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Soccer Workout Analysis Project

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Context: I am leading the Christendom College men's soccer team in a workout program for the 2022-2023 offseason. In this program, I am collecting data which tracks the number of workouts completed by each player.

Objective: Are we on schedule to meet our workout goals this summer both as individuals and as a team? This project will determine the team workout percentage for phase 1 of the program and see where the team needs to improve.

What did this involve?

- Manual data tracking and entry into a Google Sheets spreadsheet
- Exporting data to an Excel format
- Creating pivot tables in Excel
- Producing a basic Excel dashboard to visualize progress
- Export data to Power BI to create a more advanced interactive dashboard

Results: Each player has a target number of soccer workouts and strength workouts for phase 1 of our program.

As a team, we had a 43.3% workout completion percentage, which is subpar (below 50%). The problem is that 61% of players are recording a completion percentage of below 50%. The overall team workout percentage would benefit from increased participation and more completed workouts from the whole team, but especially those players maintaining a workout percentage of below 50%.

The players with the highest completion percentage were Tommy Stanford at 122% and Aidan Oakley at 110%.