | Lane Agility (s): | 10.84 |  | 21 |
| Hand Length (in): | 10 |  | 99.1 |  | **Acceleration/Speed Ability** | ***Combine Grade -*** | | |
| Hand Width (in): | 9.75 |  | 65.59 |  | ¾ Court Sprint Speed (s): | 3.29 |  | 38.44 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Rockets Athletic Performance Measurements** | Value | / | % Rank |
| **Vertical Force Generation – Force Plate CMJ** | ***Rocket Grade -*** | | |
| Bilateral Drive Acceleration – (Concentric Impulse (Ns) Rel. to BW) | 2.7 | / | 42.31 |
| Bilateral Braking Force – (Force at Zero Velocity Rel. to BW) | 30.05 | / | 47.34 |
| Bilateral Power relative to BW – (Rel. Peak Power) | 64.03 | / | 42.6 |
| Bilateral Overall Strength – (Peak Power(W)} | 7475.33 | / | 87.57 |
| Reactive Strength – (Modified RSI) | 0.7 | / | 87.57 |
| **2nd Jump Explosiveness – Force Plate Drop Jumps** | ***Rocket Grade -*** | | |
| Springiness – Contact Time (s) | 0.37 | / | 2.83 |
| Verticality Ability – RSI | 1.41 | / | 2.31 |
| **Acceleration / Speed Ability** | ***Rocket Grade -*** | | |
| Speed - 3/4 Court Sprint Speed^ (s) | 3.29 | / | 38.44 |
| Foot Quickness – Quick board Platform | 64 | / |  |
| First 3 Step Acceleration - 10 m Sprint (m) | 1.76 | / |  |
| **Lateral Explosion – Lane Shuttle Drill** | ***Rocket Grade -*** | | |
| Lane Shuttle Moving Left (s) | 2.59 | / | 93.99 |
| Lane Shuttle Moving Right (s) |  | / |  |
| **Lower Body Single Leg Balance/Stability** | ***Rocket Grade -*** | | |
| Imbalance – Right vs. Left Difference#^ | 0.06 | / |  |
| Imbalance- Right vs Left - Quick board Platform | 32 |  | 32 |
| **Single Legged Force Generation – Force Plate SL Jumps** | ***Rocket Grade -*** | | |
| Eccentric Mean Force Rel. to BW (Left) | 9.81 | / | 2.1 |
| Eccentric Mean Force Rel. to BW (Right) | 9.81 | / | 24.57 |

**Additional Analysis/Notes**

**Rocket Athletic Rating (1=Poor-0-10%, 2= Below Average-10-30%, 3=Average-30-70%, 4=Above Average-70-90%, 5=Excellent-90-100**