

SINGLE MATCH PERFORMANCE ANALYSIS

PROFESSIONAL PLAYER PERFORMANCE REPORT



PLAYER

James Smith



TEAM

Sharks U20



POSITION

Openside Flanker



OPPOSITION

Western Province U20



COMPETITION

U20 Premier League



DATE

18 May 2024



MINUTES PLAYED

78'



MATCH SUMMARY



BLUE BULLS
U19

31



LIONS
U19

24



DATE

18 May 2024



COMPETITION

U20 Premier League



KICK-OFF

14:30



VENUE

Loftus Versfeld,
Pretoria



RESULT

Blue Bulls U19
Won

PLAYER SUMMARY



PLAYER

James Smith



TEAM

Sharks U20



POSITION

Openside Flanker



JERSEY NUMBER

7



MINUTES PLAYED

78'



STARTING / SUBSTITUTE

Starting XV



PITCH TIME

78'



GPS UNIT

Sonra Lite

PLAYER SUMMARY

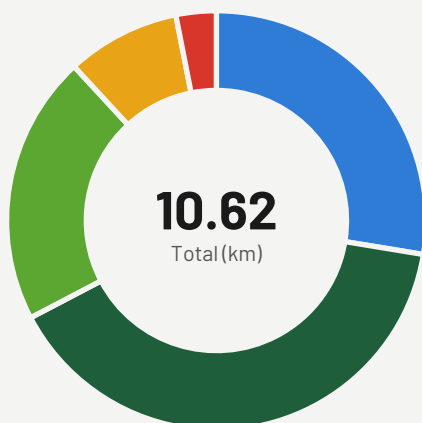
“

James had a strong overall performance and was a key physical contributor for the full 78 minutes. His work rate was excellent, consistently getting over the gain line and supporting both attack and defence. He showed high intensity around the breakdown and made a number of dominant carries. Areas for development include increasing his top-end speed in wider channels and improving his sprint frequency in the second half. A solid performance and a valuable contribution to the team's victory.

GPS PERFORMANCE DASHBOARD



DISTANCE BREAKDOWN



Zone 1 (0–6 km/h)	2.93 km	(27.6%)
Zone 2 (6–12 km/h)	4.22 km	(39.8%)
Zone 3 (12–18 km/h)	2.21 km	(20.8%)
Zone 4 (18–24 km/h)	0.93 km	(8.7%)
Zone 5 (>24 km/h)	0.33 km	(3.1%)

PERFORMANCE METRICS



RUNNING

PLAYER VALUE

LOW

HIGH



Total Distance

10.62 km

0 km

14 km



High Speed Running (>18 km/h)

1.28 km

0 km

3.0 km



Sprint Distance (>24 km/h)

312 m

0 m

500 m



Sprint Count (>24 km/h)

24

0

40



Top Speed

32.6 km/h

20 km/h

38 km/h



LOAD

PLAYER VALUE

LOW

HIGH



Player Load™

78.5 AU

0 AU

120 AU



Work Rate

78 %

0 %

100 %



Accelerations (>2.5 m/s²)

58

0

100



Decelerations (>2.5 m/s²)

42

0

80



INTENSITY

PLAYER VALUE

LOW

HIGH



Explosive Efforts (Zone 4-6)

23

0

40



Repeated High Intensity Efforts

11

0

20



Max Velocity %

89 %

0 %

100 %

SPEED ANALYSIS

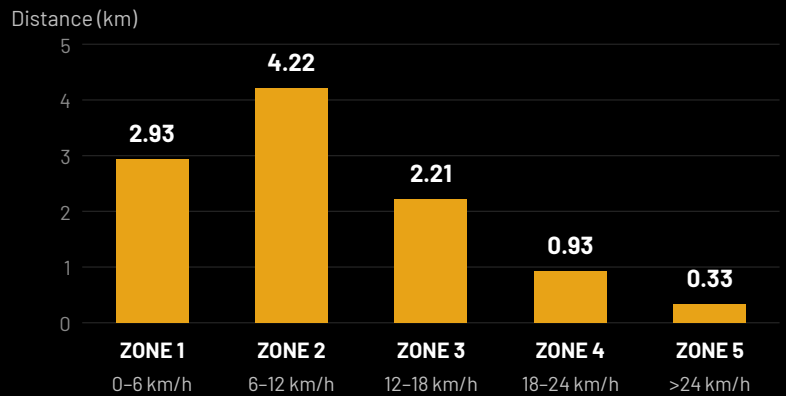
TOP SPEED

34.1
km/h

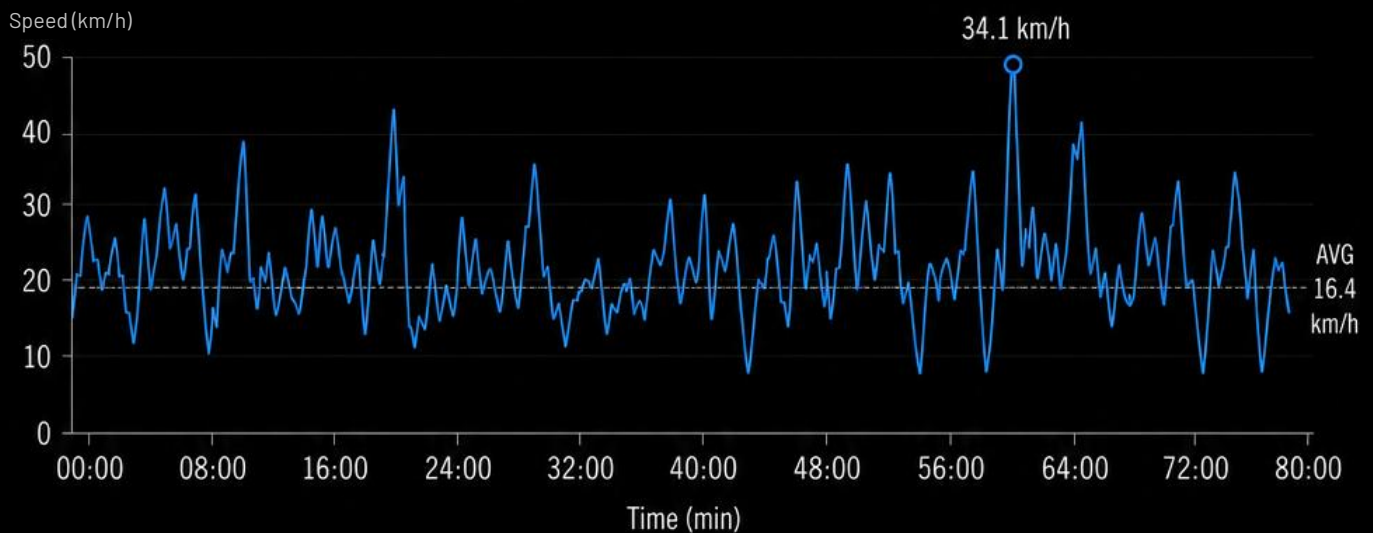
EXAMPLE

Your top recorded speed during the match

SPEED ZONE BREAKDOWN



SPEED TIMELINE



SPRINT ANALYSIS



TOTAL SPRINTS

24

sprints



LONGEST SPRINT

112.6

m



FASTEST SPRINT

34.1

km/h



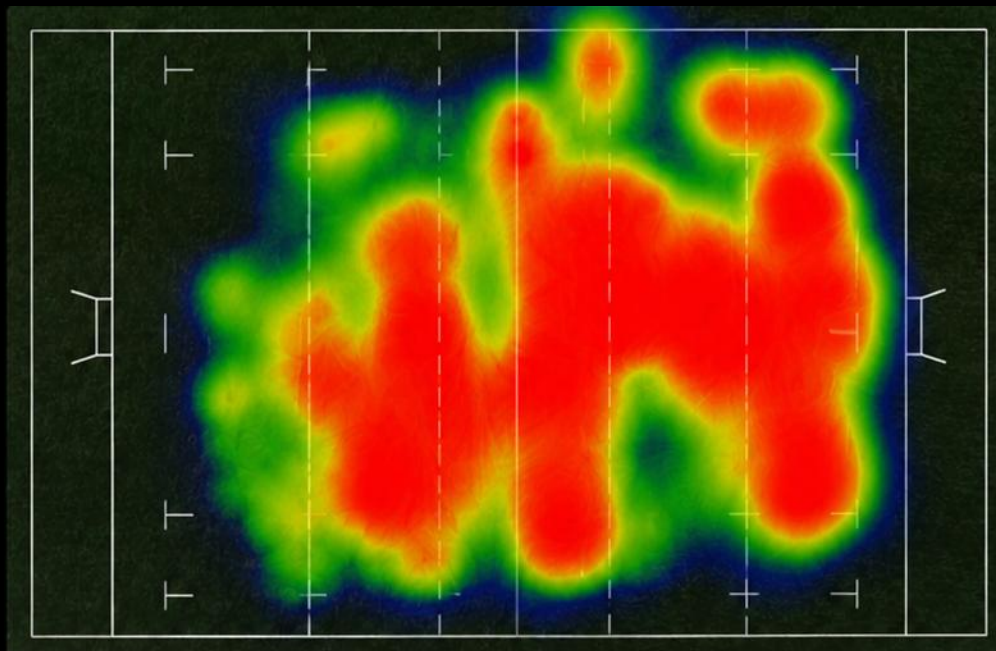
AVERAGE SPRINT DISTANCE

46.3

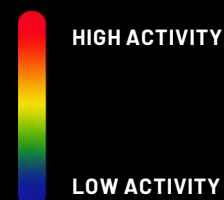
m

FIELD MAPS

HEAT MAP



ACTIVITY INTENSITY

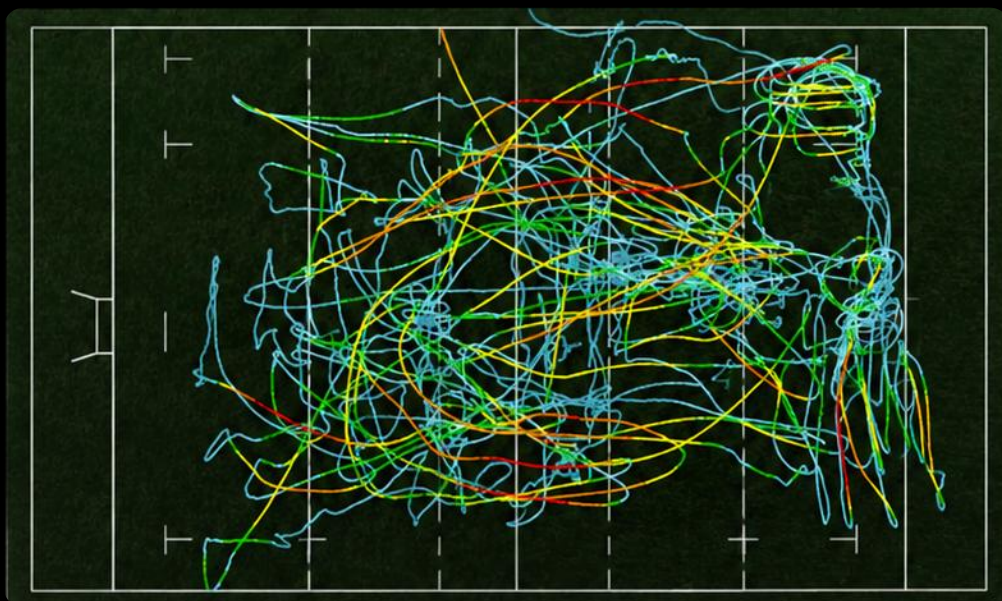


OPTIONS

Time Spent Sections

- ☐ 2 Sections
- ☒ 3 Sections
- ☐ 4 Sections

HIGH SPEED RUNNING MAP



ZONES

- Zone 1
- Zone 2
- Zone 3
- Zone 4
- Zone 5
- Zone 6

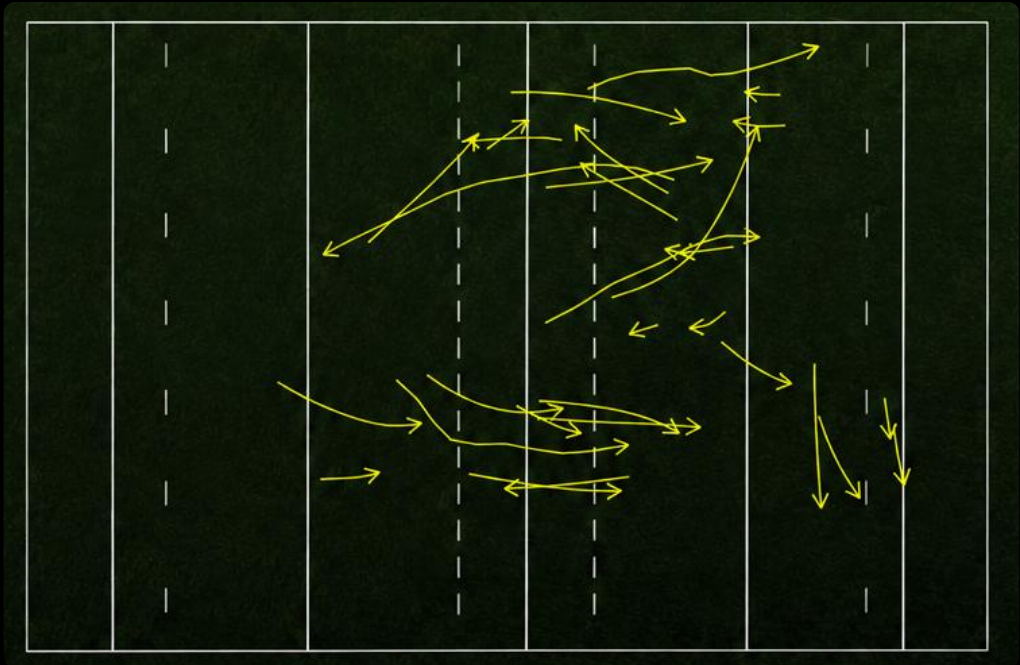
OPTIONS

Time Spent Sections

- ☐ 2 Sections
- ☒ 3 Sections
- ☐ 4 Sections

FIELD MAPS

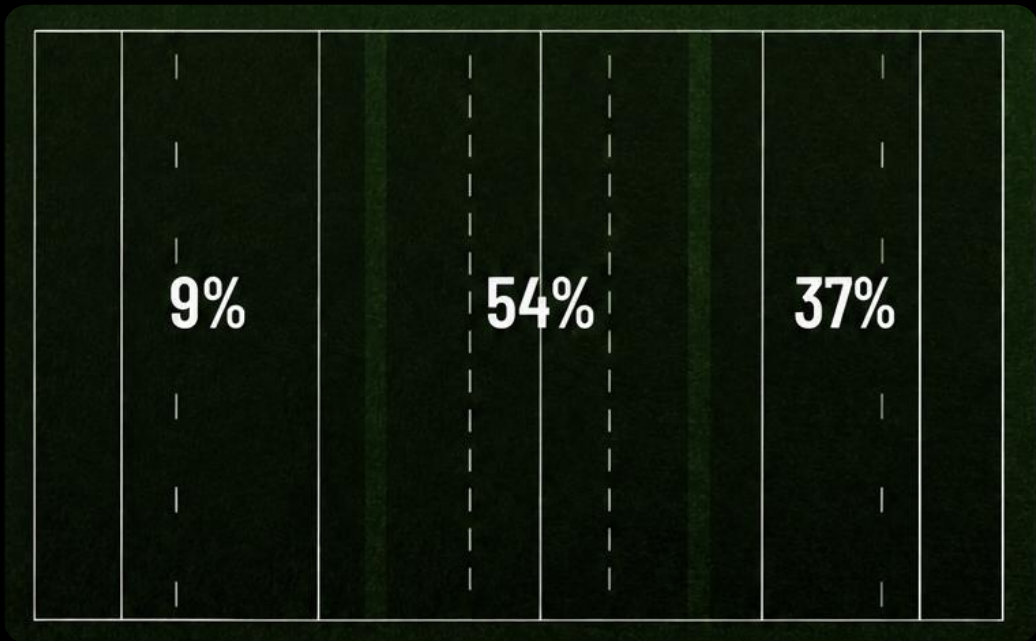
SPRINT MAP



SPRINTS

● Entire Session

POSITIONAL MAP



OPTIONS

Time Spent Sections

☐ 2

☒ 3

☐ 4

MATCH INSIGHTS

MATCH HIGHLIGHTS

HIGHEST SPEED 34.1 km/h

Top speed achieved in the 62nd minute.

TOTAL DISTANCE 10.62 km

Strong overall work output throughout the match.

HIGH SPEED RUNNING 1.28 km

Above 18 km/h. Maintained consistent high-speed efforts.

SPRINT OUTPUT 24 Sprints | 312 m Sprint Distance

Excellent attacking support and defensive chase efforts.

WORK RATE Player Load™: 78.5 AU | Work Rate: 78%

Consistent physical contribution across the full match.

AREAS TO IMPROVE

SPRINT FREQUENCY

Increase repeated sprint efforts during attacking phases.

HIGH-SPEED RUNNING

Improve total distance covered above 18 km/h.

ACCELERATION & DECELERATION

Increase explosive movements around contact situations.

LATE-GAME INTENSITY

Maintain work rate during the final quarter of the match.

RECOVERY BETWEEN EFFORTS

Reduce recovery time between repeated high-intensity actions.

XV ELITE COACH NOTES

This section is completed by the XV Elite Performance Analyst after reviewing both the STATSports GPS data and match footage.

James produced a strong physical performance throughout the match, maintaining a high work rate and contributing effectively on both attack and defence. His total distance, sprint output and Player Load™ indicate excellent involvement across the full 78 minutes. Continued improvement in repeated high-speed efforts and late-match acceleration will further enhance his overall performance.

OVERALL PERFORMANCE RATING

8.8 / 10



PHYSICAL OUTPUT



SPEED



WORK RATE



HIGH SPEED RUNNING



OVERALL IMPACT

