

Name of the dataset: “NFL combine physical testing”

1. Treatment and analysis

The dataset was initially cleaned by removing non-college players, ensuring the consistency and reliability of the sample. The cleaned data focused exclusively on college players. To address missing values, an "Attendance" variable was created to track the number of completed tests (ranging from 0 to 6) for each player. From this, a "Completion Percentage" was calculated to quantify the proportion of available test results relative to the full testing.

To standardise comparisons across players and test types, Z-scores were computed for each physical performance measure (e.g., Bench Press, 40-Yard Dash, Vertical Jump, Broad Jump, Shuttle, and Cone Drill). These Z-scores were then aggregated into a "Total Z-score," providing an overall performance index for each college player.

Additionally, to simplify analysis and enhance understanding, the numerous positions (POS) were collapsed into three broader categories: Offence, Defense, and Special Teams. This classification facilitated group-level comparisons and offered deeper insights into positional differences in physical performance. Performance levels were categorised as Outstanding, Above Average, Below Average, and Needs Improvement (with a total Z-score of less than -4).

2. Interpretation of data

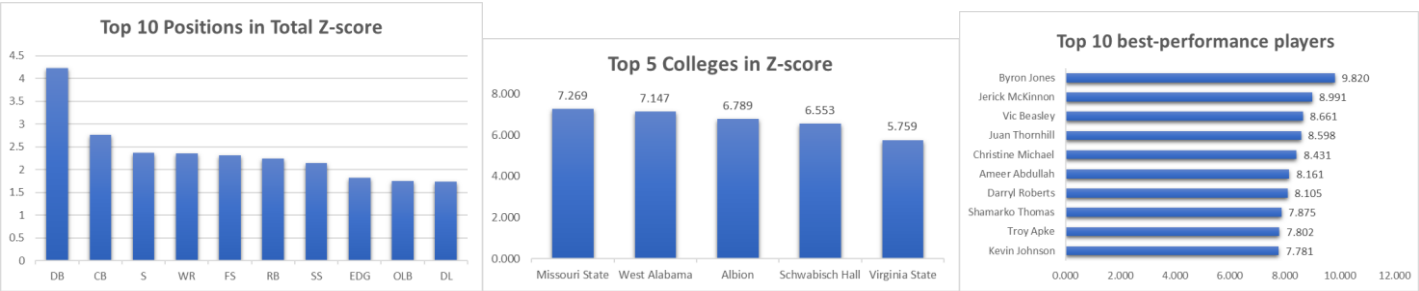


Figure 1: The performance of Top 10 Position, Top 5 Colleges, Top 10 Best-performance players in Z-score

Test	Entire	Offense	Defense	Special
	(N=4998)	(N=2322)	(N=2519)	(N=167)
40 Yard (s)	4.780±0.004	4.826±0.028	4.711±0.022	4.933±0.020
Bench Press Reps (225 lbs)	19.879±0.102	20.960±0.693	19.535±0.548	16.600±1.135
Vert Leap (in)	32.640±0.063	32.928±0.330	33.926±0.318	30.522±0.452
Broad Jump (in)	115.117±0.151	115.012±0.682	118.299±0.684	113.118±1.136
20 Yard Shuttle	4.441±0.004	4.487±0.021	4.429±0.027	4.454±0.041
3 Cone agility (s)	7.273±0.006	7.319±0.034	7.220±0.027	7.338±0.064

Figur2: Baseline in 6 tests

Test	Entire (N=4998)	Entire SD (N=4998)	Offense (N=2322)	Offense SD (N=2322)	Deffense (N=2509)	Deffense SD (N=2509)	Special (N=167)	Special SD (N=167)
40 Yard (s)	4.780 ± 0.004	0.004	4.826 ± 0.028	0.028	4.711 ± 0.022	0.022	4.933 ± 0.020	0.020
Bench Press Reps (225 lbs)	19.879 ± 0.102	0.102	20.961 ± 0.693	0.693	19.535 ± 0.548	0.548	16.600 ± 1.135	1.135
Vert Leap (in)	32.640 ± 0.063	0.063	32.928 ± 0.330	0.330	33.926 ± 0.318	0.318	30.524 ± 0.452	0.452
Broad Jump (in)	115.117 ± 0.151	0.151	115.012 ± 0.682	0.682	118.299 ± 0.685	0.685	113.118 ± 1.136	1.136
20 Yard Shuttle	4.441 ± 0.004	0.004	4.487 ± 0.021	0.021	4.429 ± 0.027	0.027	4.454 ± 0.041	0.041
3 Cone agility (s)	7.273 ± 0.006	0.006	7.320 ± 0.034	0.034	7.220 ± 0.027	0.027	7.338 ± 0.064	0.064

Figure 3: Baseline in 6 tests (with conditional formatting)

	Height (in)	Weight (lbs)	40 Yard (s)	Bench Press reps (225 lbs)	Vert Leap (in)	Broad Jump (in)	20 Yard Shuttle	Cone agility (s)
Height (in)	1							
Weight (lbs)	0.74568557	1						
40 Yard (s)	0.56347584	0.88236988	1					
Bench Press reps (225 lbs)	0.32337565	0.580868	0.43164245	1				
Vert Leap (in)	-0.3984986	-0.67669402	-0.7624922	-0.316958246	1			
Broad Jump (in)	-0.2840358	-0.65587658	-0.791576	-0.293135101	0.844933235	1		
20 Yard Shuttle	0.44469491	0.72630815	0.75905785	0.357570838	-0.6659128	-0.673227024	1	
3 Cone agility (s)	0.43009584	0.76694791	0.79524539	0.42701527	-0.66203203	-0.700993781	0.858476637	1

Figure 3: Correlation matrix for each record (height, weights and six physical tests

3. Visualization and presentation

In conclusion, the analysis reveals that the year with the highest representation of colleges was 2015 within the

NFL's combine testing 10-year dataset. The average test attendance percentage reached 86%, with 313 colleges and a total of 5001 players participating. To notice that, Missouri State achieved the best performance, while the best performing player was Byron Jones from 2015.

The descriptive statistics show clear differences between units. Defensive players are the fastest in the 40-yard dash, which was 4.711s, and the best at jumping tests with the highest vertical leap, which was 33.926 inches, and the broad jump, which was 118.299 inches. The offence leads in bench press strength with 20.961 reps compared to defence, which was 19.535 and special teams, which was 16.600, while Special teams' players are slowest overall with 4.933s in 40-yard dash, indicating they focus on specialised skills rather than pure athleticism.

The correlation matrix reveals important relationships for coaches. Height and weight correlate strongly, with a correlation of 0.746, and the bigger players tend to be slower. Jumping ability shows negative correlations with size, meaning smaller players jump higher. Agility tests correlate strongly with each other, with 0.858 for the shuttle and cone, and both correlate with 40-yard speed, to show that speed and agility are related abilities. This data helps coaches understand that different units need different physical profiles - defence needs speed and agility, offence needs size and strength.

Moreover, the value of R^2 derived from the graph in the performance of different POS by year can be applied to ascertain trends across various positions, as indicated in the analysis of their performance over time, the range would be from 0 to 1. When the R^2 is closer to 1, it suggests that the model for a specific position fits the data quite well, as it implies a polynomial relationship, as indicated by the trendline selected in Excel.

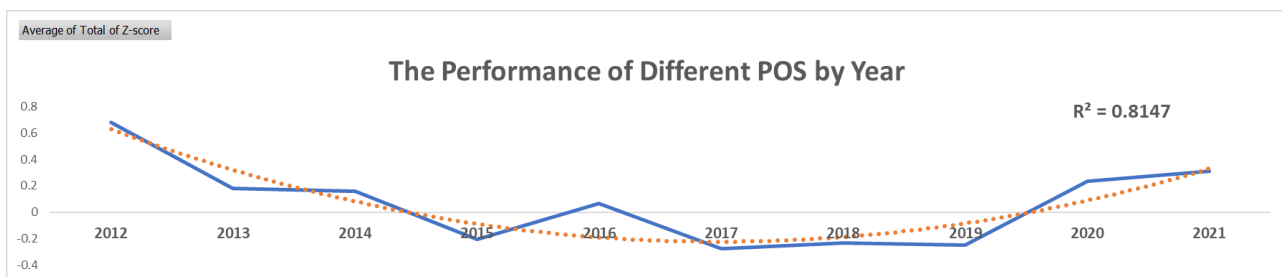


Figure 4. R^2 values would appear in The Performance of Different POS by Year

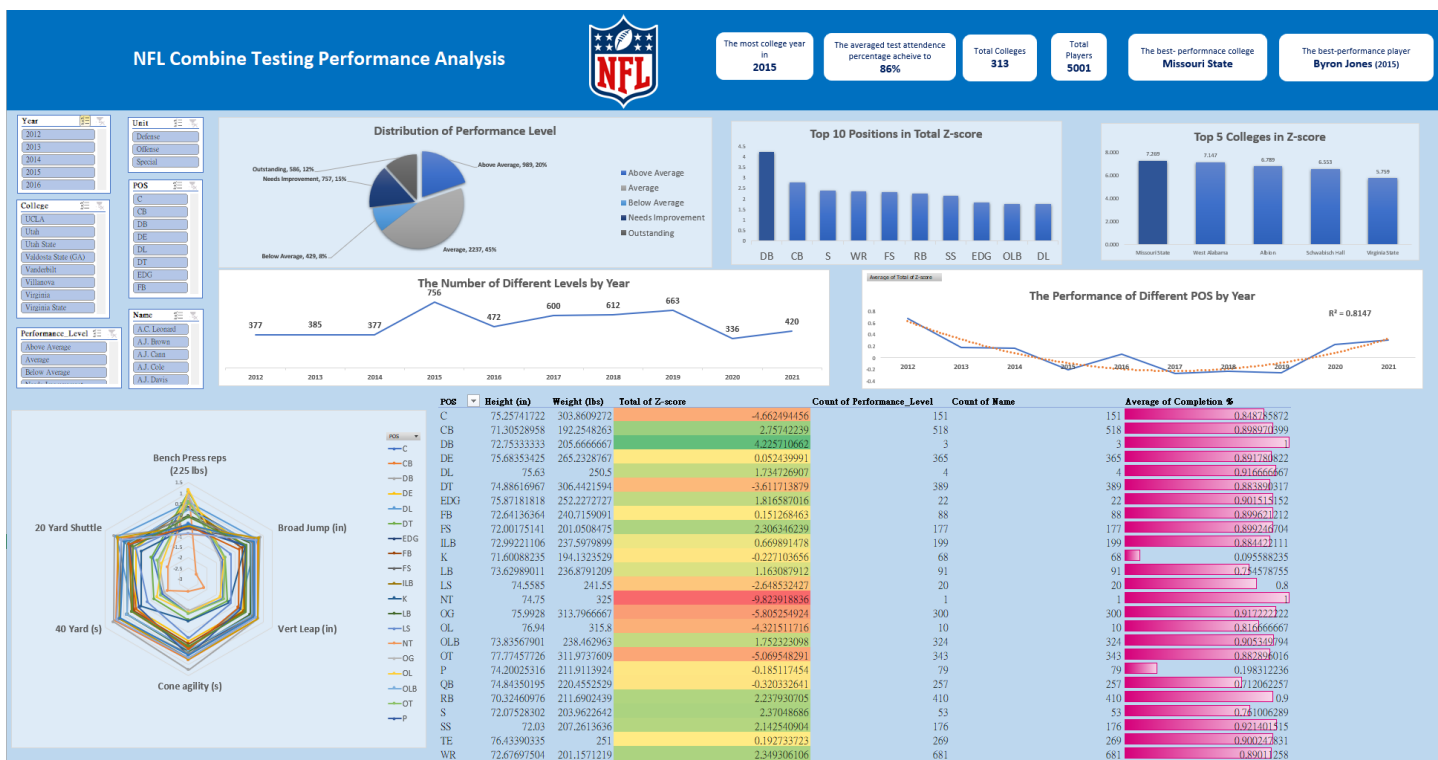


Figure 5. Dashboard of NFL Combine Testing Performance Analysis