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Catapult Sport Interview

**physical performance report (2021-2023)**

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# Team Flow

- Anyone has been promoted from youth to senior team? Or back to the reserve team? Compare the physical profile when he was in youth to the first team?

- Anyone's position has been changed during the last 2 season?

# Training Periodization

# Injury and Rehab

# Appendix 1 - Glossary

Please read more detailed on [here](https://support.catapultsports.com/hc/en-us/articles/360000510795-What-is-Player-Load).

Total Distance(m):

**Total Player Load:** Player Load is the sum of the accelerations across all axes of the internal tri-axial accelerometer during movement. It takes into account instantaneous rate of change of acceleration and divides it by a scaling factor (divided by 100). The scaling factor is used to reduce the total value of the Accumulated Player Load thereby making it easier to work with during analysis.

**Acceleration/Deceleration 2/3 m/s2 Total Effort:** when the velocity is above 5km/h (or pre-defined low speed threshold), The number of Acceleration/Deceleration Efforts counted in the specified intensity band(s).

**High Intensity Distance(m):** Successive individual high intensity distance that are repeated within a pre-determined time frame based on the pre-defined thresholds.

Sprint Distance(m):

**Maximum Velocity(km/h):** Maximum velocity recorded during the session.

**IMA COD(Left and Right):** Inertial Movement Analysis (IMA) is a set of metrics that measures athlete micro movements and direction. It has been classified into acceleration, develeration, left change of direction and right change of direction. These 2 metrics are specifically tracking Change of direction (COD) count - left and right.

A clock with numbers and a black circle

Description automatically generated

# Appendix 2 – Data Processing

* Transfer km/h to m/s for the Max Velocity
* Add column “Season” by: "2021/22": ('2021-07-01', '2022-06-30'), "2022/23": ('2022-07-01', '2023-06-30')