

Player Profile



**Player Name:** Mystery Player

**Age:** 25.9

**Birthdate:** May 11, 1999

**Height:** 187 cm

**Weight:** 75 kg

**Position:** Central Midfield (CM)

**Club:** Chelsea FC (2021/22 - Present)

**Club History:** Chelsea FC Academy (2015/16 - 2021/22)

**Agent:** Jorge Mendes (+44 7911 123456)

**Weekly Wage:** £65,000 p/a

Performance Insights

Load & Movement   [Player Priorities](#)   [Physical Capability](#)

Season:

2024/2025

Time Range:

Full Season

Session Type:

All

1,160,004 meters

Total Distance

16,795 minutes

Total Session Duration (45 Matches, 154 Trainings)

32.7 km/h

Peak Speed

55,104 meters

High Speed Distance (Speed faster than 21km/h)

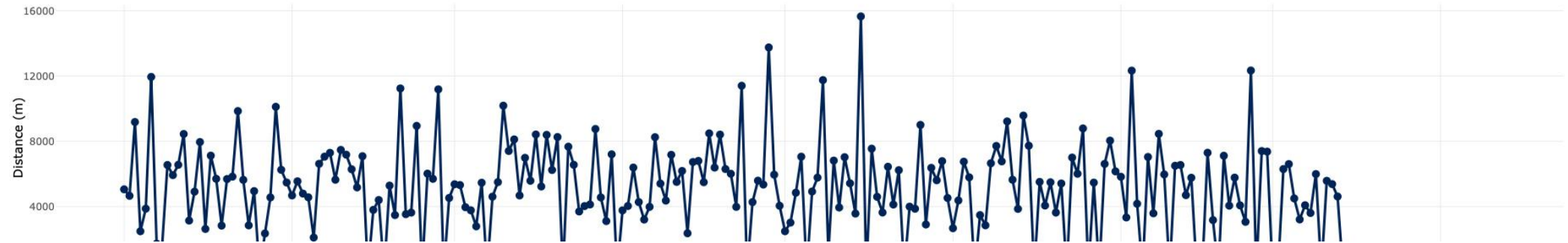
24,088 meters

Very High Speed Distance (Speed faster than 24km/h)

8,820 meters

Sprint Speed Distance (Speed faster than 27km/h)

Daily Distance Covered



1,160,004 meters

Total Distance

16,795 minutes

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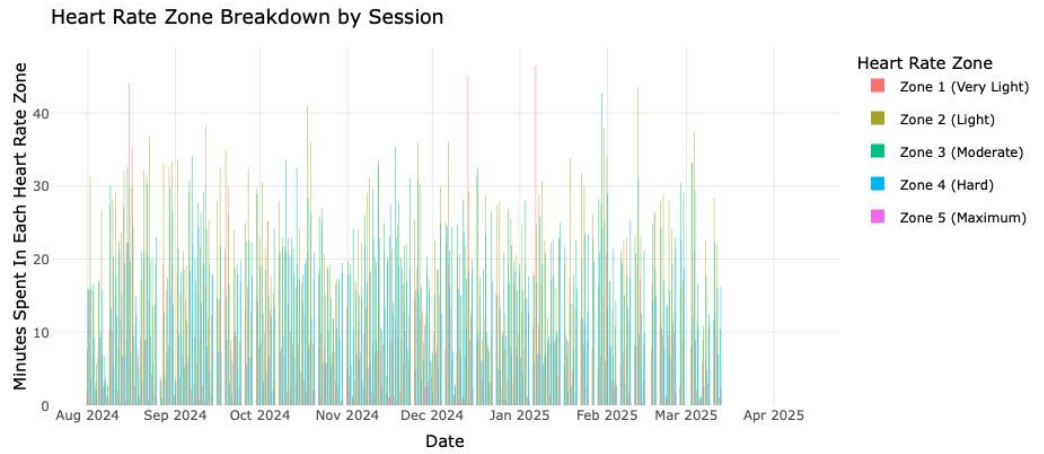
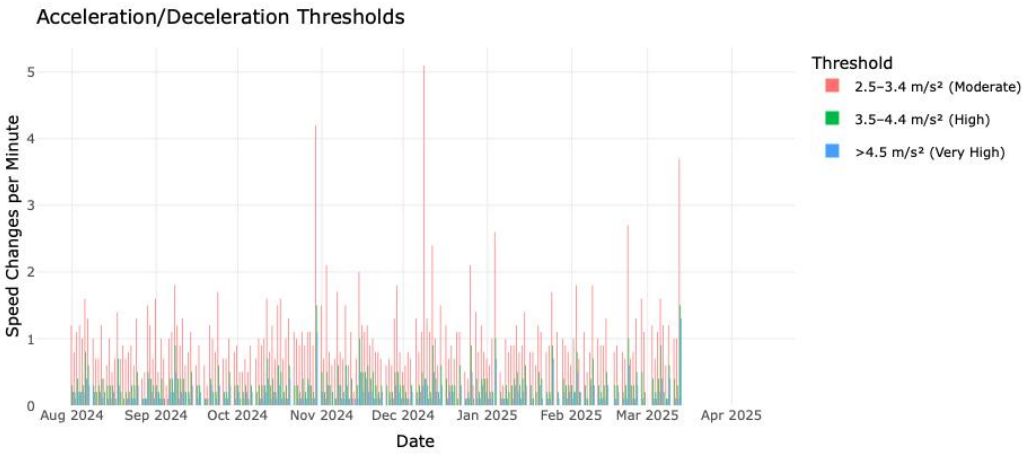
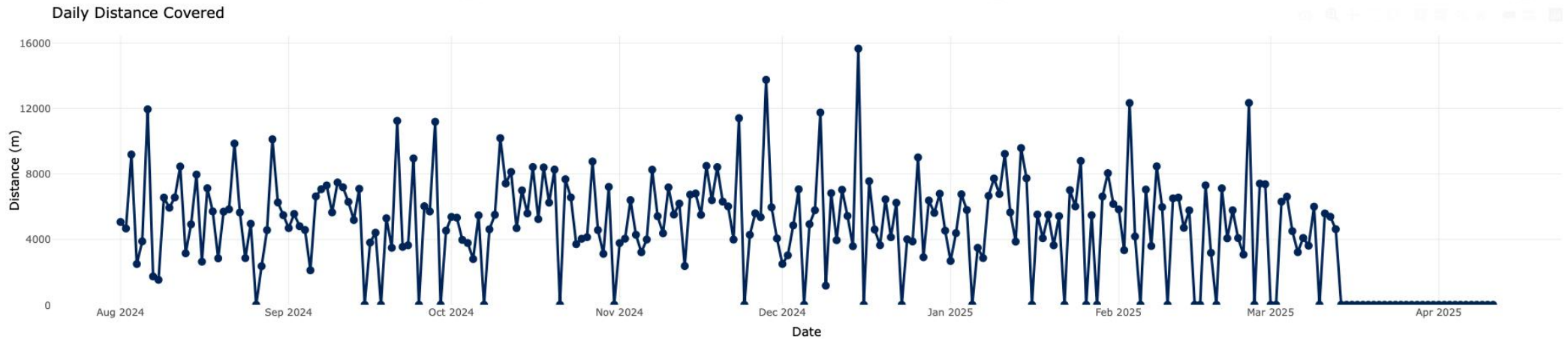
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Performance Insights

Load & MovementPlayer PrioritiesPhysical Capability

Season:2024/2025

Time Range:Last 25 Sessions

Session Type:All

141,130 meters  
Total Distance

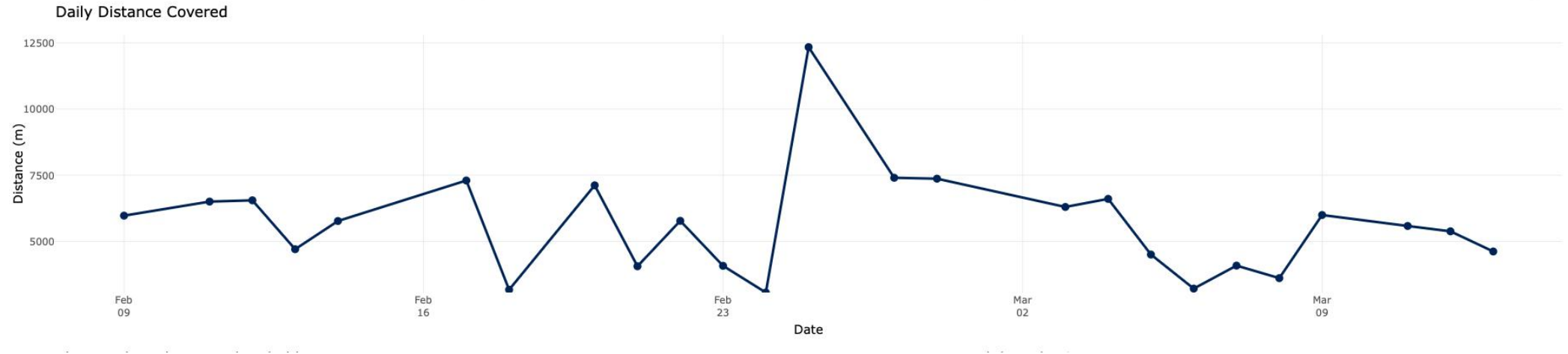
2,036 minutes  
Total Session Duration (6 Matches, 19 Trainings)

31.5 km/h  
Peak Speed

6,414 meters  
High Speed Distance (Speed faster than 21km/h)

2,612 meters  
Very High Speed Distance (Speed faster than 24km/h)

939 meters  
Sprint Speed Distance (Speed faster than 27km/h)



141,130 meters  
Total Distance

2,036 minutes  
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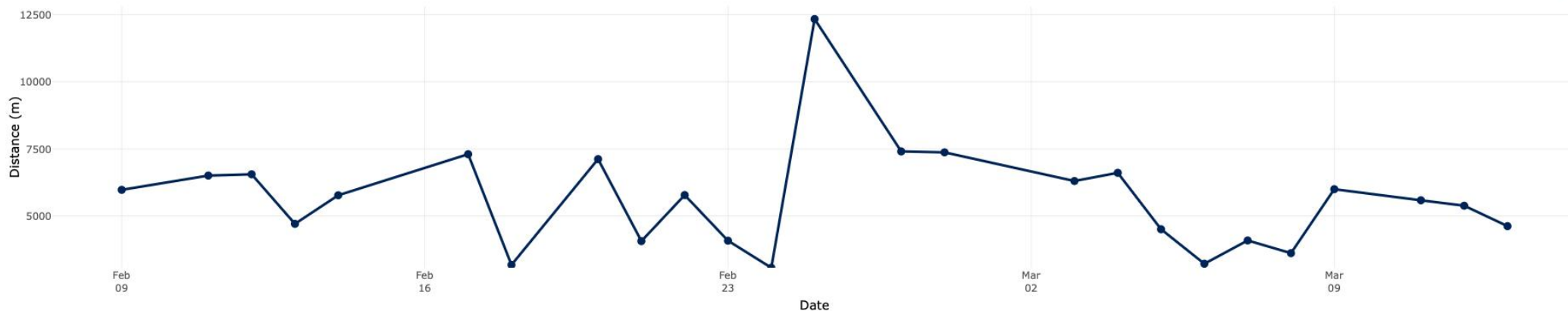
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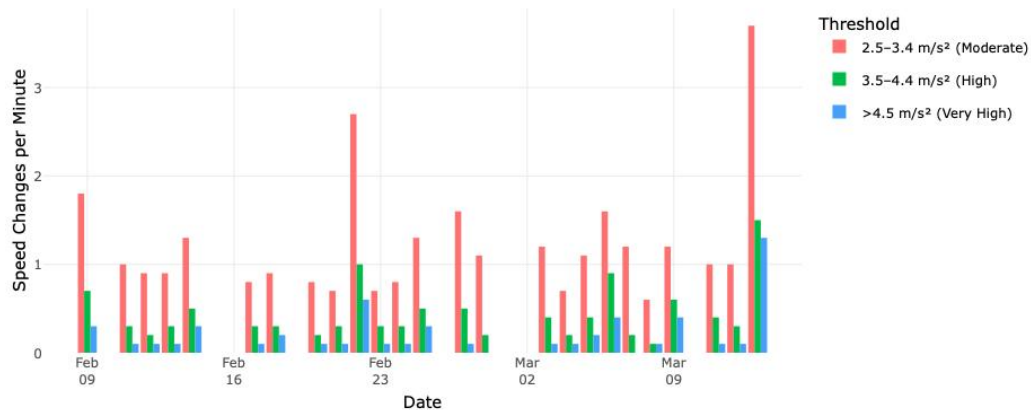
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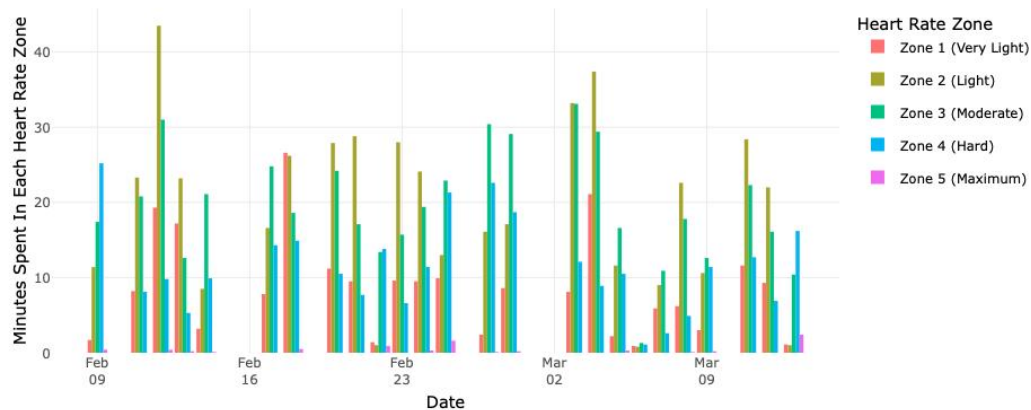
Daily Distance Covered



Acceleration/Deceleration Thresholds



Heart Rate Zone Breakdown by Session



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Performance Insights

Load & Movement   [Player Priorities](#)   [Physical Capability](#)

Season: 2024/2025

Time Range: Custom Date Range

Custom Date Range: 2024-08-01 to 2025-01-01

Session Type: All

821,382 meters  
Total Distance

11,961 minutes  
Total Session Duration (32 Matches, 110 Trainings)

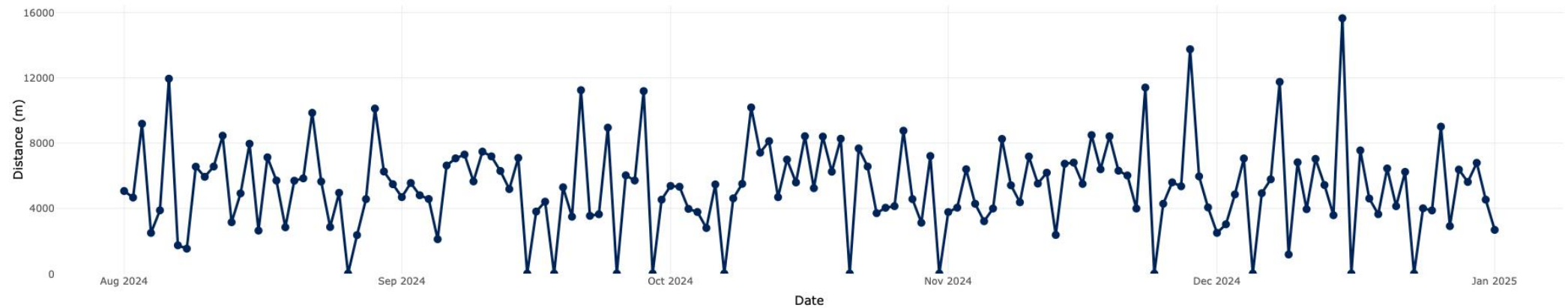
32.7 km/h  
Peak Speed

38,546 meters  
High Speed Distance (Speed faster than 21km/h)

17,286 meters  
Very High Speed Distance (Speed faster than 24km/h)

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Sprint Speed Distance (Speed faster than 27km/h)

Daily Distance Covered



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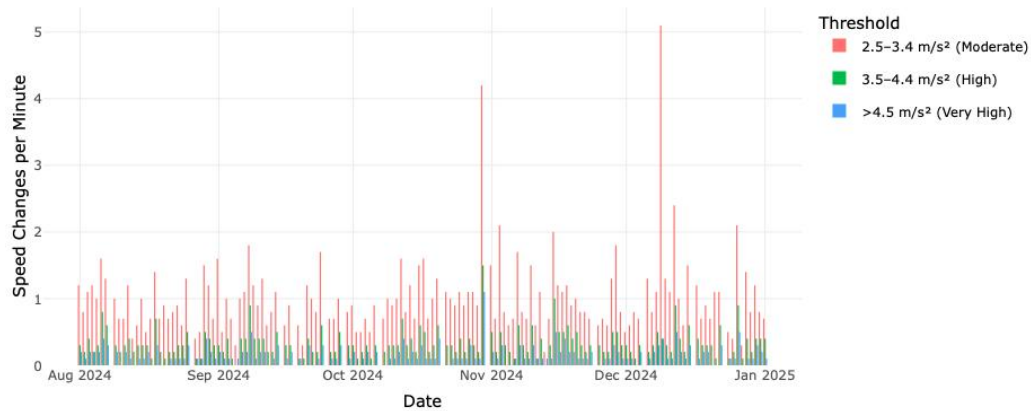
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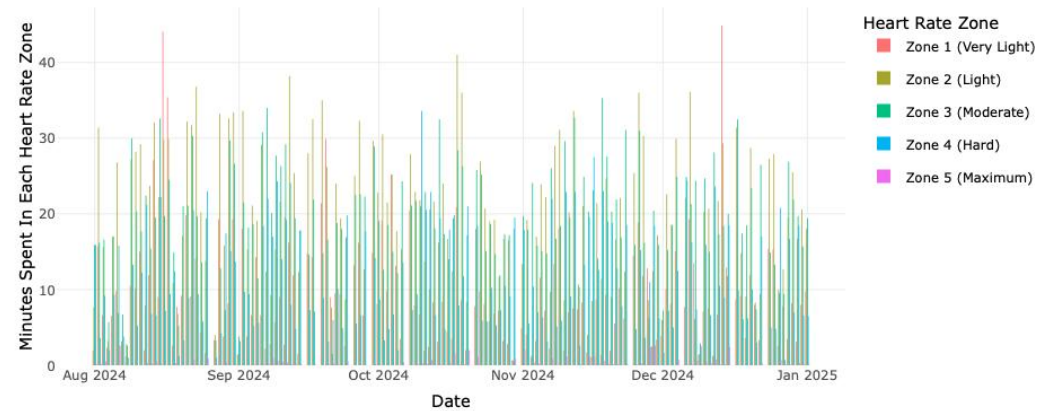
Daily Distance Covered



Acceleration/Deceleration Thresholds



Heart Rate Zone Breakdown by Session



Season:

2024/2025

Time Range:

Custom Date Range

Custom Date Range:

2024-08-01

to

2025-01-01

Session Type:

Match

255,501 meters

Total Distance

2,733 minutes

Total Session Duration (32 Matches)

32 km/h

Peak Speed

15,710 meters

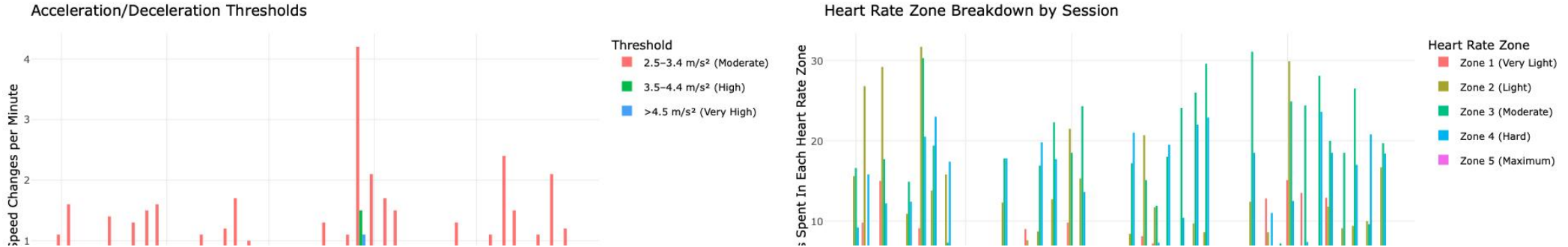
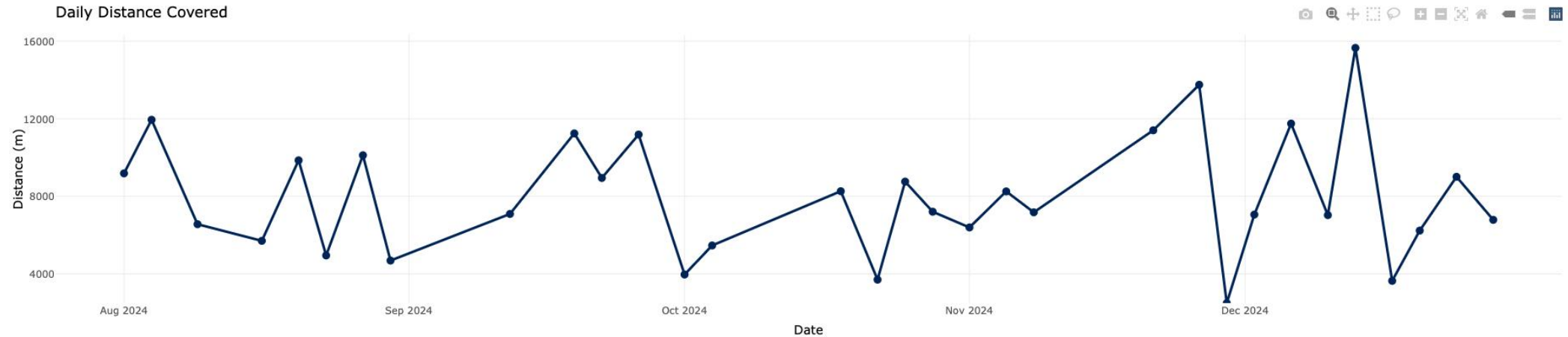
High Speed Distance (Speed faster than 21km/h)

7,644 meters

Very High Speed Distance (Speed faster than 24km/h)

3,168 meters

Sprint Speed Distance (Speed faster than 27km/h)



255,501 meters

Total Distance

2,733 minutes

Total Session Duration (32 Matches)

32 km/h

Peak Speed

15,710 meters

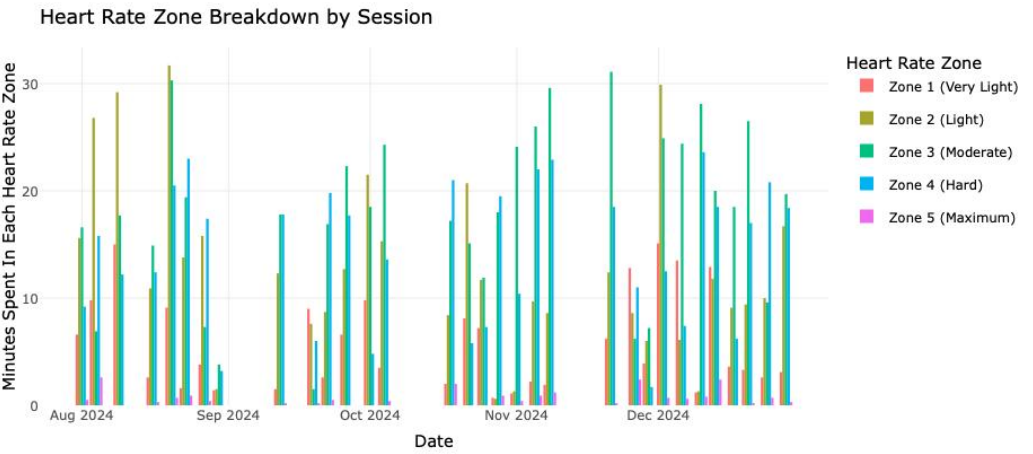
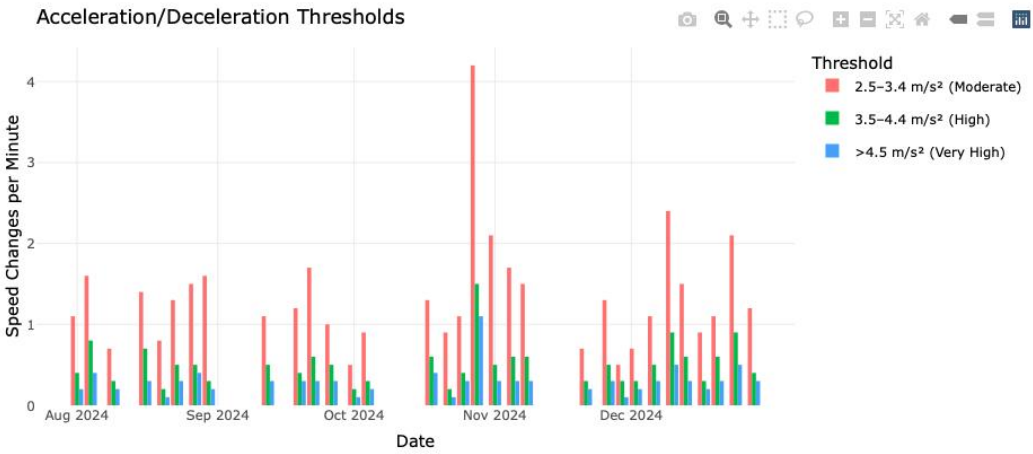
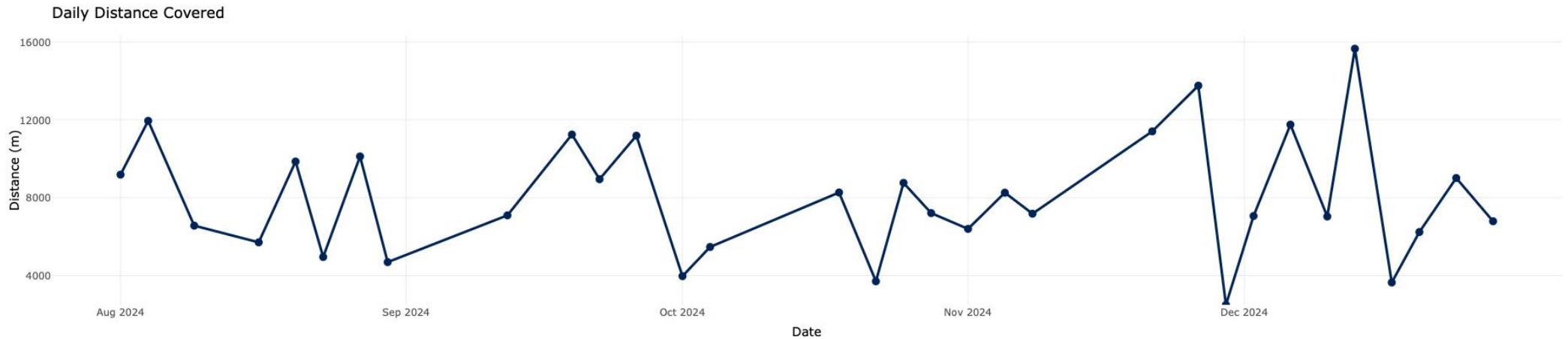
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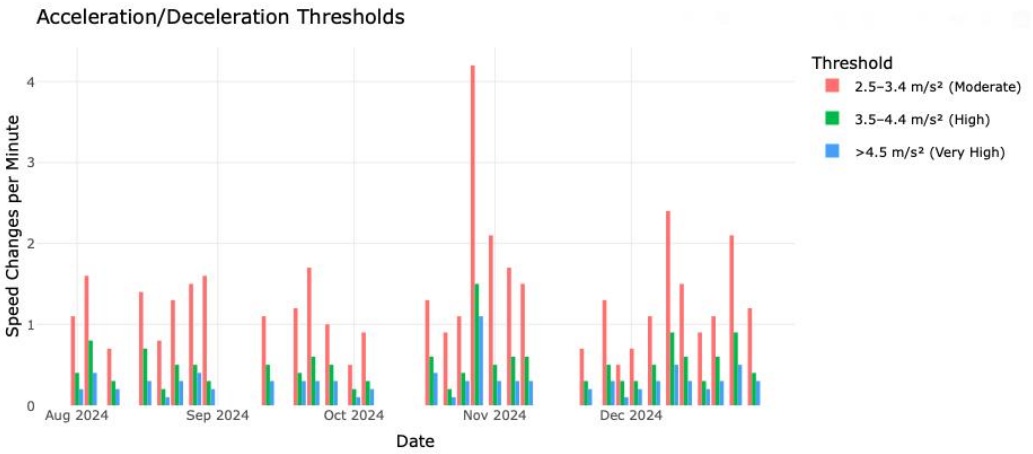
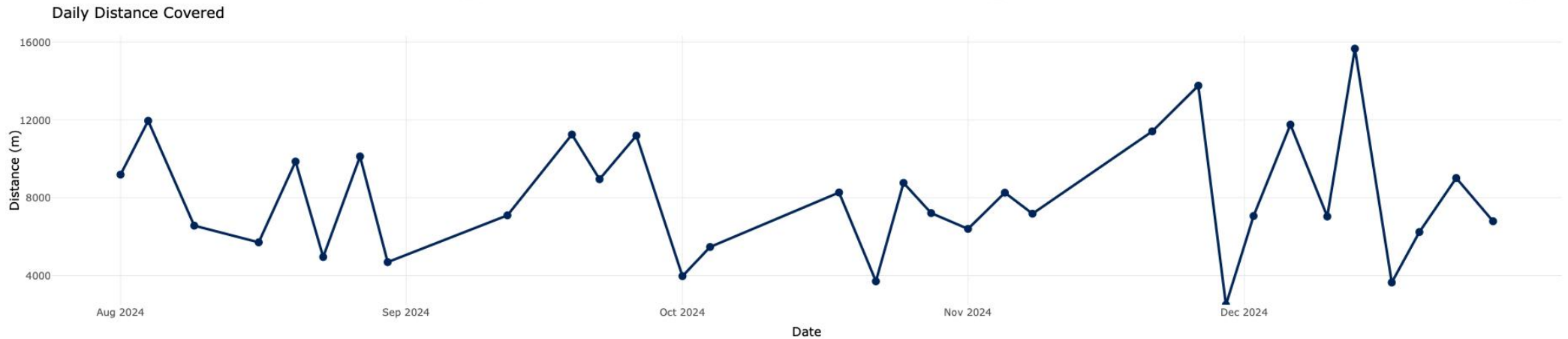
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Weight: 75 kg

Weekly Wage: £65,000 p/a

Performance Insights

Load & Movement

Player Priorities

Physical Capability

Player Priority Summary

Priority #	Category	Area	Target	Performance Type	Target Set	Review Date	Tracking Status
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

Coach Reports



Head Coach: Enzo Maresca

Mystery Player has been consistently delivering solid performances in midfield. His vision and positioning have noticeably improved over the past month.



Fitness Coach: Marcos Alvarez

We've seen a 6% increase in high-speed running volume over the last 4 weeks. His sprint deceleration control is trending in the right direction.



Lead 1st Team Sport Scientist: Chris Searle

Average nightly sleep duration is 7.9 hours. We've introduced light-blocking strategies pre-bedtime, and quality has improved accordingly.



1st Team Sports Nutritionist: Nesson Costello

Carbohydrate timing and hydration protocols have been well maintained. Recovery nutrition compliance is 100% over the past 14 days.

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- Performance Insights
- Load & Movement
- Player Priorities
- Physical Capability

Physical Capability Trends Over Past Three Months

Positive Trends

- ↑ Upper Body – Isometric Pull: 61% → 85% (+24%)
- ↑ Sprint – Isometric Max Velocity: 56% → 77% (+21%)
- ↑ Agility – Isometric Acceleration: 62% → 79% (+17%)
- ↑ Jump – Isometric Pre-Load: 62% → 79% (+17%)
- ↑ Sprint – Isometric Acceleration: 62% → 79% (+17%)
- ↑ Upper Body – Isometric Push: 81% → 96% (+15%)
- ↑ Jump – Dynamic Land: 68% → 74% (+6%)

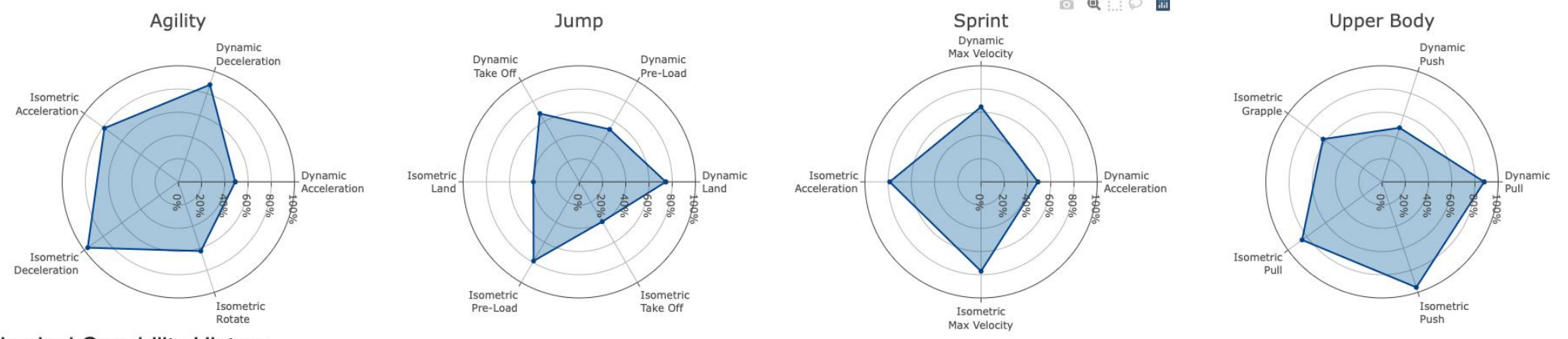
Negative Trends

- ↓ Agility – Isometric Deceleration: 102% → 96% (-5%)

Most Recent Physical Tests



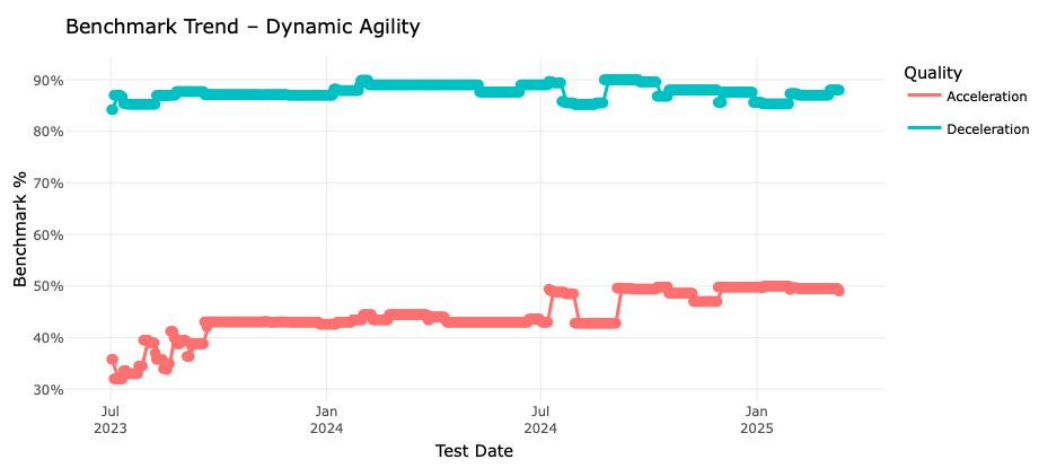
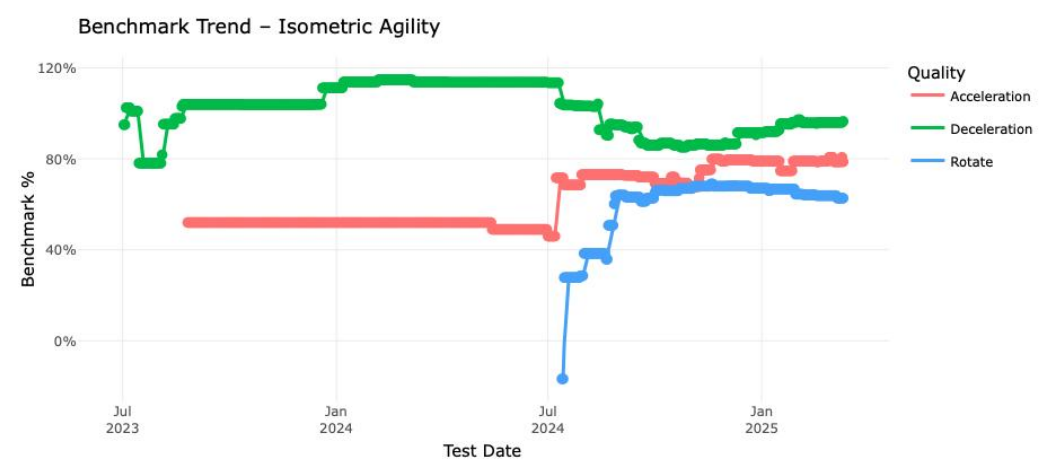
## Most Recent Physical Tests



## Physical Capability History

Select Date Range:

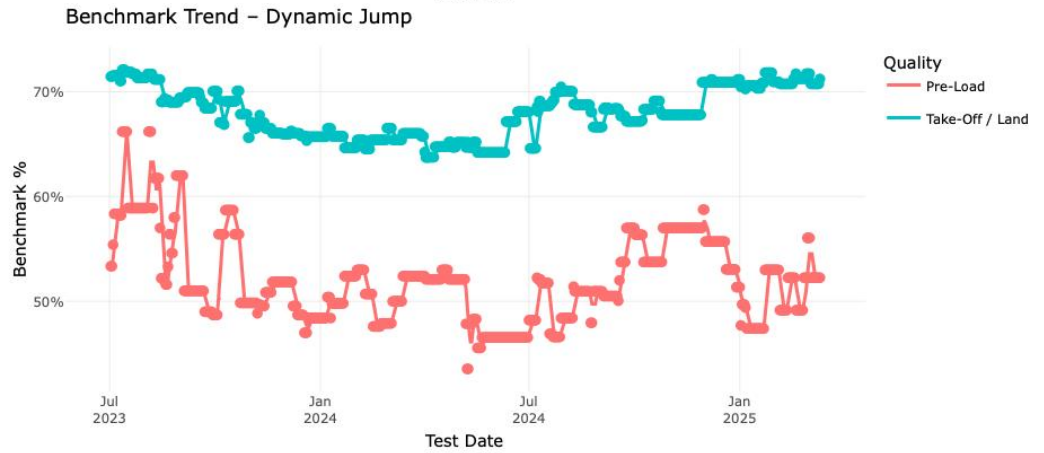
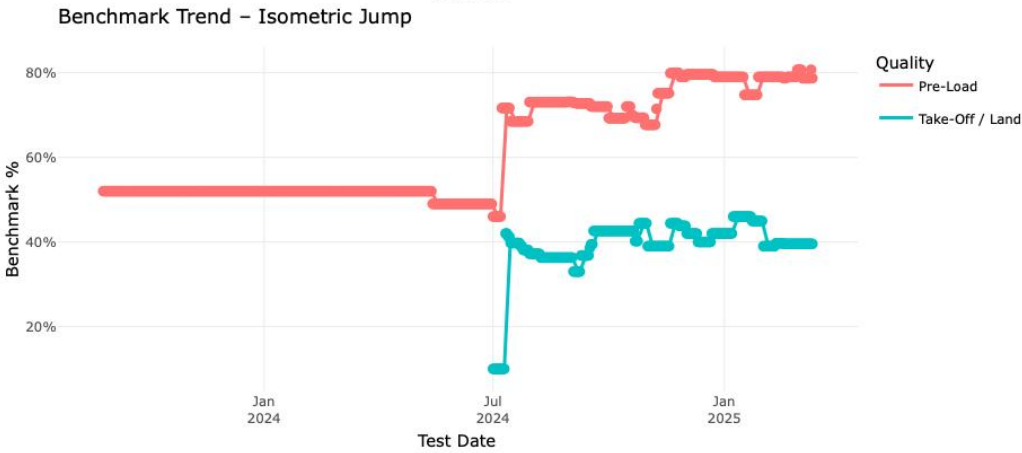
2023-07-02 to 2025-03-12



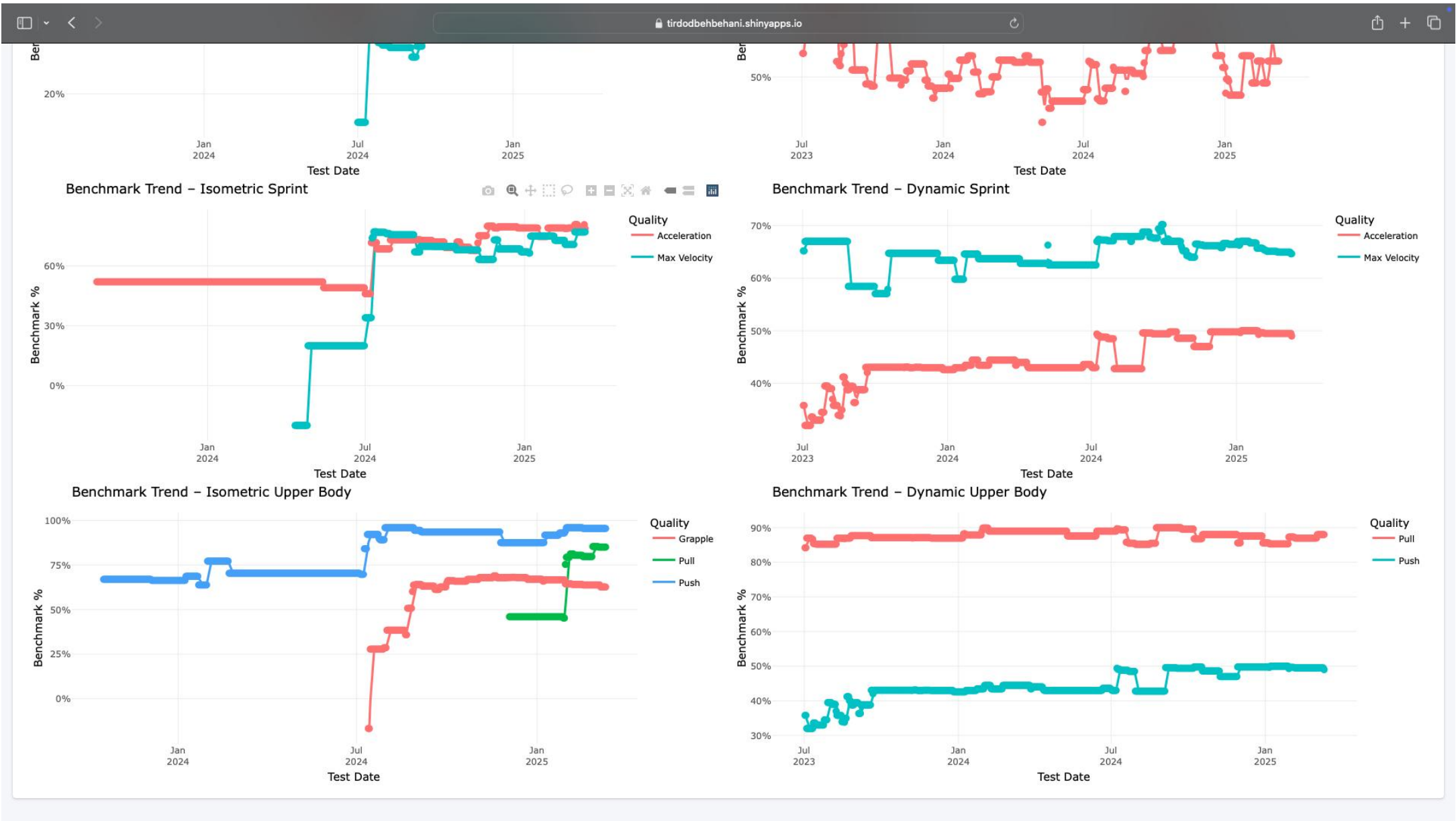
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Select Date Range:

to







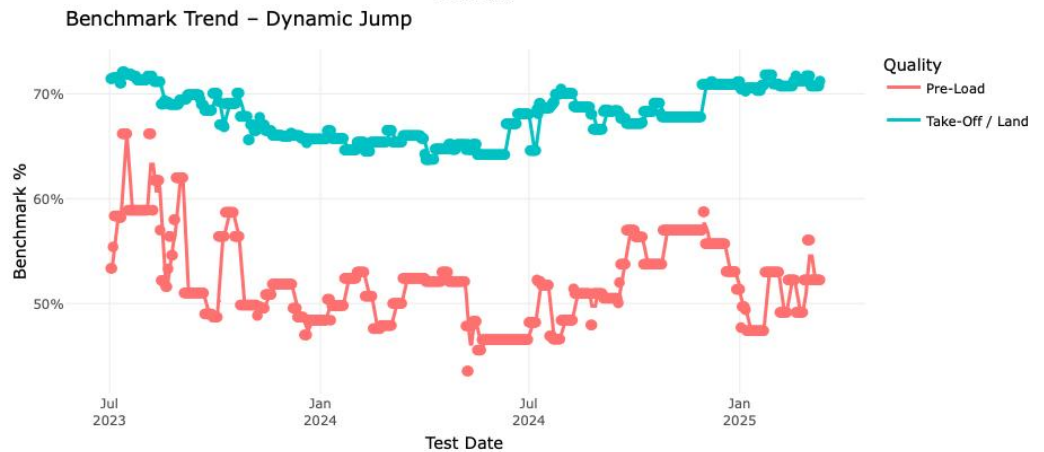
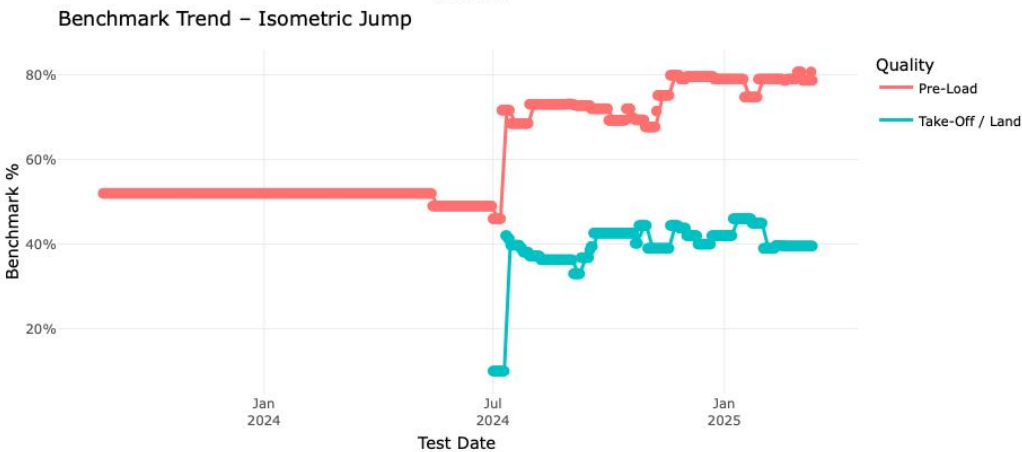
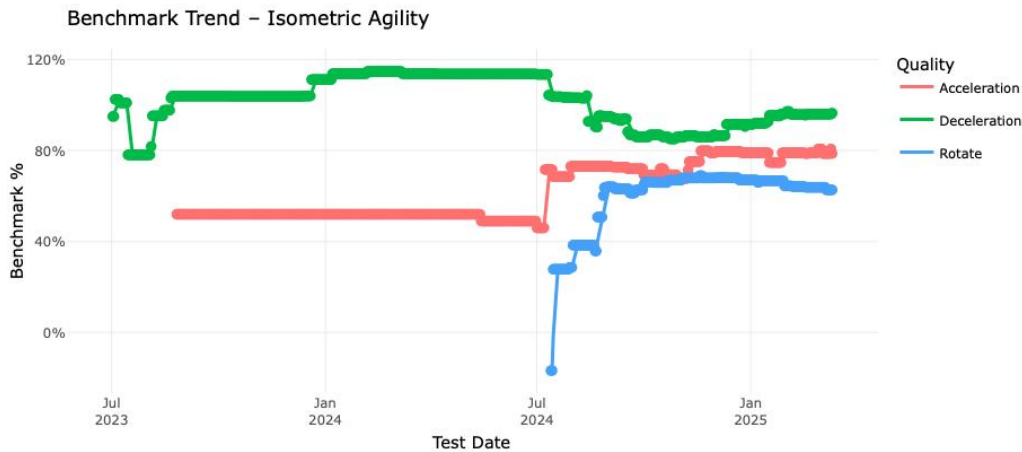
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2023-07-02

to

2025-03-12



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Double-click on legend to isolate one trace

