

MANAGER NAME
PETER STANSBURY



TEAM
WEST BRIDGFORD
COLTS

Team
Screen

MANAGEMENT SHEET

GREEN		AMBER		RED	
JAMES TOMLINSON	91%	JOHN GIBSON	42%	RICHARD STAFFORD	31%
BRODIE HOWATSON	89%	HENRY SHORT	51%	JON NEIL	38%
PHIL THOMPSON	86%	CHRIS GREEN	58%	PAUL WALTERS	29%
TOM HILL	85%	BEN HARRIS	65%		
		MATT SHORT	48%		
		JAMES TRENT	55%		
		CHARLES LOW	64%		



MOST IMPROVED PLAYERS

CHARLES LOW	21%
BRODIE HOWATSON	19%
PHIL THOMPSON	15%
MATT SHORT	11%
BEN HARRIS	8%

TOP PLAYERS

JAMES TOMLINSON	91%
BRODIE HOWATSON	89%
PHIL THOMPSON	86%
TOM HILL	85%
BEN HARRIS	65%

DEFENCE		MIDFIELD			ATTACK		
1	2	3	4	5	6	7	8
98%	34%	53%	91%	28%	32%	92%	41%

TEAM SHEET

	CMJ	SLL&H		SLJ		HOP&R		SQUAT	ISO (30)		OVERALL
		L	R	L	R	L	R		L	R	
JAMES TOMLINSON	82%	89%	88%	92%	94%	96%	98%	72%	84%	92%	91%
BRODIE HOWATSON	78%	81%	85%	91%	86%	95%	91%	94%	74%	86%	89%
PHIL THOMPSON	83%	72%	76%	94%	89%	78%	92%	89%	82%	84%	86%
TOM HILL	69%	84%	85%	92%	94%	71%	75%	82%	72%	88%	85%
BEN HARRIS	52%	58%	66%	58%	69%	42%	62%	81%	65%	69%	65%
CHARLES LOW	71%	68%	39%	61%	68%	52%	55%	70%	52%	66%	64%
CHRIS GREEN	62%	55%	48%	32%	38%	45%	48%	68%	65%	63%	58%
JAMES TRENT	52%	58%	56%	58%	49%	42%	62%	57%	55%	59%	55%
HENRY SHORT	71%	52%	39%	51%	58%	52%	55%	48%	51%	53%	51%
JOHN GIBSON	52%	51%	48%	32%	38%	35%	48%	52%	35%	52%	42%
JON NEIL	42%	51%	43%	51%	48%	28%	25%	31%	25%	19%	38%
RICHARD STAFFORD	50%	32%	35%	31%	42%	35%	38%	42%	25%	28%	31%
PAUL WALTERS	62%	20%	18%	32%	38%	32%	28%	48%	35%	32%	29%

LEGEND

CMJ – COUNTERMOVEMENT JUMP – This looks at power generated through the lower limbs when jumping

SLL&H – SINGLE LEG LAND AND HOLD - This looks at the balance and stability of both legs when landing

SLJ - SINGLE LEG JUMP- This looks at power generated from a single jump on one leg

HOP&R -HOP AND RETURN - This looks at power and stability when jumping laterally and medially

SQUAT – SQUAT - This looks at power and symmetry of force generated from the full body

ISO (30) – ISOMETRIC HAMSTRING STRENGTH AT 30 DEGREES- This looks at hamstring power generation

OVERALL- OVERALL SCORE COMBINING ALL THE TESTS – The score is then used for the Team Map after allocating player positions

