

Owen

GPS Dec 2020

A

FOR YOURSELF		
Walking Pace	1864	
Jogging Pace	2206	18.4
Running Pace	1435	7.1
Sprinting Pace	752	2.18
Standing Still	38.9	
Overall Distance	6250m	
Max Speed	29km	

B

FOR YOUR OPPONENT			
Walking Pace	1235	22.3%	
Jogging Pace	2488	21.6%	
Running Pace	990	5%	
Sprinting Pace	<del>49.8</del> 399	1.3	
Standing Still	40.8		
Overall Distance	5132		
Max Speed	26.7		

What you want to improve on

I want to improve endurance so I am able to be performing for longer

How can you achieve this?

by doing running at home (HIIT)

A - A jogs ~~more~~ <sup>less</sup> than B ~~but~~ and A spends less time standing still. A is slightly quicker and covered an extra kilometer

Me = rw

JJ = lb

Alex Scott

GPS Dec 2020

FOR YOURSELF		
Walking Pace	1240	<del>21.3%</del> 21.1%
Jogging Pace	2107	17.6%
Running Pace	1467	7.2%
Sprinting Pace	444	1.5%
Standing Still	51.17	51.8%
Overall Distance	5258	
Max Speed	22.7 km/hr // 6.3 m/s	

PS Blach (TOM)		FOR YOUR OPPONENT
Walking Pace		21.1%
Jogging Pace		18%
Running Pace		7.3%
Sprinting Pace		2.4%
Standing Still		51.1%
Overall Distance		5779
Max Speed		26.1

What you want to improve on

Max speed

How can you achieve this?

Speed training  
30-metre Sprint test  
Interval training  
Fartleks  
ladder drills  
Sled push.

Black P5		FOR YOURSELF
Walking Pace		21.1%
Jogging Pace		18%
Running Pace		7.3%
Sprinting Pace		2.4%
Standing Still		51.1%
Overall Distance		5779 m
Max Speed		26.1 (Km/hr)

White P9 (Alex Scott)		FOR YOUR OPPONENT
Walking Pace		21.9%
Jogging Pace		17.6%
Running Pace		7.2%
Sprinting Pace		1.5%
Standing Still		51.8%
Overall Distance		5258
Max Speed		22.7 (Km/hr)

What speed do you want to improve on

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Max speed

How can you achieve this?

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Speed training

Interval training to work the ~~anaerobic~~ anaerobic endurance

Power training to increase distance of each stride.

FOR YOURSELF	
Walking Pace	1255
Jogging Pace	2488
Running Pace	4440
Sprinting Pace	899
Standing Still	47.8%
Overall Distance	5132 m
Max Speed	26.7.

FOR YOUR OPPONENT	
Walking Pace	1864
Jogging Pace	2205
Running Pace	1455
Sprinting Pace	732
Standing Still	38.9%
Overall Distance	625 m
Max Speed	29.

What you want to improve on

I would want to improve on <sup>sprinting</sup> pace and distance covered overall

How can you achieve this?

To improve overall covered distance. I can work on my fitness to cover more ground

To improve my <sup>sprinting</sup> pace I will have to work on my leg muscles to improve my acceleration and pace.

NJIVWA		FOR YOURSELF	
Walking Pace	1259 (km/hr)		
Jogging Pace	2253 (km/hr)		
Running Pace	1472 (km/hr)		
Sprinting Pace	745 (km/hr)		
Standing Still	51.1 (percentage)	51.17 (time)	
Overall Distance	5729 (distance)		
Max Speed	7.3 (m/s)	26.1 (km/hr)	

Habib		FOR YOUR OPPONENT	
Walking Pace	1235 (km/hr)		
Jogging Pace	2481 (km/hr)		
Running Pace	2218 (km/hr)		
Sprinting Pace	2251 (km/hr)		
Standing Still	<del>38.22</del> 41.2 (percentage)	41.35 (time)	
Overall Distance	7286 (distance)		
Max Speed	27.8 (km/hr)		

What you want to improve on

- my max speed
- distance covered

How can you achieve this?

- improve my fitness and stamina. This I can do this by ~~do~~ doing interval training which will be aerobic.
- what I found interesting was my max speed.
- Me and my opponent are very similar in stature which is portrayed in the stats for example the walking pace.

John-Joe

FOR YOURSELF		8
Walking Pace	1255	
Jogging Pace	2488	
Running Pace	990	
Sprinting Pace	399	
Standing Still	49.8%	
Overall Distance	5132 m	
Max Speed	26.7	

FOR YOUR OPPONENT		Owen. 12
Walking Pace	1864	
Jogging Pace	2706	
Running Pace	1435	
Sprinting Pace	732	
Standing Still	38.9%	
Overall Distance	6250m	
Max Speed	29	

What you want to improve on

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I would like to improve my Pace and max running speed.

How can you achieve this?

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Interval training and practicing short sprints.

Owen had a higher maximum speed and covered more distance than me.

Ethan Fox.

GPS Dec 2020

	FOR YOURSELF	Owen
Walking Pace	<del>1455</del> 1804	
Jogging Pace	2458	
Running Pace	1435	
Sprinting Pace	73.2	
Standing Still	28.9 %	
Overall Distance	850m	
Max Speed	26.7	

	FOR YOUR OPPONENT	Joe
Walking Pace	1255	
Jogging Pace	2488	
Running Pace	990	
Sprinting Pace	399	
Standing Still	49.19 %	
Overall Distance	5132	
Max Speed	26.7	

What you want to improve on

Even though I didn't get my results back I know I need to work on fitness. Running more than anyone else.

How can you achieve this?

going for runs outside of Strachan.

Interval training.

The interesting result is overall distance, Joe is a central midfielder and you would expect him to run more than a winger, which Owen is. Therefore, maybe his fitness isn't the best.

Riley m

FOR YOURSELF	
Walking Pace	28.4% 28.3d
Jogging Pace	19.8%
Running Pace	7.2%
Sprinting Pace	3.4%
Standing Still	41.2%
Overall Distance	6732 m
Max Speed	29.2 km

Charlotte

FOR YOUR OPPONENT	
Walking Pace	26.2%
Jogging Pace	24.1%
Running Pace	6.5%
Sprinting Pace	2%
Standing Still	40.5%
Overall Distance	6261 m
Max Speed	29.2 km

Cameron P

What you want to improve on

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get a faster sprinting pace

How can you achieve this?

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be more active and work on my aerobic endurance

- These results are interesting as Cameron  
 the cb had a quicker max speed  
 but less time covered and hence  
 overall distance



Diane.

FOR YOURSELF	
Walking Pace	<del>28.4</del> / <del>28.30</del> - 24.6 / 24.33 28.4%
Jogging Pace	<del>14.8</del> / <del>18.7</del> 18.7 / 18.38 18.7%
Running Pace	7.2 6.8 6.8%
Sprinting Pace	3.4 3.2 3.2%
Standing Still	<del>41.2</del> / <del>41.25</del> 46.8 / 46.45 46.8%
Overall Distance	6k
Max Speed	32

FOR YOUR OPPONENT	
Walking Pace	12.55
Jogging Pace	24.88
Running Pace	9.00
Sprinting Pace	3.00
Standing Still	40.8%
Overall Distance	5.132
Max Speed	26.7

What you want to improve on

My Overall Distance and Standing Still  
SO I can always be ready for situations

How can you achieve this?

Be running more throughout the session  
and doing runs outside of strachan.

My Max Speed and Overall distance  
is much faster and much more than  
my opponent therefore I should beat him  
as I am faster and fitter than my  
opponent.

FOR YOURSELF	
Walking Pace	1550 km/h 26.2%
Jogging Pace	2808 km/h 24.1%
Running Pace	1289 km/h 6.8%
Sprinting Pace	615 km/h 2%
Standing Still	40.9%
Overall Distance	8261 m
Max Speed	29.9 km/h

FOR YOUR OPPONENT	
Walking Pace	28.4%, 28.39
Jogging Pace	19.8%
Running Pace	7.2%
Sprinting Pace	3.4%
Standing Still	41.2%
Overall Distance	6732 m
Max Speed	28.3 km/h

What you want to improve on

Less time standing still and more distance covered

How can you achieve this?

Be more active

Work on my fitness by running more  
1K, 2K, 4K runs to work on my aerobic fitness and endurance

Both have quite similar standing still percentage

GK	FOR YOURSELF (Krzysztof)	
Walking Pace	<del>1254</del>	2020 <del>km/h</del>
Jogging Pace	841	<del>km/h</del>
Running Pace	187	
Sprinting Pace	33	km/h
Standing Still	51.1	56.5 km/m
Overall Distance	3082	m
Max Speed	20	km/h

GK	FOR YOUR OPPONENT (CJ)	
Walking Pace	1905	26.80 %
Jogging Pace	1058	8.4 %
Running Pace	242	1.1 %
Sprinting Pace	534	0.1 %
Standing Still	61.42	63.6 %
Overall Distance	3270	
Max Speed	23.5	

~~My Tests~~  
 These results are interesting and ~~other~~ other goalkeeper was more active than me  
 What you want to improve on  
 I want to improve my max speed as goalkeeper

How can you achieve this?

I can achieve it by doing sprints and more runs

This is useful because it can show data and to see to improve on

Evan. O

FOR YOURSELF	
Walking Pace	12.89 km/hr
Jogging Pace	30.41 km/hr
Running Pace	23.32 km/hr
Sprinting Pace	11.87 km/hr
Standing Still	35.32 <del>min</del> mm:ss
Overall Distance	7828 (m)
Max Speed	29.2 km/hr

FOR YOUR OPPONENT		Brendan Luff
Walking Pace	<del>28.</del> 12.59 km/hr	
Jogging Pace	22.53 km/hr	
Running Pace	14.72 km/hr	
Sprinting Pace	7.95 km/hr	
Standing Still	51.17 mm:ss	
Overall Distance	5779 (m)	
Max Speed	26.1 km/hr	

What you want to improve on

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- Speed

How can you achieve this? Sprint drills (30 metre sprint) (interval training)

This is interesting as it will help me improve  
 I thought my overall distance was interesting  
 as it is much greater than my opponent.

	FOR YOURSELF
Walking Pace	1289
Jogging Pace	3041 pm/h
Running Pace	2339 pm/h
Sprinting Pace	1109 M/H
Standing Still	35.32 minutes
Overall Distance	3828 M
Max Speed	8 19.2 pm/h

	FOR YOUR OPPONENT
Walking Pace	1255
Jogging Pace	2488
Running Pace	990
Sprinting Pace	399
Standing Still	49.19
Overall Distance	5132
Max Speed	26.7

What you want to improve on

- Sprint more -- cover more distance and a quicker time
- cover more distance - cover more ground across the whole pitch.

How can you achieve this?

- \* Press the opposition more - get higher up the pitch
- \* Get involved with the attack/defense.
  - 1
  - make more forward runs
  - 1
  - get behind the ball and get compact with defense.

\* Go for more challenges (game rises by trying to win the ball in different areas of the pitch.

GPS Dec 2020

James  
Ra Heity.



Goalkeeper

	FOR YOURSELF	
Walking Pace	1 435	25.1%
Jogging Pace	1027	100%
Running Pace	132	0.7%
Sprinting Pace	0	0
Standing Still	54.3%	54.3
Overall Distance	3094	
Max Speed	4.7m/s	17 km/hr

Goalkeeper.

FOR YOUR OPPONENT

1 block.

Walking Pace	1482	1797	31.7%	22.3
Jogging Pace	1024	1268	116	12.13
Running Pace	132	234	1.2%	1.19
Sprinting Pace	0	10	0	0
Standing Still	58.38	51.1%	51.17	
Overall Distance	31			
Max Speed	19.5			

What you want to improve on

Sprinting because my amount of sprinting  
As I'm a goalkeeper the amount of  
sprinting I do is dependent on the  
game situation and my type of training

How can you achieve this?

Coning our forms more balls.

Involve Sprinting Into my training

1 White

Curtis Taylor

FOR YOURSELF	
Walking Pace	1905 26.80%
Jogging Pace	1088 8.40%
Running Pace	247 1.1%
Sprinting Pace	34 0.10%
Standing Still	61.42 63.60%
Overall Distance	3270
Max Speed	75.5

Kryštof Ježek ski

FOR YOUR OPPONENT	
Walking Pace	2020 52.54% 33.90%
Jogging Pace	841 25.24% 8.50%
Running Pace	187 8.84% 0.91%
Sprinting Pace	33 36.5% 0.10%
Standing Still	56.5%
Overall Distance	3082
Max Speed	20

What you want to improve on

~~in order to improve my overall performance~~  
 I would like to decrease the amount of time I spent walking

How can you achieve this?

~~be more~~ ~~set~~ ~~the~~ ~~best~~ ~~possible~~ ~~performance~~.

~~Do~~ Do little sprints on the spot  
 when setting up drills

know they can track all of your  
 stats to a very high standard

# Taylor Soanus

## Goalkeeper

	FOR YOURSELF	
Walking Pace	1797	31.7%
Jogging Pace	1268	11.6%
Running Pace	234	1.2%
Sprinting Pace	10	0%
Standing Still	58.38	65.4%
Overall Distance	<del>20</del> 19.5	3299m
Max Speed		

## Goalkeeper

	FOR YOUR OPPONENT	
Walking Pace	1.035	35.1%
Jogging Pace	1027	10%
Running Pace	132	0.7%
Sprinting Pace	0	0%
Standing Still	54.3	54.2%
Overall Distance	3094m	
Max Speed	4.7m/s	17km

What you want to improve on

- Increase jogging pace when doing different drills.
- Decrease the amount I am standing in the goalkeeper drills.

How can you achieve this?

- Make the drills longer to improve jogging
- Do more continuous drills to decrease time that I am standing around.

~~Walking pace~~

There is a huge difference between walking and sprinting so we are goalkeepers.



JOE DEWMAN

GPS Dec 2020

FOR YOURSELF	
Walking Pace	1255 22.3%
Jogging Pace	2485 21.6%
Running Pace	990 5%
Sprinting Pace	399 1.3%
Standing Still	49.19 49.8%
Overall Distance	5132 m
Max Speed	26.7

FOR YOUR OPPONENT	
Walking Pace	1259 21.1%
Jogging Pace	2253 18%
Running Pace	1472 7.3%
Sprinting Pace	795 2.4%
Standing Still	51.17 51.1%
Overall Distance	5779 m
Max Speed	26.1

What you want to improve on

Fun a further distance Overall  
increase my max speed

How can you achieve this?

Doing continuous training  
performing Pyometrics training.

1 Spent less time standing still but  
ran less distance overall compared to  
my opponent

FOR YOURSELF	
Walking Pace	28.39 minutes / 1669 km/hr
Jogging Pace	20 minutes / 2516 km/hr
Running Pace	7.14 minutes / 1456 km/hr
Sprinting Pace	3.23 minutes / 1091 km/hr
Standing Still	41.35 minutes
Overall Distance	6732 meters
Max Speed	28.3 km/h

FOR YOUR OPPONENT	
Walking Pace	26.9% 1444 km/hr
Jogging Pace	19.4% 2248 km/hr
Running Pace	6.1% 1149 km/hr
Sprinting Pace	1.1% 664 km/hr
Standing Still	45.6 mins
Overall Distance	<del>5799m</del> 5504
Max Speed	<del>26.1 km/hr</del> 26.16 km/hr

What you want to improve on

improve the time when I was standing still more

How can you achieve this?

Become more active when on the pitch to get into better positions

Substantial difference between pace and also the distance covered when sprinting.

Ryan Heald  
GPS Dec 2020

	FOR YOURSELF
Walking Pace	25.8
Jogging Pace	25.8
Running Pace	16.5
Sprinting Pace	2.9 / 2.43
Standing Still	3.9
Overall Distance	6452
Max Speed	30.4

Alex Avias	FOR YOUR OPPONENT
Walking Pace	29.9 / 33.33
Jogging Pace	15.9
Running Pace	8.4
Sprinting Pace	3.2
Standing Still	3.9
Overall Distance	5534
Max Speed	37.3

What you want to improve on

jogging pace

How can you achieve this?

more jogging, try and increase one actually  
jog abit more quicker in general  
continous training / further training

Comparison

Similar Sprint speed  
but Alex has a lower walking pace

Malachi  
McDonnell  
GPS Dec 2020

Cameron		FOR YOURSELF	
Walking Pace	1289	22.6%	
Jogging Pace	2416	25%	
Running Pace	1144	12.1%	
Sprinting Pace	324	3.7%	
Standing Still	3532	36.6%	
Overall Distance	7828		
Max Speed	29.2		

Dalanie		FOR YOUR OPPONENT	
Walking Pace	2433	24.6%	
Jogging Pace	1838	18.7%	
Running Pace	645	6.8%	
Sprinting Pace	31	3.2%	
Standing Still	4711	46.8%	
Overall Distance	6035		
Max Speed	32		

What you want to improve on

I want to prove on my sprint speed and make some improvements on my running and jogging pace to make myself improve as a whole player.

How can you achieve this?

I can achieve this by doing sprints and do more runs at home to improve on my running pace also I need to do sprint exercises at home.

The difference between the 2 people that I have chosen is that the overall distance is completely different and that one person has worked harder than another person.

Michael Benedysek

GPS Dec 2020

Centre Back

~~Michael Benedysek~~ (Michael) + without the matches due to injury

FOR YOURSELF	
Walking Pace	9.93
Jogging Pace	21.83
Running Pace	7.55
Sprinting Pace	5.05
Standing Still	60.35
Overall Distance	443.6
Max Speed	25.8 km/h

FOR YOUR OPPONENT	
Walking Pace	12.31
Jogging Pace	17.92
Running Pace	20.85
Sprinting Pace	11.32
Standing Still	47.11
Overall Distance	216.9
Max Speed	27.8

~~Right~~ Left wing (Jake)

What you want to improve on

I want to improve on my max speed.

How can you achieve this?

Make sure to heel my ankle in order to maximize my performance and top speed.

\* I found my overall distance interesting, as I only participated in 2 drills that took 45m, and still was able to cover 4.5km.

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LW - Jake

FOR YOURSELF	
Walking Pace	12.31
Jogging Pace	27.22
Running Pace	20.85
Sprinting Pace	11.32
Standing Still	47.11
Overall Distance	716.9
Max Speed	27.6

FOR YOUR OPPONENT	
Walking Pace	25.8
Jogging Pace	25.9
Running Pace	26.5
Sprinting Pace	2-9
Standing Still	29
Overall Distance	615.2
Max Speed	32.04

RB - Ryan

What you want to improve on

Overall Distance  
Max Speed

How can you achieve this?

Working on my cardio  
doing hill sprints.

I found my Max speed interesting as I  
want to improve on my speed and by keeping  
my data I can track my progress.

Lower

FOR YOURSELF	
Walking Pace	<del>18.5%</del> 28.4%
Jogging Pace	<del>19.8%</del> 19.8%
Running Pace	<del>7.2%</del> 7.2%
Sprinting Pace	<del>3.4%</del> 3.4%
Standing Still	<del>41.2%</del> 41.2%
Overall Distance	<del>6732(m)</del> 6732(m)
Max Speed	<del>28.3 km/hr</del> 28.3 km/hr

FOR YOUR OPPONENT	
Walking Pace	25.3%
Jogging Pace	25.4%
Running Pace	7.5%
Sprinting Pace	2.4%
Standing Still	39.5%
Overall Distance	6728 (m)
Max Speed	28.7 km/hr

What you want to improve on

My max speed.

How can you achieve this?

Doometrics to help build up my strength and power which increases speed.

near enough the

We have the same max speed and also they play in different positions

## HARBIB

FOR YOURSELF	
Walking Pace	1235
Jogging Pace	2981
Running Pace	2218
Sprinting Pace	851
Standing Still	3829 41.2 (percentage) 41.35 (time)
Overall Distance	7286
Max Speed	27,8

FOR YOUR OPPONENT	
Walking Pace	1259 (km/hr)
Jogging Pace	2253 (km/hr)
Running Pace	1472 (km/hr)
Sprinting Pace	793 (km/hr)
Standing Still	51.1 (percentage) 51.17 (time)
Overall Distance	5779 (Distance)
Max Speed	7,3 (km/s) 26.1 (km/h)

What you want to improve on

~~Sprint pace~~ need to improve in my speed  
~~Max speed~~ And need to improve on my  
 Sprint.

How can you achieve this?

To do running exercises.

Fitness

I Had to work hard in midfield as I was trying to  
 control the game and carry the ball forward on many  
 occasions.



Bra

GPS Dec 2020

	FOR YOURSELF
Walking Pace	1259 Km/hr
Jogging Pace	2253 Km/hr
Running Pace	1472 Km/hr
Sprinting Pace	795 Km/hr
Standing Still	51.17 mm:ss
Overall Distance	<del>5118</del> 5279 m
Max Speed	26.1 km/hr

	FOR YOUR OPPONENT	EVON OSBORNE
Walking Pace	1289	Km/hr
Jogging Pace	3041	Km/hr
Running Pace	2337	Km/hr
Sprinting Pace	1107	Km/hr
Standing Still	35.32	mm:ss
Overall Distance	7828	<del>5118</del> m
Max Speed	29.2	Km/hr

What you want to improve on

my overall distance, this could be ~~achieved~~ because I only played half of the game and the drive before the game involved a lot of stopping and starting.

How can you achieve this?

Play the full game, and run more when I'm on, I could also aim to do more tactics and interval training to improve. I was shocked at the amount of time I spent standing still but, then this could be because I was sat on the bench for 10 minutes.

FOR YOURSELF	
Walking Pace	<del>12:18</del> 12:35
Jogging Pace	<del>19:22</del> 29:81
Running Pace	<del>7:2</del> 22:12
Sprinting Pace	3:4 8:51
Standing Still	<del>41:2</del> 41:35 41:2
Overall Distance	<del>65</del> 78.26
Max Speed	<del>32</del> 27.8

kar

FOR YOUR OPPONENT	
Walking Pace	28.4 25:39
Jogging Pace	14.8
Running Pace	7.27
Sprinting Pace	3.4
Standing Still	41:27 41:35
Overall Distance	67.32M
Max Speed	25.3 km/h

What you want to improve on

I want to improve on my speed also  
 My standing still I shouldn't be  
 standing still that much in training

How can you achieve this?

I can improve on speed by doing sprints  
 And working on it at home, for standing  
 Still I'm going to be working on my movement  
 on and off the bar

Esleben

GPS Dec 2020

	FOR YOURSELF	WJ3
Walking Pace	25.8% / 1461	
Jogging Pace	25.8% / 24.35 / 2886	
Running Pace	<del>25.8%</del> / 6.5	
Sprinting Pace	2.9% / 2.43	
Standing Still	39% / 37.08	
Overall Distance	6452 km	
Max Speed	30.4	18.5%.

	FOR YOUR OPPONENT	B7
Walking Pace	27.9	133.33
Jogging Pace	15.9	
Running Pace	5.4	
Sprinting Pace	3.2	
Standing Still	47.5	
Overall Distance	5534	
Max Speed	32.3	

What you want to improve on

- I would like to improve my sprint speed as
- I think I could get a faster time

How can you achieve this?

By working harder at times and doing more  
sprinting drills in order to better my top  
speed

I found it interesting that it is able to  
show you a heat map of where you were  
most active.

Alex Dawies

GPS Dec 2020

Rack 7

	FOR YOURSELF
Walking Pace	27.9 / 33.33 mm:ss
Jogging Pace	15.9
Running Pace	<del>5.4</del> 5.4
Sprinting Pace	3.2
Standing Still	<del>27.4</del> 47.5
Overall Distance	5534
Max Speed	32.3

\*white 3

	FOR YOUR OPPONENT
Walking Pace	25.8
Jogging Pace	25.8
Running Pace	76.5
Sprinting Pace	2.9 / 2.43
Standing Still	39
Overall Distance	6452
Max Speed	30.4

What you want to improve on

I want to improve on the distance I ran as it was lower than most peoples. Also my percentage of standing still was almost half the time.

How can you achieve this?

I can achieve this by working on my long distance running so I can cover more distance.

I am interested by my max speed compared to others and how fast I can run

EWAN

FOR YOURSELF	
Walking Pace	28.4 / 28:39 min:55
Jogging Pace	19.8 / 20 min:55
Running Pace	7.2 / 7:14 min:51
Sprinting Pace	<del>11.1</del> 3.4 / 3:23 min:55
Standing Still	41.2 / 41:35 min:05
Overall Distance	6732 m
Max Speed	28.3 km

210

FOR YOUR OPPONENT	
Walking Pace	19.6 / 15:13 min
Jogging Pace	17.7 / 11:58 min
Running Pace	6.5 / 4:14 min
Sprinting Pace	2.3 / 1:35 min
Standing Still	54.1 / 36:53 min
Overall Distance	3634
Max Speed	29.1

What you want to improve on

i would like to improve my running pace and also maybe my max speed.

How can you achieve this?

Stamina ~~the~~ training and high intensity  
 More to build up my ability to be  
 quicker later on in games.

I find that you get to view your heatmap  
 and other in-depth statistics just from a  
 i:Atle device.

RIO HUISON.

GPS Dec 2020

FOR YOURSELF	
Walking Pace	19.6% / 13.13mm
Jogging Pace	17.7 / 11.58mm
Running Pace	6.3 / 4.14mm
Sprinting Pace	2.3 / 1.35mm
Standing Still	54.1% / 36.33mm
Overall Distance	3634
Max Speed	29.1

FOR YOUR OPPONENT	
Walking Pace	28.4 / 22.39mm
Jogging Pace	19.8 / 20mm
Running Pace	7.2% / 3.14mm
Sprinting Pace	3.4 / 3.23mm
Standing Still	41.2 / 41.35mm
Overall Distance	6732
Max Speed	28.3

What you want to improve on

I would like to improve on my sprinting and my max speed.

How can you achieve this?

by doing high intensity work to build up my speed.

I find it interesting because it can help me improve.

Black 6

Archie

FOR YOURSELF	
Walking Pace	26.9 %
Jogging Pace	19.4 %
Running Pace	6.1 %
Sprinting Pace	2.1 %
Standing Still	45.5
Overall Distance	5804
Max Speed	26.4

Black 7

FOR YOUR OPPONENT	
Walking Pace	27.9 %
Jogging Pace	15.9 %
Running Pace	5.4 %
Sprinting Pace	3.2 %
Standing Still	47.5 %
Overall Distance	5534
Max Speed	32.3

What you want to improve on

I would like to improve on my muscle speed to improve my recovery ~~that~~ than

How can you achieve this?

I can do sprinting drills and strength and conditioning (drinking

I find the heart rate interesting as it can help my positioning

FOR YOURSELF	
Walking Pace	25.3% 13-13
Jogging Pace	25.4% 25-03
Running Pace	7.5%
Sprinting Pace	2.4%
Standing Still	39.5% 39
Overall Distance	6728m
Max Speed	628.7 km/h

FOR YOUR OPPONENT	
Walking Pace	28.4% 28.39
Jogging Pace	19.8% 8%
Running Pace	7-2%
Sprinting Pace	3.4%
Standing Still	41.2% 41.35
Overall Distance	6732m
Max Speed	28.3 km/h

Team  
Can

What you want to improve on

I want to improve my Acceleration so I can be quicker to  
Instantly escape Team taking longer to build speed.

How can you achieve this?

Perform Acceleration Drills regularly in order to help improve  
this.

In Game, The Pkt was More Directed on the left side and I was  
The Right Centre Back, so I did not have to back as much forward  
or by spinning faster. I only had to take back when needed  
and did not have to fully sprint as the game was controlled.