MATCH REPORT

ATHLETE	DATE	TEST
Home team — game 2	not given	Match

01 SUMMARY

3 – 2	69 %	10.5 km	5.9	21 %
SCORE	BALL IN PLAY	MEAN DISTANCE	SPRINTS / PLAYER	DIRECTIONAL WORK
14 players tracked	36 % in possession	111 m/min · full-match outfield	> 7 m/s	turning / total work

READING

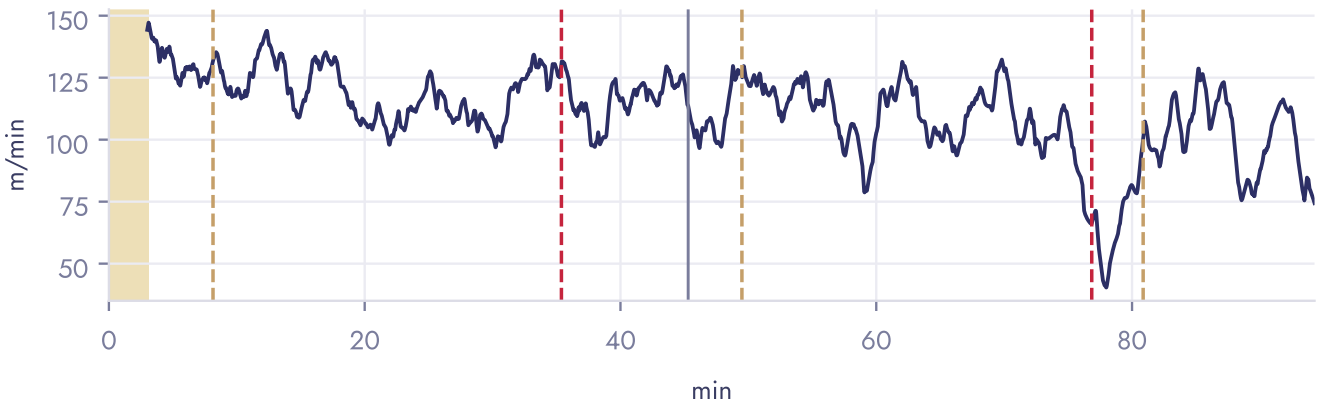
Outfield players who played the whole match covered **10.5 km** on average (111 m/min). Most intense: **J5** (126 m/min); highest mechanical load: **J5** (107 J/kg/min).

Out of possession the team runs **23 % more** than in possession (141 vs 115 m/min) with 1.5 times more high-speed running: pressing and recovery runs weigh more than keeping the ball.

From the first to the second half, distance per minute falls by **16 %** on average.

Most demanding team passage (3 min): **147 m/min** in minute 1, 44 % of it out of possession.

21 % of the team's mechanical work comes from changes of direction, a load invisible to distance and speed metrics.

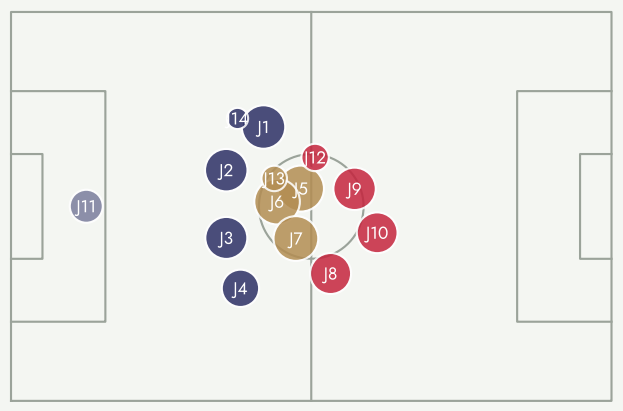


Team intensity (outfield players, 3-min rolling average); band: most demanding passage; dashes: goals (gold for, red against); grey line: half-time.

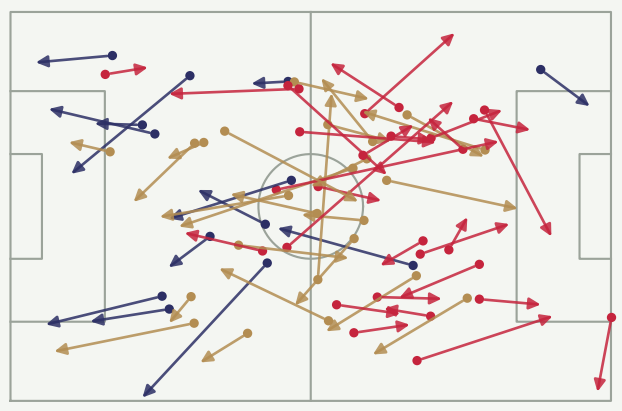
02 THE TEAM PLAYER BY PLAYER

PLAYER	ROLE*	MIN	DISTANCE (M)	M/MIN	HSR (M)	> 7 M/S (M)	SPRINTS	MAX V (M/S)	ACC/DEC	SEQ.
J11	GK	94	5,137	55	0	0	0	4.75	6/6	0
J3	Def	94	9,448	101	454	137	6	8.92	21/36	3
J1	Def	94	10,249	109	555	71	4	8.49	25/39	5
J2	Def	94	9,707	104	300	65	2	8.51	38/37	2
J4	Def	63	7,074	111	153	4	0	7.21	20/25	1
J14	Def	10	1,072	105	39	9	1	8.64	2/5	0
J6	Mid	94	11,420	122	701	152	7	8.48	37/44	8
J7	Mid	94	10,967	117	691	161	8	8.73	24/38	4
J5	Mid	93	11,700	126	1,025	106	7	8.21	59/69	13
J13	Mid	23	2,335	100	204	52	2	8.43	12/12	1
J9	Att	94	9,661	103	646	136	7	9.03	21/25	5
J10	Att	83	8,797	106	576	233	14	8.64	37/40	5
J8	Att	71	8,910	126	671	78	5	8.47	42/62	13
J12	Att	30	2,979	99	282	34	1	7.62	16/16	4

* Role estimated from the average position. HSR: distance > 5.5 m/s; Seq.: repeated high-speed effort sequences (≤ 60 s).

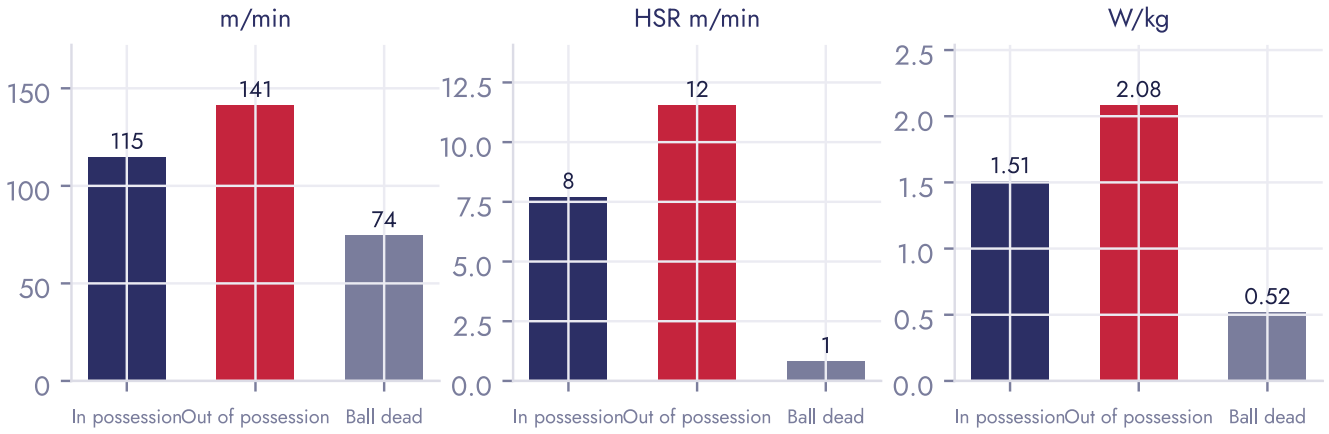


Average positions (team attacking to the right); dot size = distance covered.



Sprints (> 7 m/s) of the match: start (dot) and end (arrow), team attacking to the right.

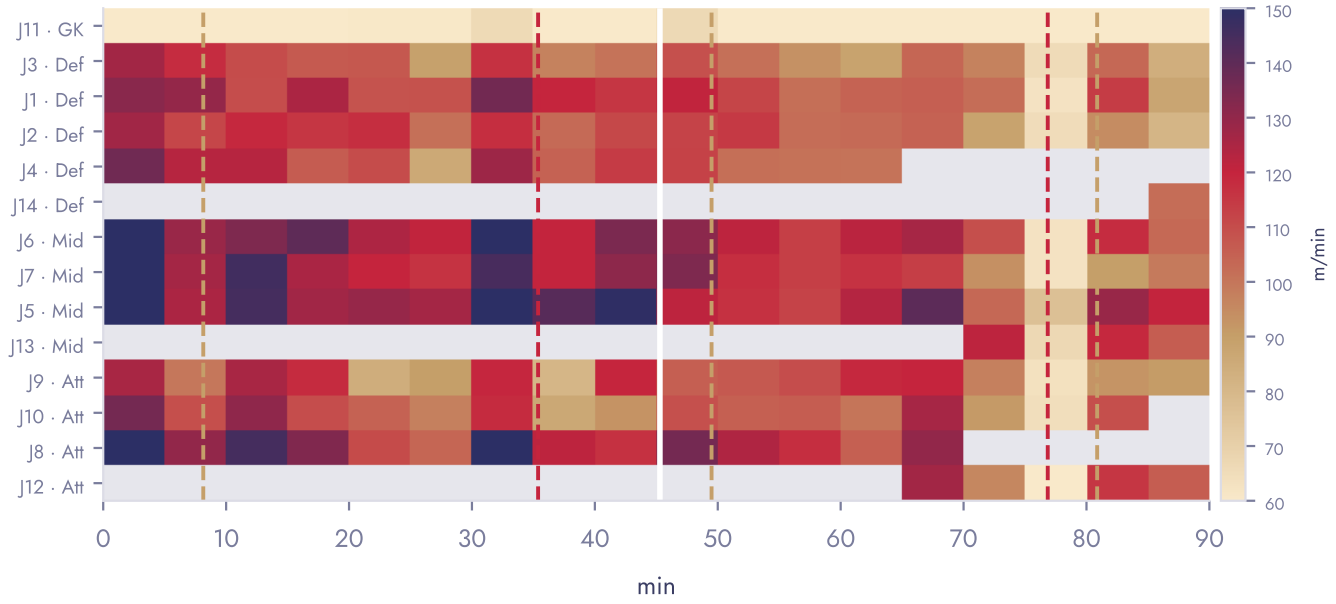
03 LOAD BY GAME CONTEXT



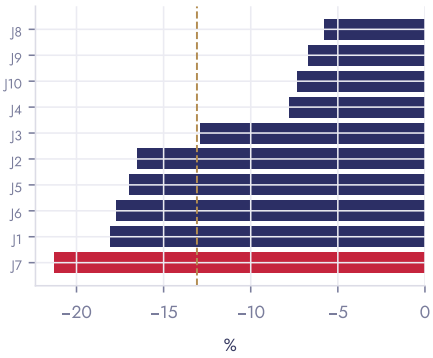
Mean intensity of outfield players by game phase.

	TIME	M/MIN	HSR M/MIN	W/KG
In possession	36 %	115	7.7	1.51
Out of possession	30 %	141	11.5	2.08
Ball dead	31 %	74	0.8	0.52

04 THE MATCH OVER TIME



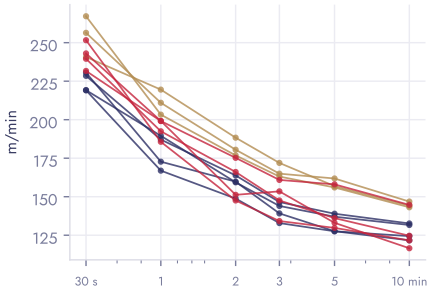
Distance per minute by 5-minute block; grey: off the pitch. Lines: half-time (white) and goals (gold for, red against).



Change in distance per minute between halves (players who played both).

PLAYER	1ST HALF	2ND HALF	CHANGE	W/KG 1	W/KG 2
J3	108	94	-13 %	1.13	1.05
J1	120	99	-18 %	1.46	1.07
J2	113	95	-16 %	1.41	1.04
J4	114	105	-8 %	1.33	1.25
J6	134	110	-18 %	1.77	1.39
J7	131	103	-21 %	1.61	1.24
J5	138	114	-17 %	2.01	1.56
J9	107	100	-7 %	1.19	1.15
J10	109	101	-7 %	1.32	1.16
J8	129	122	-6 %	1.78	1.62

05 ▶ PEAK DEMANDS



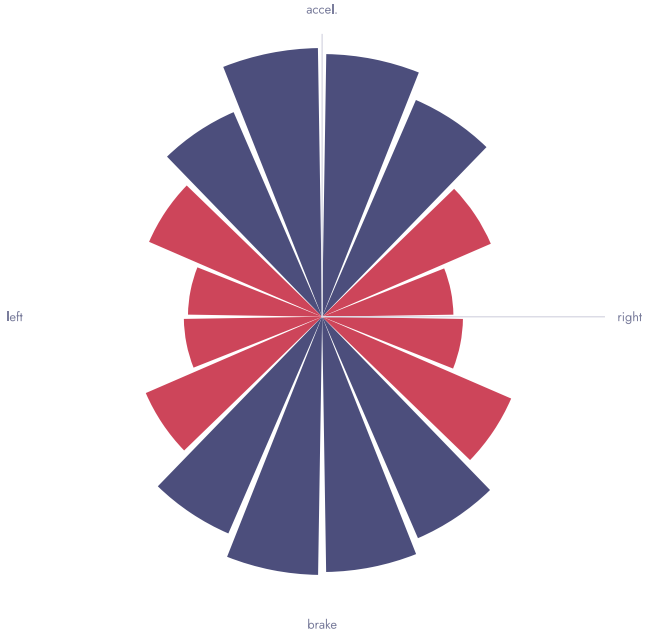
Peak distance per minute against window length, per player.

PLAYER	1′	3′	5′	HSR 1′	HSR 3′	W/KG 1′	W/KG 3′	@
J3	167	133	128	57	19	3.09	1.97	47′
J1	187	147	139	68	30	3.62	2.37	33′
J2	173	139	128	51	17	3.36	2.34	21′
J4	190	144	137	32	12	2.79	2.11	10′
J14	186	146	111	19	9	2.92	1.96	84′
J6	203	163	156	54	29	4.14	2.58	30′
J7	220	172	157	57	26	3.50	2.33	10′
J5	211	165	162	77	38	4.83	2.92	10′
J13	189	147	134	65	28	4.17	2.29	84′
J9	186	134	130	53	31	3.37	1.91	68′
J10	192	148	136	57	24	3.50	2.26	10′
J8	199	161	158	59	32	4.21	2.68	30′
J12	199	153	133	58	28	4.17	2.29	84′

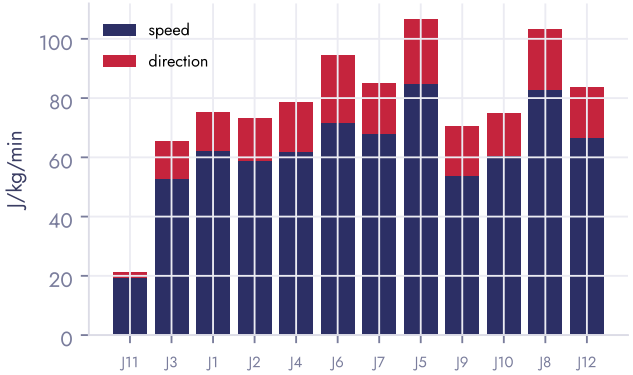
5.1 References for drills (outfield players who played the whole match)

DURATION	M/MIN · MEDIAN	P90	HSR · MEDIAN	P90	W/KG · MEDIAN	P90
1 min	187	214	57	72	3.50	4.42
3 min	147	168	29	33	2.34	2.71
5 min	139	159	—	—	—	—

06 MECHANICAL LOAD AND DIRECTION



Team movement signature: mechanical work by orientation of the acceleration.



Mechanical work per minute: speed-change and direction-change parts.

PLAYER	WORK (KJ/KG)	J/KG/MIN	DIR. (%)	L/R (%)	MANOEUVRES
J11	2.00	21	9	-1	513
J3	6.16	66	19	-8	918
J1	7.07	75	17	-8	1025
J2	6.86	73	20	7	1038
J4	4.99	79	21	-0	714
J6	8.85	94	24	5	1079
J7	7.99	85	20	2	994
J5	9.94	107	20	-2	1117
J9	6.60	70	24	-15	859
J10	6.24	75	19	-7	836
J8	7.27	103	20	2	806
J12	2.52	84	20	7	266

L/R: (left – right) / total turning work; positive = more left turns.

07 LEADS FOR THE WEEK

Recovery	Highest mechanical load of the team (> mean + 1 SD): **J5**. Recovery first at D+1 and D+2, reduced running volume.
End of match	Second-half drop clearly larger than the team's (-16 % on average): **J7 (-21 %)**. Check the context (score, instructions) before reading fatigue into it.
Top-up	Less than 60 min played: **J12, J13, J14**. References for a top-up session, from the starters' match: a 3-min block at ~147 m/min with ~29 m/min at high speed, and ~7 sprints spread over the session.
Speed	One sprint or fewer above 7 m/s: **J4**. A near-maximal speed exposure during the week may be considered (Buchheit et al. 2023).
Asymmetry	Unbalanced turning work (≥ 15 % between left and right): **J9 (-15 %)**. Often linked to the position; follow over several matches before acting.

08 METHOD

Optical positions at 25 Hz smoothed and differentiated (Savitzky-Golay 0.6 s), tracking jumps removed; the team is shown attacking to the right. Roles estimated from the average position (thirds of the depth).

Game context from the events: possession = team of the last on-ball event (pass, recovery, set piece, shot); ball dead from a ball out, a foul or a goal until the restart.

High speed > 5.5 m/s, sprint > 7 m/s held 1 s; accelerations > 2.5 m/s² held 0.5 s; repeated sequences: ≥ 2 high-speed efforts ≤ 60 s apart (Buchheit et al. 2010). Peaks over rolling windows (Varley et al. 2012).

Mechanical load: speed-change work (kinetic energy changes, Gray et al. 2018, 0.2 m/s hysteresis) and direction-change work (per-axis kinetic energy in each manoeuvre's frame, Cavagna et al. 1976). Open, horizontal model: not comparable with a commercial analyser's watts.

Leads: simple, transparent rules (above mean + 1 SD, drop 5 points steeper than the team's, < 60 min played, ≤ 1 sprint, asymmetry ≥ 15 %), for the staff to interpret.

Data: Metrica Sports sample data, game 2, Home team.

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- Buchheit M., Lopez Sagarra A., Boskovic A., Komino P., Norman D. & Hader K. (2026). GPS 3.0: from distance into zones toward better proxies of internal neuromuscular load in elite football. Sport Perf Sci Rep 280.
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- Bundle M.W., Hoyt R.W. & Weyand P.G. (2003). High-speed running performance: a new approach to assessment and prediction. J Appl Physiol 95, 1955–1962.
- Buchheit M., Mendez-Villanueva A., Simpson B.M. & Bourdon P.C. (2010). Repeated-sprint sequences during youth soccer matches. Int J Sports Med 31, 709–716.
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- Fereday K. et al. (2020). A comparison of rolling averages versus discrete time epochs for assessing the worst-case scenario locomotor demands of professional soccer match-play. J Sci Med Sport 23, 764–769.
- Delaney J.A., Thornton H.R., Rowell A.E. et al. (2018). Modelling the decrement in running intensity within professional soccer players. Sci Med Football 2, 86–92.
- Novak A.R., Impellizzeri F.M., Trivedi A., Coutts A.J. & McCall A. (2021). Analysis of the worst-case scenarios in an elite football team. J Sports Sci 39, 1850–1859.
- Whitehead S. et al. (2018). The use of microtechnology to quantify the peak match demands of the football codes: a systematic review. Sports Med 48, 2549–2575.
- Metrica Sports sample data (anonymised professional match, optical tracking 25 Hz and event data), github.com/metrica-sports/sample-data.

Report generated by peakdemands 0.1.0. Indicative leads, to be crossed with the players' feedback, the medical staff and the schedule.