**DATA ANALYSIS TABLES**

**Table 1. Movement Patterns**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Locomotion** | **Intensity** | **0-5m** | **6-10m** | **11-15m** | **16+m** | **Total** | **Distance** | **% Total (Distance/Total)** | **Average**  **(m)** |
| **Walk** | **Low** |  |  |  |  |  |  |  |  |
| **Jog** | **Med/Low** |  |  |  |  |  |  |  |  |
| **Shuffle** | **High** |  |  |  |  |  |  |  |  |
| **Sprint** | **V. High** |  |  |  |  |  |  |  |  |
| **Totals** |  |  |  |  |  |  |  | **100%** |  |

**Table 2. Skill Frequency**

The average number of repetitions of each skill:

|  |  |  |
| --- | --- | --- |
| **Skill** | **Basketball (Frequency)** | **Netball (Frequency)** |
| Chest Pass |  |  |
| Overhead Pass |  |  |
| Catch |  |  |
| Rebound |  |  |
| Jump |  |  |
| Guard |  |  |
| Defend |  |  |
| Change of Direction |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

## Table 3. Intensity Chart(s)

## Each work period occurs at a certain intensity and is followed by a rest period

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Work |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Intensity** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rest** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Work |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Intensity** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rest** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**NB-** Enter playing times and intensities. You should allocate an intensity to all skills performed – e.g. Sprinting (**H**); Jumping (**H**); Jogging (**M**); Shuffling (**H**); Walking (**L**)

**Table 4. Work : Rest Data**

|  |  |
| --- | --- |
| **Total Work = : Total Rest =** | **Work : Rest ratio =** |
| **Longest work period** |  |
| **Shortest work period** |  |
| **Longest rest period (during play)** |  |
| **Shortest rest period (during play)** |  |