

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%



DEFENCE	MIDFIELD	ATTACK
1 98%	2 34%	3 53%

DEFENCE	MIDFIELD	ATTACK
4 91%	5 28%	6 32%

DEFENCE	MIDFIELD	ATTACK
7 92%	8 41%	

#### 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%

VALID PERFORMANCE

## 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	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	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

