

PLAYER NAME

JAMES TOMLINSON



TEAM

WEST BRIDGFORD COLTS

Team Screen

PLAYER SHEET



COUNTERMOVEMENT JUMP

FORCE	MAX H	ASSYM	%
78%	86%	1.2% R	82%



SINGLE LEG LAND AND HOLD L

TTS	ASSYM	OVERALL %
89%	2.4% R	89%

SINGLE LEG LAND AND HOLD R

TTS	ASSYM	OVERALL %
86%	2.4% R	88%



SINGLE LEG JUMP LEFT

CT	RSI	ASSYM	%
95%	87%	5.2% R	92%



HOP AND RETURN LEFT

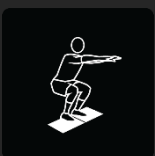
MCI	TTS	ASSYM	%
92%	98%	5.2% R	96%

SINGLE LEG JUMP RIGHT

CT	RSI	ASSYM	%
95%	92%	5.2% R	94%

HOP AND RETURN RIGHT

MCI	TTS	ASSYM	%
95%	99%	5.2% R	98%



SQUAT

MEMF	MCPF	ASSYM	%
78%	86%	1.2% R	82%



HAMSTRING ISO LEFT

FORCE	ASSYM	OVERALL %
81%	3.4% R	84%

HAMSTRING ISO RIGHT

FORCE	ASSYM	OVERALL %
91%	3.4% R	92%



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%

COMPETE AGAINST THE ELITE* (*% of Elite Average)

	CMJ	SLL&H		SLJ		HOP&R		SQUAT	ISO (30)		OVERALL
		L	R	L	R	L	R		L	R	
JAMES TOMLINSON	68%	61%	58%	61%	58%	62%	68%	72%	74%	73%	71%

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

