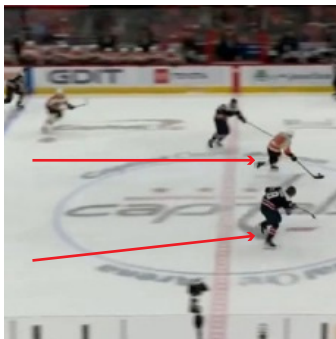
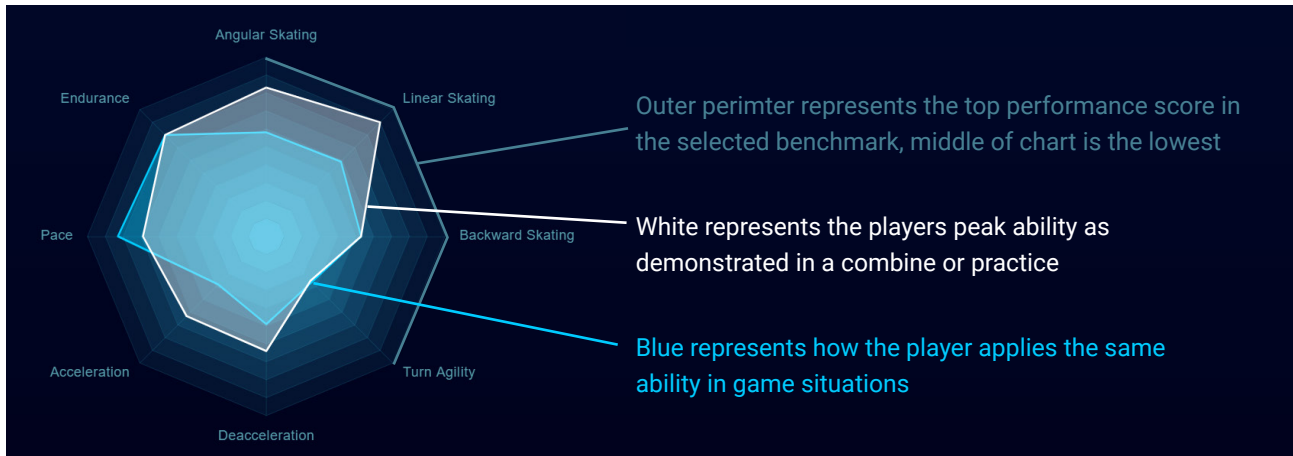


### Performance Metric Definitions

Each players peak ability is captured during tracked combines and/or practices, and the level in which each player applies and uses the same skills are captured during tracked games.



### Linear Skating

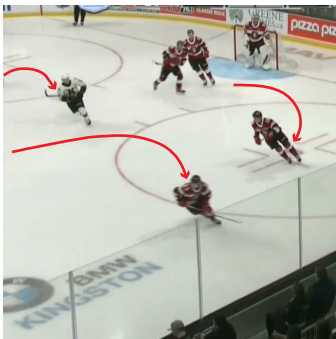
Skating in a straight line

#### Game Situations:

- Forecheck
- Backcheck
- Support on Rush
- Net Drive
- Zone Entry/Exits
- Break-A-Way

#### Key Performance Metrics (while Linear):

- Top Speed
- Time at Top Speed
- Peak Acceleration
- Forwards vs. Backwards
- With Puck vs. Without Puck



### Angular Skating

Skating in a curved line, in excess of 10° angles

#### Game Situations:

- Breakout
- Regroup
- Offensive Rush
- Generating Speed
- Evasive Play
- Pressuring the Puck

#### Key Performance Metrics (while Angular):

- Top Speed
- Time at Top Speed
- Peak Acceleration
- Forwards vs. Backwards
- With Puck vs. Without Puck



### Pace

How a players uses their speed and the rate at which they perform.

#### Game Situations:

- Creating Space
- Puck Pursuit
- Transition Game
- Joining the Rush
- Breakout
- Forecheck, Backcheck

#### Key Performance Metrics:

- % Time at Top Speeds (while skating)
- Avg Skating Speed
- Avg Distance /minute
- Endurance Conditioning



## Acceleration - 1.5 Sec Bursts

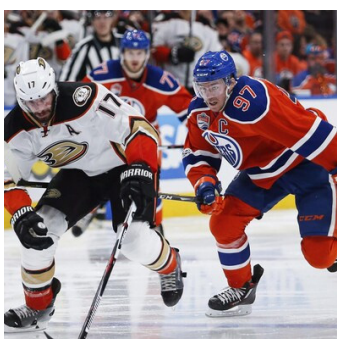
When a player accelerates for a short burst; from skating, turn exits or stationary.

### Game Situations:

- Puck Pursuit
- Puck Retrievals
- Rebounds
- Faceoffs
- Breakout from Boards
- Creating Space

### Key Performance Metrics:

- Distance Gained in 1.5 sec.
- Top / Avg Acceleration Force
- Speed Gain
- Repetition Count
- Forwards vs. Backwards
- With Puck vs. Without Puck



## Acceleration - 3.0 Sec Sprints to Full Speed

When a player starts motionless, then accelerates for an extended time to full speed.

### Game Situations:

- Play Transitions
- Rush
- Backchecking
- Headman Ruh
- Breakaway
- Entering from Shift Change

### Key Performance Metrics:

- Distance Gained in 3.0 sec.
- Top / Avg Acceleration Force
- Speed Gain
- Repetition Count
- Forwards vs. Backwards
- With Puck vs. Without Puck



## Deacceleration

Stops and delays in deceptive skating and direction changes

### Game Situations:

- Puck Pursuit
- Checking
- Net Drives
- Change Shooting Angles
- Deaks, deception w/ puck
- Direction changes

### Key Performance Metrics:

- Top Force
- Time to Full Stop from Top Speed
- Distance to Full Stop from Top Speed
- Repetition Count; Delays, Full Stops
- Forwards vs. Backwards
- With Puck vs. Without Puck



## Agility - Tight Turns

Short 90° - 180° turns within a tight radius

### Game Situations:

- Puck Protection
- Man-on-man Defence
- Angling
- Neutral Zone Pressure
- Offensive Forechecking

### Key Performance Metrics:

- Distance Gain over 1.5 Sec.
- Turn Radius
- Avg Speed
- Entry, Mid, Exit Speeds
- With Puck vs. Without Puck



## Agility - Wide Turns

Fast 90° - 180° turns over a wide radius

### Game Situations:

- Breakout
- Regroup
- Offensive Rush
- Generating Speed
- Evasive Play
- Pressuring the Puck

### Key Performance Metrics:

- Distance Gain over 1.5 Sec.
- Turn Radius
- Avg Speed
- Entry, Mid, Exit Speeds
- With Puck vs. Without Puck