The PLAYERTEK software system is cloud based (it’s a website!) and it provides a complete analytics system. Once you have uploaded your football data you can log in from most computers or tablets. The web browsers we recommend are Chrome, Safari and Internet Explorer. We suggest that you keep your system up to date and that you use an up-to-date version of your web browser.

To access the system type the address: [http://go.playertek.com](http://go.playertek.com) into your web browser and use your account details (email address and password) to log in. If you don’t have an account please follow the Register link or contact us using the support details below.

The following pages provide an overview of the football metrics (performance measurements) gathered by PLAYERTEK, followed by a brief explanation of the pages within the [http://go.playertek.com](http://go.playertek.com) website. Please note that these pages will change over time. We urge you to visit the site and explore—if you cannot find what you are looking for, or if you encounter any problems please email us using the details supplied below.

**SUPPORT & HELP**

Any questions or requests for help with the PLAYERTEK software system or the PLAYERTEK pod should be sent by email to support@playertek.com.

Please provide us with contact details including your name and your preferred email address.

Let us know what the problem is and what equipment (computer & browser) you are using to access the site.

**QUESTIONS AND FEEDBACK**

You are welcome to send us general feedback or to ask questions about PLAYERTEK, or about how to use PLAYERTEK to improve your football. Please note that we may also share your questions and our responses with the PLAYERTEK community using our websites or third party social media websites. In such cases we will not usually identify you or associate you with the questions. In some cases we may also select questions or emails for awards or special mention. Occasionally, at our discretion and with your permission we may wish to identify you, in such cases we will always ask you before doing so.
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<th>PLAYERTEK METRICS</th>
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| **INTENSITY** | **Top Speed** | Unit: metres per second (m/s)  
PLAYERTEK measures your top speed as the maximum speed you sustained for at least half a second.  
For most players, 9 m/s (32.4 kmh) is considered fast. However, Arjen Robben has exceeded 10 m/s while Usain regularly exceeds 12 m/s. |
|---|---|---|
| **Metres per Minute** | Unit: metres per minute (m/min)  
Meters per minute gives an overall good representation of how hard and intensely you have worked. The more ground you that players cover during a game often corresponds to their influence.  
Professional players will reach between 100-120 m/min in a typical game while values in champions league matches can reach 140 metres per minute. |
| **Power Score** | Unit: Watts per kilogram (w/kg)  
Power score measures the power output used per kilogram of your weight. It is a useful tool to gauge the intensity of training drills where high workrate within a small area is evident.  
Small sided games (SSG) are considered intense when the Power Score is above 10 w/kg. In amateur football, values of 7 to 8 are more normal. |
| **Impact Loading** | Unit: number of impacts per minute.  
Impact loading indicate the average rate at which impacts occur during a match. Like other intensity measures it can be used to match training intensity to match intensity while lowering or balancing the overall volume of training. |
| **Work Ratio** | Unit: percentage (%)  
This is defined as the percentage of total time during which the player was performing some work. Work is defined as walking or running at speeds higher than 1.5 m/s (that's moderate to slow walk for most of us).  
Work ratio therefore indicates the amount of time a player is working compared to resting.  
For a standard game or a small-sided game Work Ratio should be above 40%. |
THE FIVE MINUTE BREAKDOWN
Fatigue analysis is sport is something that has become fundamental in a team’s preparation for improving and maintaining performance. Coaches and athletes now want to know how, where and when their performance peaked and dipped in order to compete at the top.

The 5 minute breakdown, along with other PLAYERTEK analytics, allow you to ask such questions as: did I start the session well? Did I maintain efficient work load throughout? Was I able to recover after an intense period of play? Was my warm-up substantial enough to prepare me for the game ahead? Did my performance dip towards the final, and most crucial 5 minutes of the game? The questions are endless once you take away the guesswork. PLAYERTEK will allow you to plan and prepare for complete match performances.

THE ACTIVITY CHART
The activity chart shows you the detail of your speed throughout your session or game. Like the 5 minute breakdown, the activity chart is a useful go-to tool that will give you a quick overview of the session. From the diagram below you can see that the chart can be split up into halves to allow you to further analyse the game in sections and as a whole. Therefore, it is possible to compare your first half performance to that of your second.

The spikes on the chart are essentially bursts of speed or sprints. A general guideline for a sustained, intensive workload is for there to be a good distribution of significant bursts throughout the whole period. This is of interest because football demands what is called repeat sprint ability (RSA). As a player tires their ability to reach a ball or to get back into position diminishes and this can become critical in the latter stages of a game. Therefore, in football, a player should be able to produce and repeat high intensive bursts of speed continuously throughout the game. An ability to do this suggests a good level of fitness while a deficiency suggests a likeliness to fatigue during games.
A quick guide to the main screens in http://go.playertek.com

The Dashboard

This is the first screen you see after you log in. Its purpose is to give you an overview of your season to date. Functions include:

- Displays season total of the distance you have covered.
- Displays the top speed you achieved this season.
- Displays your total count of your power plays for this season (power plays are significant sprints or accelerations and will be explained later).
- Displays a quick summary and heatmap of your last session.
- A season workload graph - click on this to see the detail. You can use this to periodise your training based on any of PLAYERTEK's metrics.
- Your current PRO score. This is calculated from the period of maximum intensity achieved during recent training or games. Greater Pro Scores indicate that a higher intensity was reached.
- A list of your achievements. The PLAYERTEK system awards different badges as you progress through training and football milestones.
- The PLAYERTEK news feed is displayed in the lower right side of the dashboard.

The Sessions Page

- Displays the Session title and summary – including distance you ran in the session, the top speed and your number of power plays. Note, the session title can be edited.
- The session can be reassigned to another player if your account supports multiple players.
- The session can also be tagged – for example, you could tag a session to identify it as a match or as a training session, as a win or loss, or any arbitrary tag that makes sense to you, such as raining or the name of an opposition team. You can enter multiple tags – this simple feature is very useful to help understand your football statistics.
- Displays the heatmap for this session. To see the heatmap you must first set your pitch – locate the link (on the heatmap image), click this to map and name your pitch.
- The session score – this is calculated from the main metrics, higher scores indicate greater intensity.
- The main session metrics (the measurement of your football stats) is broken down into two sections – one for volume and one for intensity.
• The volume section provides details on the amount of work you got through in your football session, while the intensity section explains the character of your football session.

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**The Leagues Page**

The leagues are calculated based on a period of time and therefore the first leagues will be displayed on the 8th June 2015.

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**The Friends Page**

The friends screen lets you link with other football players, these could be your team mates or friends that play with another club or at a different venue. Use this function to compare across team mates or to motivate yourself and your friends.

**TO FRIEND ANOTHER PLAYER** use the search box in the upper left (above the Friends List), find the right player and click Add Friend. You will be connected once the other player accepts your request.

Friends can see both a Daily and a Monthly summary of each other’s main metrics. The selector above the right of the Daily graph allows you to display different metrics.

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**The Pro Maps Page**

The Pro Maps allows you compare your coverage of a pitch directly with professionals playing in English Premiership League matches. The upper half of the screen displays your latest PLAYERTEK session. You may select a different session by clicking on the calendar icon (located immediately above your pitch maps).

The lower half of the screen shows data from a premiership match. Use the search box (located above-left of the pro-player’s pitch maps to select a player. As you type the system will try to match with available players. Once you have selected a player you can click on the player’s calendar icon to search for other matches.

This function works best when your PLAYERTEK session is a game (a match as opposed to training drills) and when you select a player who plays in a similar position to yourself. It allows you to examine your tactical approach and to gain a better understanding of other players’ movement and involvement in games.