Table 1: Movement Patterns

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Movement** | **Intensity** | **0-3m** | **3-6m** | **6-9m** | **9+m** | **Total** | **Distance (m)** | **% Total (Distance/Total)** | **Average**  **(m)** |
| **Walk** | ***Low*** |  |  |  |  |  |  |  |  |
| **Jog** | ***Med/Low*** |  |  |  |  |  |  |  |  |
| **Sprint** | ***V. High*** |  |  |  |  |  |  |  |  |
| **Shuffle** | ***V. High*** |  |  |  |  |  |  |  |  |
| **Totals** |  |  |  |  |  |  |  |  |  |

Table 2: Skill Frequency

|  |  |  |
| --- | --- | --- |
| **Skill** | **Frequency** | **Total** |
| **Pass** |  |  |
| **General Shot** |  |  |
| **3 Point Shot** |  |  |
| **Foul Shot** |  |  |
| **Lay Up** |  |  |
| **Catch** |  |  |
| **Rebound** |  |  |
| **Defend** |  |  |
| **Steal** |  |  |
| **Dribble** |  |  |
| **Guard** |  |  |
| **Change of Direction** |  |  |

Table 4: Intensity Examples

|  |  |
| --- | --- |
| **INTENSITY** | **EXAMPLE** |
| High | Sprinting, ¾ pace, change of direction, jumping |
| Medium | Jogging |
| Low | Walking, Standing |

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

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

Table 5: Work to Rest

|  |  |
| --- | --- |
| **Category** | **Duration (seconds)** |
| *Longest work period* | 16 |
| *Shortest work period* | 2 |
| *Longest rest period (during play)* | 47 |
| *Shortest rest period (during play)* | 4 |
| *Total work* | 149 |
| *Total rest* | 358 |
| ***Work:Rest Ratio*** | **1:2** |