



0 - 2 Jul.30.2023



Taiping Senior

Definition: Fitness Stats

Home Team /Away Team

In this report, Home Team refers to Muar Senior. and Away Team refers to Taiping Senior.

HR

Heart rate per minute of an individual player.

BHR

Basic heart rate (BHR) measured on an empty stomach before the player gets up in the morning.

History MHR

Max heart rate (MHR) of the player on record.

MHR

Max heart rate (MHR) of the player in the present match.

Physical Load

Physical load demonstrates the physical load on a player's body in sports activities. The physical load index is calculated by adopting Stagno's Trimp method, in which heart rate and playing time of the player are considered to be factors affecting the physical load. Higher physical load index reflects more fatigue a player experiences.

Intensity

The average physical load per minute, i.e. total physical load being divided by time played, illustrates the intensity of a player during a game.

VO₂ Max

VO2 Max is the maximum rate of oxygen consumption as measured during incremental exercise. Maximal oxygen consumption reflects the aerobic physical fitness of the individual, and is an important determinant of their endurance capacity during prolonged, sub-maximal exercise.

Calorie

Calorie consumption of the player (kcal).

Home Team Speed Ranges

 $\label{eq:walk/stand} $$Walk/Stand(0.0m/s\le V<1.2m/s)$$ Jog(1.2m/s\le V<2.4m/s)$$ Low-speed(2.4m/s\le V<4m/s)$$ Medium-speed(4m/s\le V<5.5m/s)$$ High-speed(5.5m/s\le V<7m/s)$$ Sprint(7m/s\le V)$$$

Away Team Speed Ranges

 $\label{eq:walk/stand} $$Walk/Stand(0.0m/s \le V < 1.2m/s)$$ $Jog(1.2m/s \le V < 2.4m/s)$$ $Low-speed(2.4m/s \le V < 4m/s)$$ $Medium-speed(4m/s \le V < 5.5m/s)$$ $High-speed(5.5m/s \le V < 7m/s)$$ $Sprint(7m/s \le V)$$$

Distance Covered

The total distance covered by a player during his/her playing time.

Effective Running Distance

Total running distance when the player's running speed reaches medium-speed or above.

High-speed Running Distance

The total distance covered by a player when the player's speed is within the range of "high speed"

High-speed Runs

A high-speed run is counted when the player's running speed stays within the range of "high-speed" for over 0.6s.

Sprint Distance

Total distance covered by the player when he/she is sprinting during his/her playing time.

Sprints

A sprint is counted when the player's running speed stays within the range of "sprint" for over 0.6s.

Definition: Fitness Stats

Intensive Runs

Intensive runs refer to high-speed runs and sprints.

Avg. Intensive Run Intervals

Intervals between each two intensive runs will be counted. Average intervals between intensive runs = accumulated length of intervals/total amount of intervals.

Inertance Movement Analysis

Definition of IMA as a player's movements and micromotions in a short time interval (currently defined as 0.5 seconds - 5 seconds) resulting in a certain degree of change in player speed.

Inertance Movement Analysis Strength

The intensity is defined as the average acceleration over the time interval of the IMA event. Strength can be classified into high strength, medium strength and low strength

Low (Intensity $< 3 \text{ ms}^{-2}$)

Medium $(3 \text{ ms}^{-2} \le \text{Intensity} < 6 \text{ ms}^{-2})$

High (Intensity $>= 6 \text{ ms}^{-2}$)

Highest Dribble Speed

Highest speed of the player during his/her ball possession time.

Highest Speed

Highest speed of a player during a certain period of time.

Inertance Movement Analysis direction

The angle change of the player during a given period of time according to the initial speed and the ending speed and classify it into acceleration, right turn, left turn and deceleration:

Acceleration: The angle of change between the starting speed and the ending speed is between -45 degrees and 45 degrees.

Deceleration: The angle change between the start speed and the end speed is greater than 135 degrees or less than -135 degrees.

Turn left: the angle between the start speed and the end speed varies between -45 degrees and -135 degrees.

Turn right: the angle between the start speed and the end speed varies between 45 degrees and 135 degrees.

Definition: Technical and Tactical Stats

Possession

Possession of Team A = Completed passes of Team A / Completed passes of both teams

Passes

Player intentionally plays the ball to another teammate. Throw-ins will not be counted as passes. Set pieces (free kicks and corners) will be counted as passes.

Pass Completion

The ratio reflecting the percentage of successful passes out of total pass attempts of the player

Passes from Different Areas

We divide the field into 18 areas and calculate total passes and pass completion from each area.

Attack Sides

We divide the pitch equally along the goal line into three areas: left, middle and right.

Ratio of activities in each area = ball possessions in each area / total ball possessions.

Interceptions

Interception includes tackles and ball interceptions.

A tackle is defined as where a player connects with the ball in a challenge where he successfully takes the ball away from the opponent in possession. If the ball goes out of play when the tackle is made, the action is deemed as a failed one. A ball interception is counted when a player intentionally intercepts a pass by moving into the line of the intended ball. The following three conditions will not be counted as ball interceptions:

1. The ball goes out of play when an interception attempt is made.

2.The ball goes to an opposition player when an interception attempt is made.

3. The ball stays with the opposition player.

Action Zones

We divide the pitch equally along the side line into three areas: defense third, middle third and attack third.

Ratio of activities in each area = ball possessions in each area / total ball possessions.

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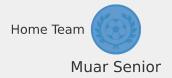
7. PLAYER SUMMARY

Muar Senior

Aizul H. Izzuddin M. Johari Danial Baharuzaini Azrin M. Zain A. Khairie M.

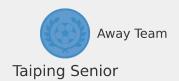
Taiping Senior

Beck Hanif Hafizuddin M. Razif Fitri Rujhan Shahrir



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1. SQUAD

1.1 Line-up

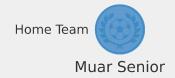
Shirt No.	Name	Sub Off
2	Aizul H.	▼ 05′04″
5	Izzuddin M.	
6	Johari	▼ 05′04″
7	Danial	▼ 05′04″
8	Baharuzaini	▼ 05′04″

Shirt No.	Name	Sub Off
4	Beck	▼ 07′24″
5	Hanif	
7	Hafizuddin M.	
8	Razif	▼ 05′04″
9	Fitri	▼ 05′04″

1.2 Substitutes

Shirt No.	Name	Sub On	Sub Off
3	Azrin M.	▲ 05′04″	▼ 09′08″
4	Zain A.	▲ 05′04″	▼ 07′20″
10	Khairie M.	▲ 05′04″	▼ 06′34″

Shirt No.	Name	Sub On	Sub Off
2	Rujhan	▲ 05′08″	
6	Shahrir	▲ 05′08″	

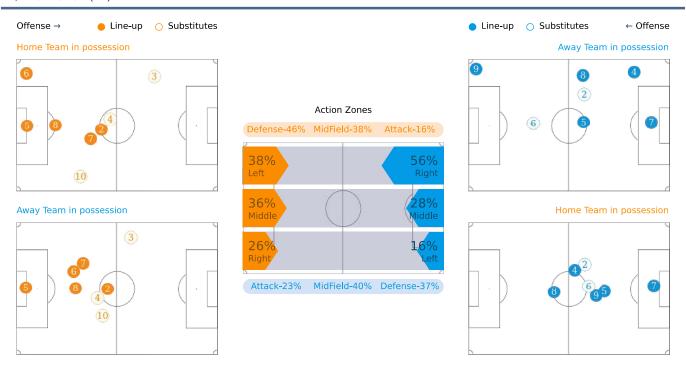






2. OVERVIEW

2.1 Formation (FT)











2. OVERVIEW

2.2 Fitness Stats

1st Half	2nd Half	Full Time		1st Half	2nd Half	Full Time	
38.9	32.5	71.4	Physical Load	43.9	37.2	81.1	
7.7	7.7	7.7	Intensity	8.7	8.8	8.7	
1314m	1227m	2541m	Distance Covered	1476m	1267m	2743m	
36m	38m	74m	Effective Running Distance	65m	40m	105m	
0m (0)	0m (0)	0m (0)	High-speed Runs	5m (1)	0m (0)	5m (1)	
0m (0)	0m (0)	0m (0)	Sprints	0m (0)	0m (0)	0m (0)	

2.3 Technical and Tactical Performance

1st Half	2nd Ha l f	Full Time		1st Half	2nd Half	Full Time
0	3	3	Shots	2	5	7
0	0	0	On-target Shots	0	3	3
0	0	0	Goals	0	2	2
0	0	0	Corners	0	0	0
0	0	0	Free-kicks	0	0	0
40%	48%	43%	Possession	60%	53%	57%
00′50″	00′56″	01′46″	Possession Time	00′53″	00′41″	01′35″
34	30	64	Passes	50	29	79
68%	63%	66%	Pass Completion	70%	72%	71%
11	6	17	Interceptions	11	10	21
0	0	0	Yellow Card	0	0	0
0	0	0	Red Card	0	0	0



0

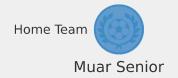
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2. OVERVIEW

2.4 Match Event

Event	Player	Time	Event	Player	
		7′	⊕ Goal	Fitri	
		8′	⊕ Goal	Fitri	





2. OVERVIEW

2.5 Individual Stats

Muar Senior												
Name	Time	MHR (bpm)	Avg. HR (bpm)	Physica l Load	Intensity	Distance Covered (m)	High-speed Running Distance (m)	Sprint Distance (m)	Avg. Intensive Run Intervals	Passes	Completed Passes	Interceptions
2-Aizul H.	07′35″	180	168	15.5	2.0	483	0(0)	0(0)	00′00″	10	3(30%)	3
3-Azrin M.	04′02″	182	143	4.3	1.1	310	0(0)	0(0)	00′00″	4	1(25%)	0
4-Zain A.	02′15″	177	159	3.5	1.6	200	0(0)	0(0)	00′00″	5	4(80%)	0
5-Izzuddin M.	09′17″	159	142	6.8	0.7	115	0(0)	0(0)	00′00″	10	9(90%)	2
6-Johari	05′04″	185	169	10.4	2.1	339	0(0)	0(0)	00′00″	11	8(73%)	4
7-Danial	07′01″	182	169	14.1	2.0	470	0(0)	0(0)	00′00″	11	7(64%)	2
8-Baharuzaini	09′17″	176	155	11.5	1.2	497	0(0)	0(0)	00′00″	12	9(75%)	6
10-Khairie M.	01′48″	179	166	5.3	2.9	127	0(0)	0(0)	00′00″	1	1(100%)	0

^{*}Shirt Number-Name-Distance (x). Highest Figure 2nd and 3rd Highest





2. OVERVIEW

2.5 Individual Stats

Taiping Senior												
Name	Time	MHR (bpm)	Avg. HR (bpm)	Physica l Load	Intensity	Distance Covered (m)	High-speed Running Distance (m)	Sprint Distance (m)	Avg. Intensive Run Intervals	Passes	Completed Passes	Interceptions
2-Rujhan	04′09″	178	167	7.8	1.9	320	0(0)	0(0)	00'00"	8	7(88%)	5
4-Beck	07′24″	180	167	13.3	1.8	532	0(0)	0(0)	00′00″	17	13(76%)	1
5-Hanif	09′17″	182	156	12.7	1.4	568	0(0)	0(0)	00′00″	18	13(72%)	5
6-Shahrir	04′09″	184	175	10.4	2.5	287	0(0)	0(0)	00′00″	3	3(100%)	0
7-Hafizuddin M.	09′17″	151	133	4.9	0.5	161	0(0)	0(0)	00′00″	4	3(75%)	2
8-Razif	05′04″	193	183	16.2	3.2	367	0(0)	0(0)	00′00″	14	11(79%)	4
9-Fitri	06′57″	185	171	15.9	2.3	509	5(1)	0(0)	00′00″	15	6(40%)	4

^{*}Shirt Number-Name-Distance (x). Highest Figure 2nd and 3rd Highest



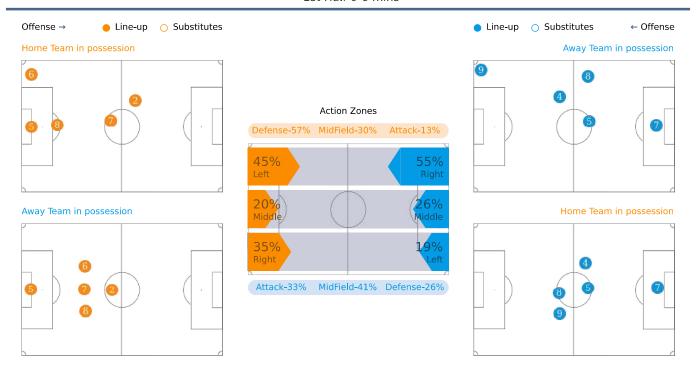






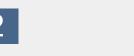
3. FORMATION

1st Half 0-6 mins











3. FORMATION

2nd Half 0-5 mins



4.FITNESS

4.1 Player Load



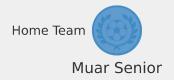


4.FITNESS

4.1 Player Load







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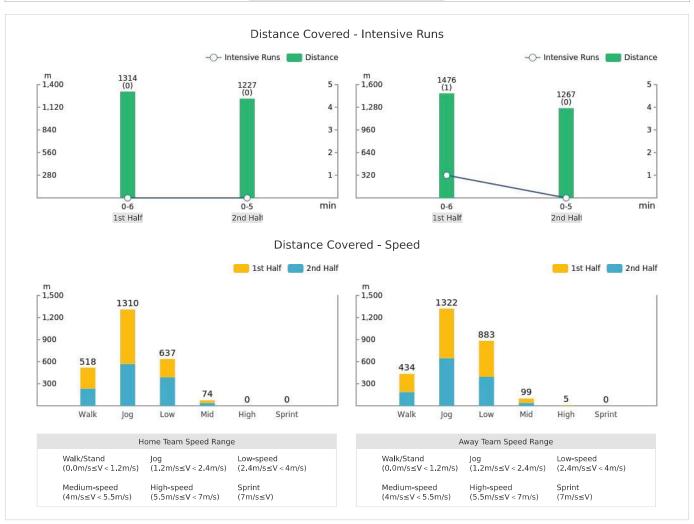
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4. FITNESS

4.2 Movement

1st Half	2nd Half	Full Time		1st Half	2nd Half	Full Time
1314m	1227m	2541m	Distance Covered	1476m	1267m	2743m
36m	38m	74m	Effective Running Distance	65m	40m	105m
0m (0)	0m (0)	0m (0)	High-speed Runs	5m (1)	0m (0)	5m (1)
0m (0)	0m (0)	0m (0)	Sprints	0m (0)	0m (0)	0m (0)





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4. FITNESS

4.2 Movement

Distance Covered	High-speed Runs	Sprints	Ranking	Distance Covered	High-speed Runs	Sprints
8-Bah 497m			1	5-Han 568m	9-Fit 5m(1)	
2-Aiz 483m			2	4-Beck 532m		
7-Dan 470m			3	9-Fit 509m		
6-Joh 339m			4	8-Raz 367m		
3-Azr 310m			5	2-Ruj 320m		
4-Zai 200m			6	6-Sha 287m		
10-Kha 127m			7	7-Haf 161m		
5-lzz 115m			8			

*Shirt Number-Name-Distance (x).





4. FITNESS

4.3 Individual Stats

Muar Senior												
Name	Time	MHR (bpm)	Avg. HR (bpm)	Physical Load	Intensity	VO2 Max ml/(kg·min)	Calories (kcal)	Distance Covered (m)	Distance Covered (m/min)	High-speed Runs (m)	Sprints (m)	Avg. Intensive Run Intervals
2-Aizul H.	07′35″	180	168	15.5	2.0	36.8	103	483	64	0(0)	0(0)	00′00″
3-Azrin M.	04′02″	182	143	4.3	1.1	37.1	12	310	77	0(0)	0(0)	00′00″
4-Zain A.	02′15″	177	159	3.5	1.6	35.5	5	200	89	0(0)	0(0)	00′00″
5-Izzuddin M.	09′17″	159	142	6.8	0.7	30.5	16	115	12	0(0)	0(0)	00′00″
6-Johari	05′04″	185	169	10.4	2.1	38.0	16	339	67	0(0)	0(0)	00′00″
7-Danial	07′01″	182	169	14.1	2.0	37.4	96	470	67	0(0)	0(0)	00′00″
8-Baharuzaini	09′17″	176	155	11.5	1.2	35.5	110	497	54	0(0)	0(0)	00′00″
10-Khairie M.	01′48″	179	166	5.3	2.9	36.2	23	127	71	0(0)	0(0)	00′00″

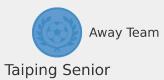
^{*}Shirt Number-Name *High-speed Running/Sprint Distance (x) Highest Figure 2nd and 3rd Highest



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2



4. FITNESS

4.3 Individual Stats

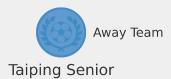
					Tai	iping Ser	nior					
Name	Time	MHR (bpm)	Avg. HR (bpm)	Physical Load	Intensity	VO2 Max ml/(kg·min)	Calories (kcal)	Distance Covered (m)	Distance Covered (m/min)	High-speed Runs (m)	Sprints (m)	Avg. Intensive Run Intervals
2-Rujhan	04′09″	178	167	7.8	1.9	36.2	56	320	77	0(0)	0(0)	00′00″
4-Beck	07′24″	180	167	13.3	1.8	36.8	99	532	72	0(0)	0(0)	00′00″
5-Hanif	09′17″	182	156	12.7	1.4	37.1	35	568	61	0(0)	0(0)	00′00″
6-Shahrir	04′09″	184	175	10.4	2.5	38.0	8	287	69	0(0)	0(0)	00′00″
7-Hafizuddin M.	09′17″	151	133	4.9	0.5	28.1	19	161	17	0(0)	0(0)	00′00″
8-Razif	05′04″	193	183	16.2	3.2	40.7	77	367	72	0(0)	0(0)	00′00″
9-Fitri	06′57″	185	171	15.9	2.3	38.0	97	509	73	5(1)	0(0)	00′00″

^{*}Shirt Number-Name *High-speed Running/Sprint Distance (x) Highest Figure 2nd and 3rd Highest



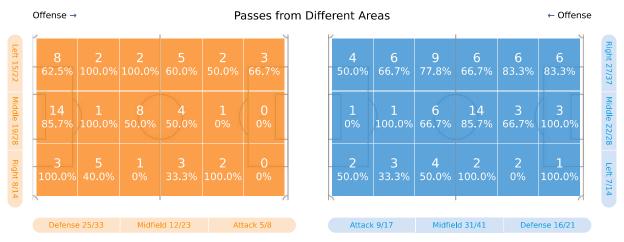






5. OFFENSE

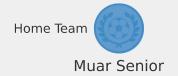
5.1 Passes



*Stats in each square: passes (from this area) and pass completion. Stats on the sides: completed passes/total passes.

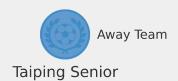
Passes	Completed Passes	Ranking	Passes	Completed Passes
8-Bah 12	5-lzz 9	1	5-Han 18	4-Beck 13
6-Joh 11	8-Bah 9	2	4-Beck 17	5-Han 13
7-Dan 11	6-Joh 8	3	9-Fit 15	8-Raz 11
2-Aiz 10	7-Dan 7	4	8-Raz 14	2-Ruj 7
5-lzz 10	4-Zai 4	5	2-Ruj 8	9-Fit 6
4-Zai 5	2-Aiz 3	6	7-Haf 4	6-Sha 3
3-Azr 4	3-Azr 1	7	6-Sha 3	7-Haf 3
10-Kha 1	10-Kha 1	8		

*Shirt Number-Name-Passes or Completed Passes



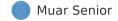
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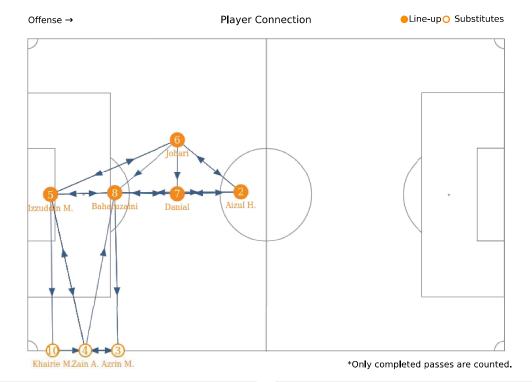
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5. OFFENSE

5.1 Passes





Passes and Ball-receives between the Players

0<-----<10 10≤-----<20 -----≥20

Individual passes and Ball-receives $0 \le \bigcirc <20 \quad 20 \le \bigcirc <40 \quad \bigcirc \ge 40$



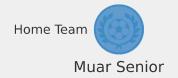




5. OFFENSE

5.1 Passes

	Receiver	5	8	2	7	6	3	4	10	0	
Pa	sser	zzud	Bahar	Aizul H.	Danial	Johari	Azrin M.	Zain A.	Khairi	Completed	Total
5	Izzud		2	1		4		1	1	9	10
8	Bahar	2		2	2		3			9	12
2	Aizul H.		1		1	1				3	10
7	Danial	1	1	5						7	11
6	Johari	2	2	2	2					8	11
3	Azrin M.							1		1	4
4	Zain A.	1	2				1			4	5
10	Khairi							1		1	1
С	omp l eted	6	8	10	5	5	4	3	1		



0

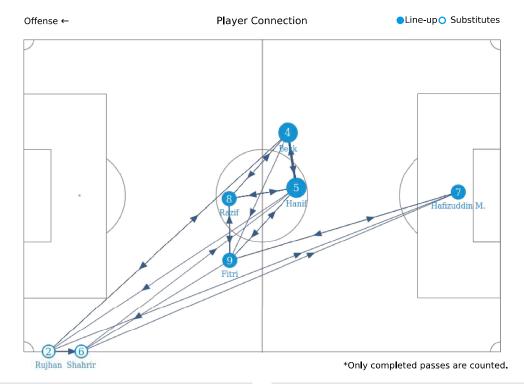
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5. OFFENSE

5.1 Passes

Taiping Senior



Passes and Ball-receives between the Players

0< ---- <10 10≤ ---- <20 ---- ≥20

Individual passes and Ball-receives $0 \le$ <20 $20 \le$ <40 ≥ 40



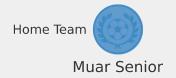




5. OFFENSE

5.1 Passes

	Receiver	5	7	4	9	8	2	6	O	
Pa	esser	Hanif	Hafiz	Beck	Fitri	Razif	Rujhan	Shahrir	Completed	Total
5	Hanif			3	3	4	3		13	18
7	Hafiz	1		1	1				3	4
4	Beck	7			3	1	2		13	17
9	Fitri	1	1			3		1	6	15
8	Razif	1		5	5				11	14
2	Rujhan		1	4				2	7	8
6	Shahrir	2	1						3	3
С	ompleted	12	3	13	12	8	5	3		

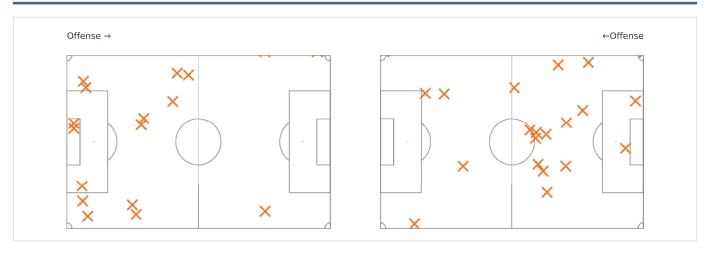






6. DEFENSE

6.1 Interceptions



Interceptions	Ranking	Interceptions
8 - Bah 6	1	2 - Ruj 5
6 - Joh 4	2	5 - Han 5
2 - Aiz 3	3	8 - Raz 4
5 - Izz 2	4	9 - Fit 4
7 - Dan 2	5	7 - Haf 2
	6	4 - Beck 1

*Shirt Number-Name-Interceptions



2-Aizul H. (Muar Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
39	-	170cm	70KG	70	206	07′35″

7.1 Overview

Fitness Stats

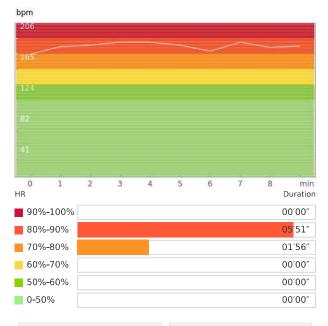
Metrics	Stats	Ranking
MHR (bpm)	180	3
Avg. HR (bpm)	168	2
Physical Load	15.5	1
Intensity	2.0	3
VO2 Max (ml/(kg.min))	36.8	4
Distance Covered (m)	483	2
Effective Running Distance (m)	19	2
High-speed Running Distance (m)	0	-
High-speed Runs	0	-
Sprint Distance (m)	0	-
Sprints	0	-
Avg. Intensive Run Intervals	-	-

Technical and Tactical Performance

Metrics	Stats	Ranking
Touches	21	1
Passes	10	3
Pass Completion	30.0%	7
Passes Forward	4	3
Pass Completion (forward)	0%	-
Passes Forward (%)	40.0%	5
Interceptions	3	3
Possession Time	00′30″	1
Goal	0	-
Assist	0	-
Yellow Card	0	-
Red Card	0	-

7.2 Fitness Stats

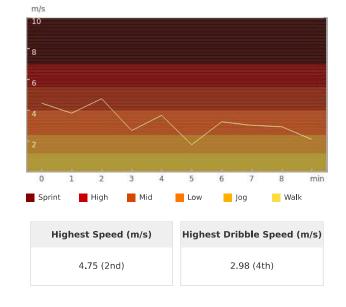
HR-Time



Physical Load	15.5
1st Half	10.0
2nd Half	5.5

Calories (kcal) 103.0 1st Half 69.0 2nd Half 34.0

Speed-Time

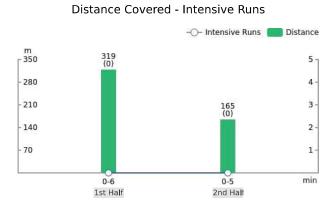




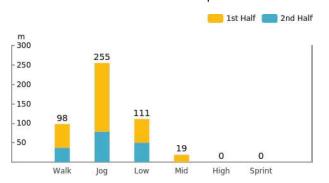
2-Aizul H. (Muar Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
39	-	170cm	70KG	70	206	07′35″

7.2 Fitness Stats

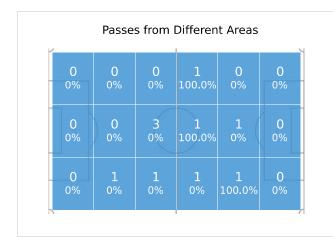


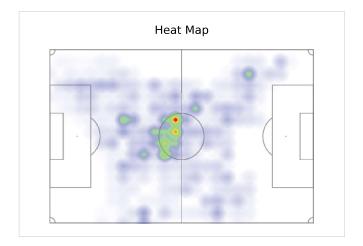
Distance Covered - Speed

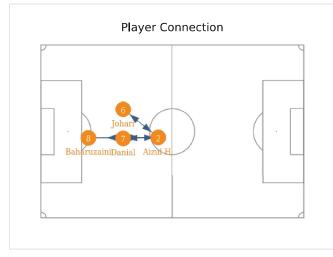


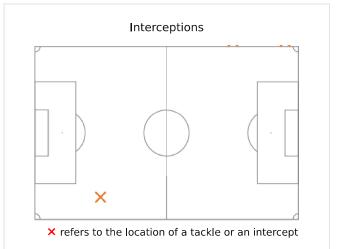
7.3 Technical and Tactical Performance

Offense →





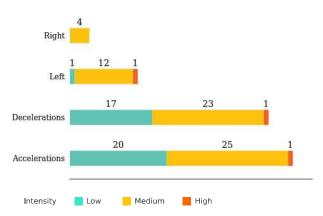






7.3 Technical and Tactical Performance

Inertance Movement Analysis





3-Azrin M. (Muar Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
39	-	170cm	70KG	70	206	04′02″

7.1 Overview

Fitness Stats

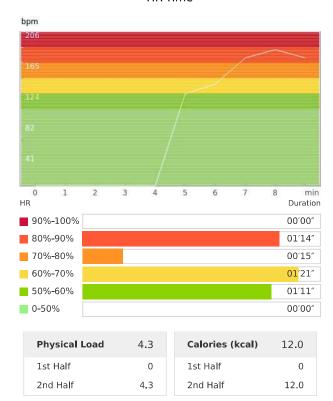
Metrics	Stats	Ranking
MHR (bpm)	182	2
Avg. HR (bpm)	143	6
Physical Load	4.3	7
Intensity	1.1	7
VO2 Max (ml/(kg.min))	37.1	3
Distance Covered (m)	310	5
Effective Running Distance (m)	27	1
High-speed Running Distance (m)	0	-
High-speed Runs	0	-
Sprint Distance (m)	0	-
Sprints	0	-
Avg. Intensive Run Intervals	-	-

Technical and Tactical Performance

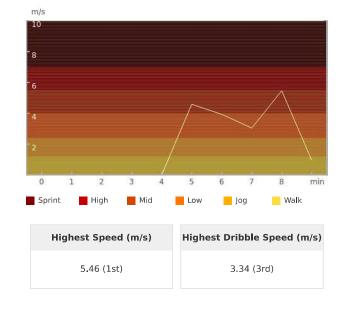
Metrics	Stats	Ranking
Touches	5	6
Passes	4	5
Pass Completion	25.0%	8
Passes Forward	1	5
Pass Completion (forward)	0%	-
Passes Forward (%)	25.0%	7
Interceptions	0	-
Possession Time	00′09″	6
Goal	0	-
Assist	0	-
Yellow Card	0	-
Red Card	0	-

7.2 Fitness Stats

HR-Time



Speed-Time

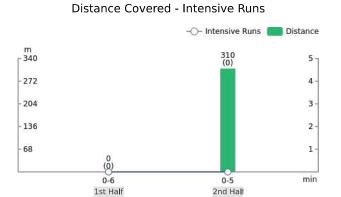




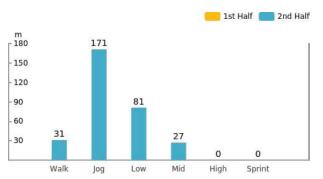
3-Azrin M. (Muar Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
39	-	170cm	70KG	70	206	04′02″

7.2 Fitness Stats



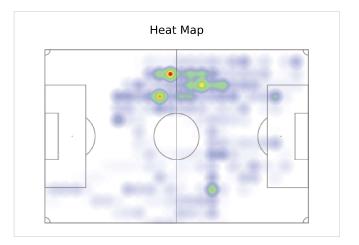
Distance Covered - Speed



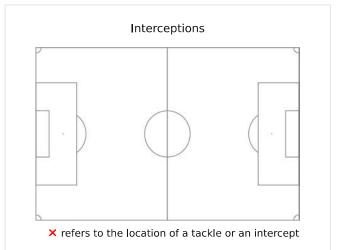
1st Half 2nd 7.3 Technical and Tactical Performance

Offense →





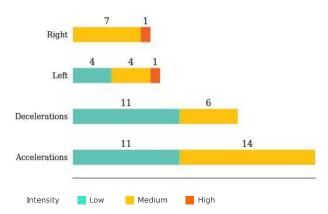






7.3 Technical and Tactical Performance

Inertance Movement Analysis





4-Zain A. (Muar Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
39	-	170cm	70KG	70	206	02′15″

7.1 Overview

Fitness Stats

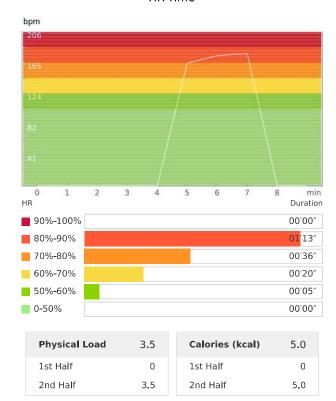
Metrics	Stats	Ranking
MHR (bpm)	177	5
Avg. HR (bpm)	159	4
Physical Load	3.5	8
Intensity	1.6	5
VO2 Max (ml/(kg.min))	35.5	6
Distance Covered (m)	200	6
Effective Running Distance (m)	11	4
High-speed Running Distance (m)	0	-
High-speed Runs	0	=
Sprint Distance (m)	0	-
Sprints	0	-
Avg. Intensive Run Intervals	-	-

Technical and Tactical Performance

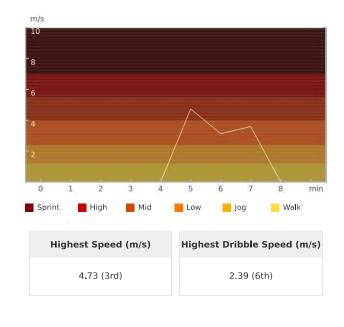
Metrics	Stats	Ranking
Touches	6	5
Passes	5	4
Pass Completion	80.0%	3
Passes Forward	2	4
Pass Completion (forward)	50.0%	3
Passes Forward (%)	40.0%	5
Interceptions	0	=
Possession Time	00′01″	8
Goal	0	-
Assist	0	-
Yellow Card	0	=
Red Card	0	-

7.2 Fitness Stats

HR-Time



Speed-Time

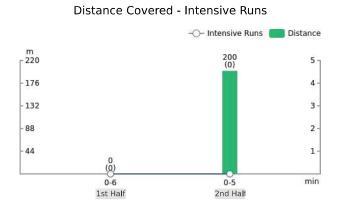




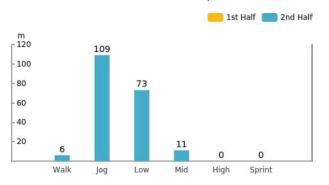
4-Zain A. (Muar Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
39	-	170cm	70KG	70	206	02′15″

7.2 Fitness Stats

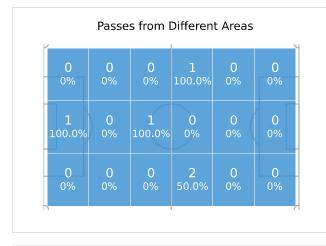


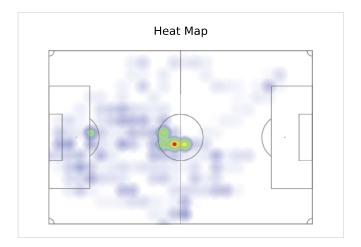
Distance Covered - Speed



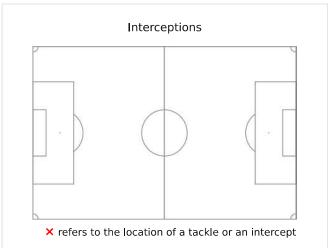
7.3 Technical and Tactical Performance

Offense →





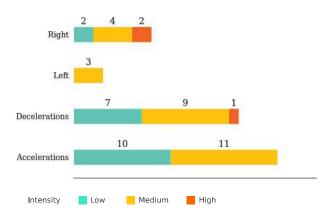






7.3 Technical and Tactical Performance

Inertance Movement Analysis





5-Izzuddin M. (Muar Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
39	-	170cm	70KG	70	206	09′17″

7.1 Overview

Fitness Stats

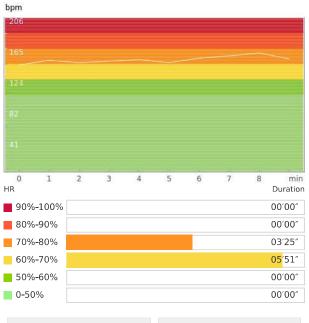
Metrics	Stats	Ranking
MHR (bpm)	159	7
Avg. HR (bpm)	142	7
Physical Load	6.8	5
Intensity	0.7	8
VO2 Max (ml/(kg.min))	30.5	7
Distance Covered (m)	115	8
Effective Running Distance (m)	0	-
High-speed Running Distance (m)	0	-
High-speed Runs	0	-
Sprint Distance (m)	0	-
Sprints	0	-
Avg. Intensive Run Intervals	-	-

Technical and Tactical Performance

Metrics	Stats	Ranking
Touches	12	4
Passes	10	3
Pass Completion	90.0%	2
Passes Forward	6	1
Pass Completion (forward)	83.3%	2
Passes Forward (%)	60.0%	2
Interceptions	2	4
Possession Time	00′10″	5
Goal	0	-
Assist	0	-
Yellow Card	0	-
Red Card	0	-

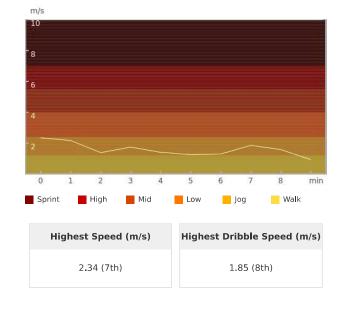
7.2 Fitness Stats

HR-Time



Physical Load	6.8	Calories (kcal)	16.0
1st Half	3.5	1st Half	8.0
2nd Half	3.3	2nd Half	8.0

Speed-Time

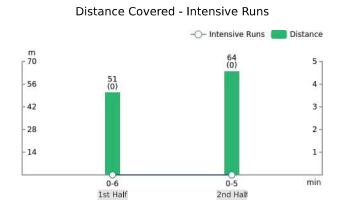




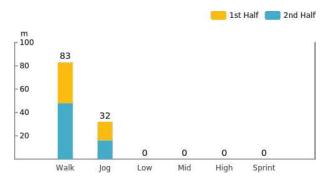
5-Izzuddin M. (Muar Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
39	-	170cm	70KG	70	206	09′17″

7.2 Fitness Stats

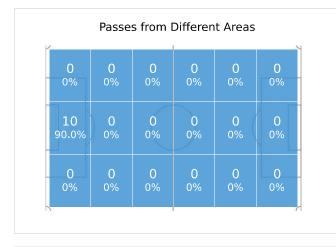


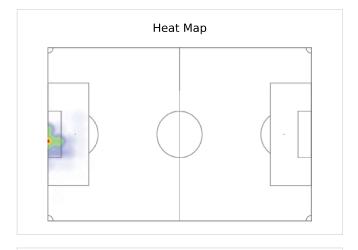
Distance Covered - Speed

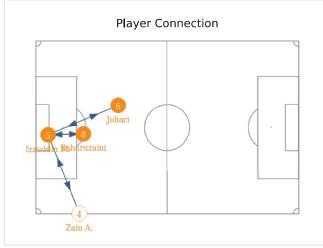


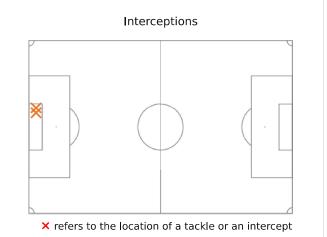
7.3 Technical and Tactical Performance

Offense →





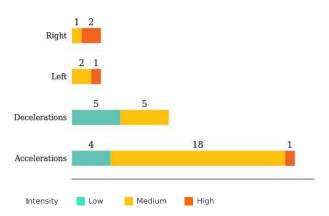






7.3 Technical and Tactical Performance

Inertance Movement Analysis





6-Johari (Muar Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
39	-	170cm	70KG	70	206	05′04″

7.1 Overview

Fitness Stats

Metrics	Stats	Ranking
MHR (bpm)	185	1
Avg. HR (bpm)	169	1
Physical Load	10.4	4
Intensity	2.1	2
VO2 Max (ml/(kg.min))	38.0	1
Distance Covered (m)	339	4
Effective Running Distance (m)	17	3
High-speed Running Distance (m)	0	-
High-speed Runs	0	-
Sprint Distance (m)	0	-
Sprints	0	-
Avg. Intensive Run Intervals	-	-

Technical and Tactical Performance

Metrics	Stats	Ranking
Touches	14	3
Passes	11	2
Pass Completion	72.7%	5
Passes Forward	5	2
Pass Completion (forward)	40.0%	4
Passes Forward (%)	45.5%	4
Interceptions	4	2
Possession Time	00′17″	3
Goal	0	-
Assist	0	-
Yellow Card	0	-
Red Card	0	-

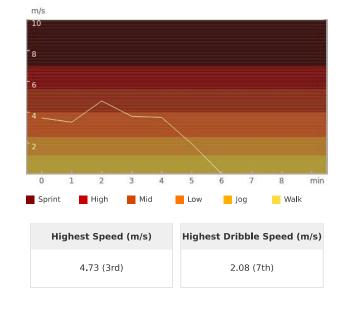
7.2 Fitness Stats

HR-Time



Physical Load	10.4
1st Half	10.4
2nd Half	0

Calories (kcal) 16.0 1st Half 16.0 2nd Half 0



Time 05′04″

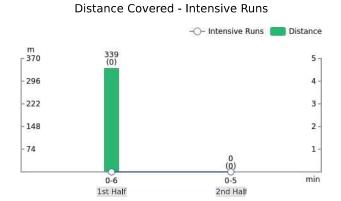
7. PLAYER SUMMARY



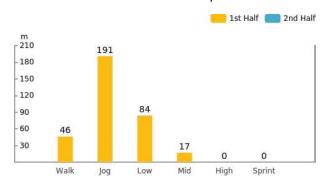
6-Johari (Muar Senior)

Age	Position	Height	Weight	BHR	History MHR
39	_	170cm	70KG	70	206

7.2 Fitness Stats

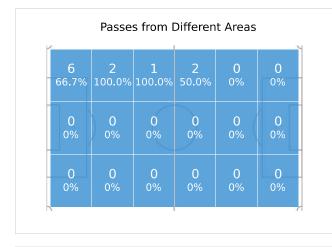


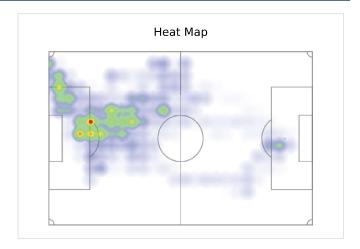
Distance Covered - Speed

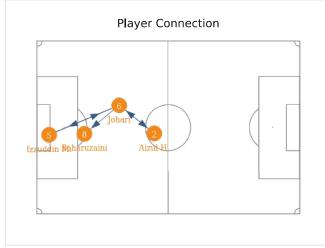


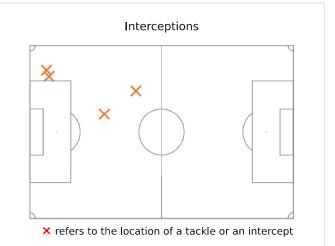
7.3 Technical and Tactical Performance

Offense →









Time

05′04″

7. PLAYER SUMMARY

Weight

70KG

BHR

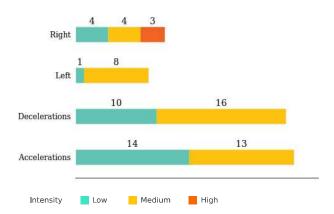
70

History MHR

206



7.3 Technical and Tactical Performance





7-Danial (Muar Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
39	-	170cm	70KG	70	206	07′01″

7.1 Overview

Fitness Stats

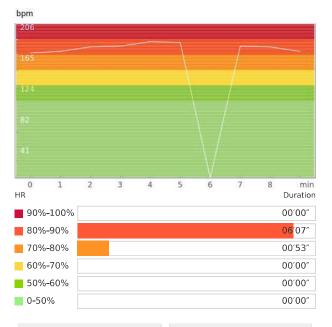
Metrics	Stats	Ranking
MHR (bpm)	182	2
Avg. HR (bpm)	169	1
Physical Load	14.1	2
Intensity	2.0	4
VO2 Max (ml/(kg.min))	37.4	2
Distance Covered (m)	470	3
Effective Running Distance (m)	0	=
High-speed Running Distance (m)	0	-
High-speed Runs	0	-
Sprint Distance (m)	0	-
Sprints	0	-
Avg. Intensive Run Intervals	-	-

Technical and Tactical Performance

Metrics	Stats	Ranking
Touches	16	2
Passes	11	2
Pass Completion	63.6%	6
Passes Forward	6	1
Pass Completion (forward)	50.0%	3
Passes Forward (%)	54.5%	3
Interceptions	2	4
Possession Time	00′15″	4
Goal	0	-
Assist	0	-
Yellow Card	0	-
Red Card	0	-

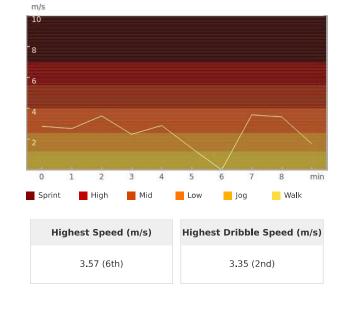
7.2 Fitness Stats

HR-Time



Physical Load	14.1
1st Half	10.3
2nd Half	3.8

Calories (kcal) 96.0 1st Half 69.0 2nd Half 27.0

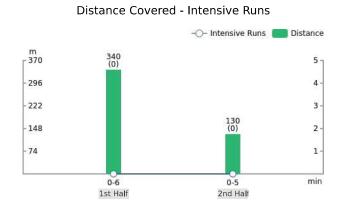




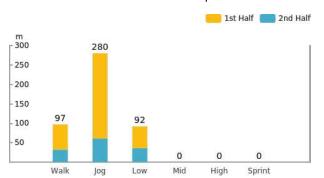
7-Danial (Muar Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
39	_	170cm	70KG	70	206	07′01″

7.2 Fitness Stats

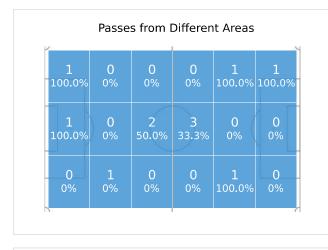


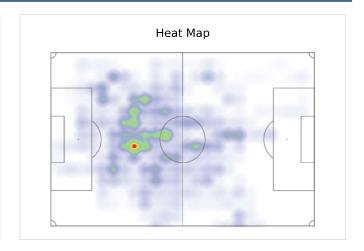
Distance Covered - Speed

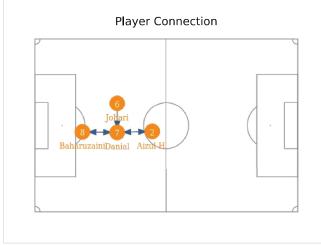


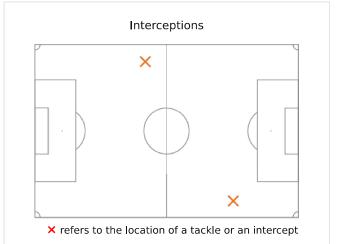
7.3 Technical and Tactical Performance

Offense →



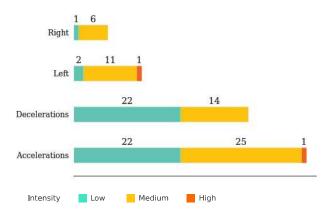








7.3 Technical and Tactical Performance





8-Baharuzaini (Muar Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
39	-	170cm	70KG	70	206	09′17″

7.1 Overview

Fitness Stats

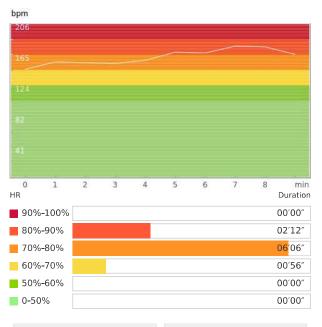
Metrics	Stats	Ranking
MHR (bpm)	176	6
Avg. HR (bpm)	155	5
Physical Load	11.5	3
Intensity	1.2	6
VO2 Max (ml/(kg.min))	35.5	6
Distance Covered (m)	497	1
Effective Running Distance (m)	0	-
High-speed Running Distance (m)	0	-
High-speed Runs	0	-
Sprint Distance (m)	0	-
Sprints	0	-
Avg. Intensive Run Intervals	-	-

Technical and Tactical Performance

Metrics	Stats	Ranking
Touches	21	1
Passes	12	1
Pass Completion	75.0%	4
Passes Forward	4	3
Pass Completion (forward)	100.0%	1
Passes Forward (%)	33.3%	6
Interceptions	6	1
Possession Time	00′20″	2
Goal	0	-
Assist	0	-
Yellow Card	0	-
Red Card	0	-

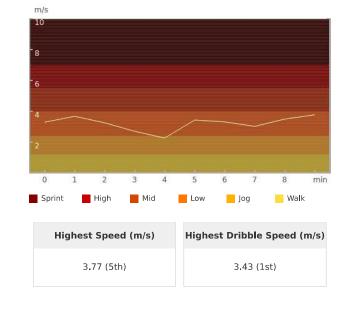
7.2 Fitness Stats

HR-Time



Physical Load	11.5
1st Half	4.7
2nd Half	6.8

Calories (kcal) 110.0 1st Half 56.0 2nd Half 54.0



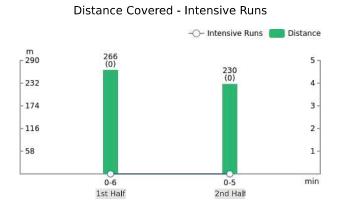


8-Baharuzaini (Muar Senior)

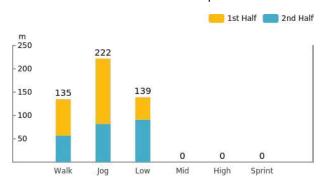
 Age
 Position
 Height
 Weight
 BHR
 History MHR
 Time

 39
 170cm
 70KG
 70
 206
 09'17"

7.2 Fitness Stats

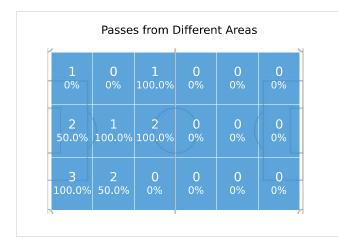


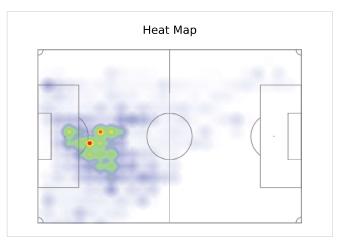
Distance Covered - Speed



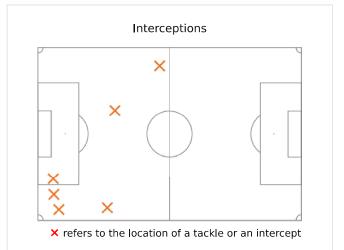
7.3 Technical and Tactical Performance

Offense →







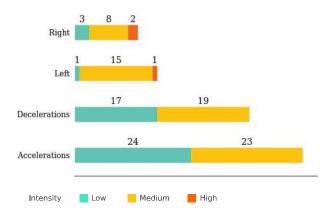




8-Baharuzaini (Muar Senior)

Age	Position	Heiaht	Weight	BHR	History MHR	Time
		3	3		,	
39	-	170cm	70KG	70	206	09′17″

7.3 Technical and Tactical Performance





10-Khairie M. (Muar Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
39	-	170cm	70KG	70	206	01′48″

7.1 Overview

Fitness Stats

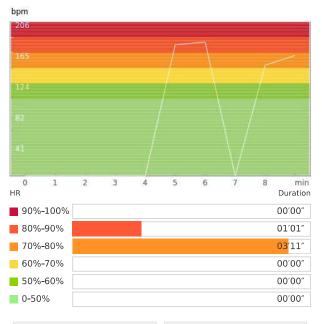
Metrics	Stats	Ranking
MHR (bpm)	179	4
Avg. HR (bpm)	166	3
Physical Load	5.3	6
Intensity	2.9	1
VO2 Max (ml/(kg.min))	36.2	5
Distance Covered (m)	127	7
Effective Running Distance (m)	0	=
High-speed Running Distance (m)	0	-
High-speed Runs	0	=
Sprint Distance (m)	0	-
Sprints	0	-
Avg. Intensive Run Intervals	-	-

Technical and Tactical Performance

Metrics	Stats	Ranking
Touches	3	7
Passes	1	6
Pass Completion	100.0%	1
Passes Forward	1	5
Pass Completion (forward)	100.0%	1
Passes Forward (%)	100.0%	1
Interceptions	0	-
Possession Time	00′04″	7
Goal	0	-
Assist	0	-
Yellow Card	0	-
Red Card	0	-

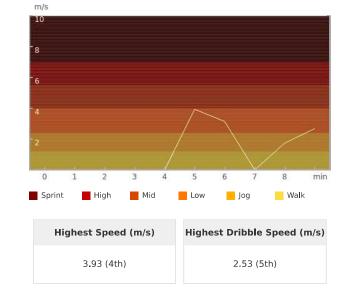
7.2 Fitness Stats

HR-Time



Physical Load	5.3
1st Half	0
2nd Half	5.3

Calories (kcal)23.01st Half02nd Half23.0

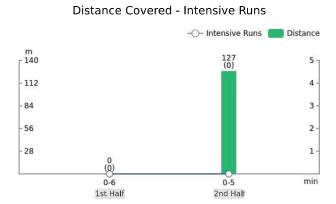




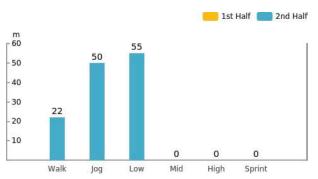
10-Khairie M. (Muar Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
39	-	170cm	70KG	70	206	01′48″

7.2 Fitness Stats



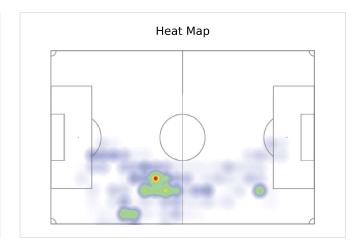
Distance Covered - Speed

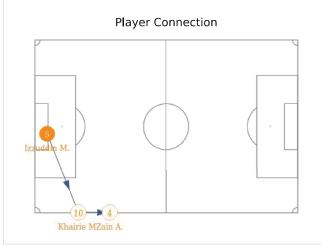


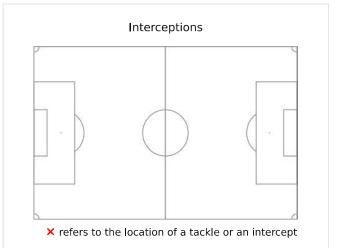
7.3 Technical and Tactical Performance

Offense →







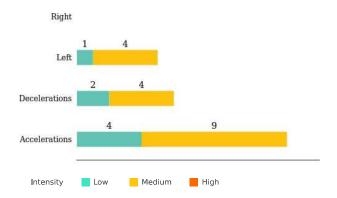




10-Khairie M. (Muar Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
39	-	170cm	70KG	70	206	01′48″

7.3 Technical and Tactical Performance





2-Rujhan (Taiping Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
35	_	166cm	65KG	70	206	04′09″

7.1 Overview

Fitness Stats

Metrics	Stats	Ranking
MHR (bpm)	178	6
Avg. HR (bpm)	167	4
Physical Load	7.8	6
Intensity	1.9	4
VO2 Max (ml/(kg.min))	36.2	5
Distance Covered (m)	320	5
Effective Running Distance (m)	7	5
High-speed Running Distance (m)	0	-
High-speed Runs	0	-
Sprint Distance (m)	0	-
Sprints	0	-
Avg. Intensive Run Intervals	-	-

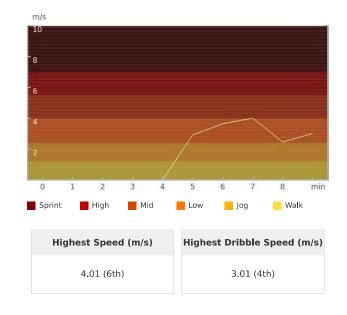
Technical and Tactical Performance

Metrics	Stats	Ranking
Touches	14	5
Passes	8	5
Pass Completion	87.5%	2
Passes Forward	3	3
Pass Completion (forward)	100.0%	1
Passes Forward (%)	37.5%	2
Interceptions	5	1
Possession Time	00′13″	5
Goal	0	_
Assist	0	-
Yellow Card	0	-
Red Card	0	-

7.2 Fitness Stats

HR-Time



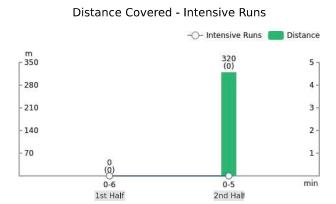




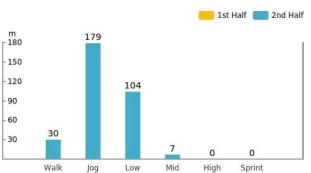
2-Rujhan (Taiping Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
35	-	166cm	65KG	70	206	04′09″

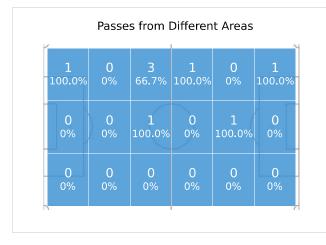
7.2 Fitness Stats

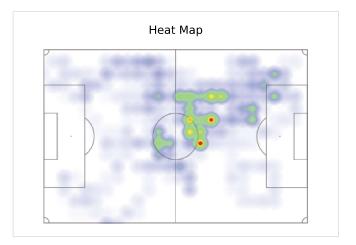


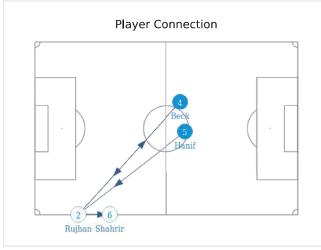
Distance Covered - Speed

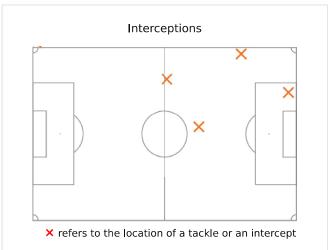


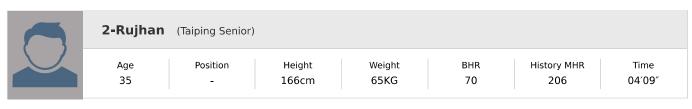
7.3 Technical and Tactical Performance



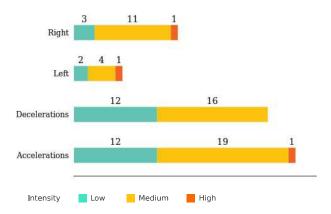








7.3 Technical and Tactical Performance





4-Beck (Taiping Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
35	-	179cm	68KG	70	206	07′24″

7.1 Overview

Fitness Stats

Metrics	Stats	Ranking
MHR (bpm)	180	5
Avg. HR (bpm)	167	4
Physical Load	13.3	3
Intensity	1.8	5
VO2 Max (ml/(kg.min))	36.8	4
Distance Covered (m)	532	2
Effective Running Distance (m)	7	4
High-speed Running Distance (m)	0	-
High-speed Runs	0	-
Sprint Distance (m)	0	-
Sprints	0	-
Avg. Intensive Run Intervals	-	-

Technical and Tactical Performance

Metrics	Stats	Ranking
Touches	20	3
Passes	17	2
Pass Completion	76.5%	4
Passes Forward	5	1
Pass Completion (forward)	80.0%	2
Passes Forward (%)	29.4%	3
Interceptions	1	4
Possession Time	00′14″	4
Goal	0	-
Assist	0	-
Yellow Card	0	-
Red Card	0	-

7.2 Fitness Stats

1st Half

2nd Half

HR-Time



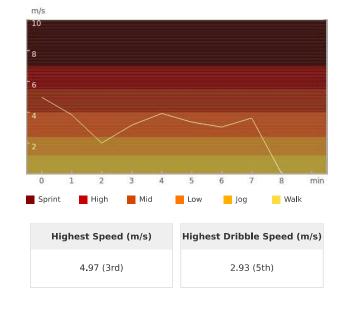
8.7

4.5

1st Half

2nd Half

Speed-Time



67.0

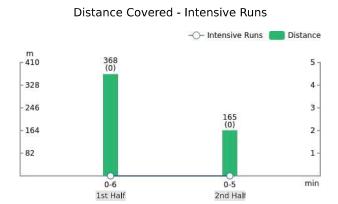
32.0



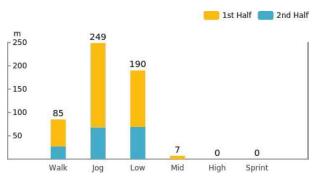
4-Beck (Taiping Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
35	-	179cm	68KG	70	206	07′24″

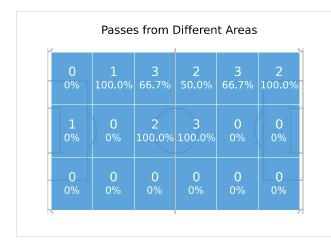
7.2 Fitness Stats

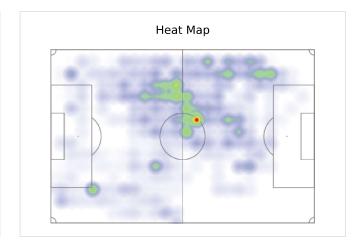


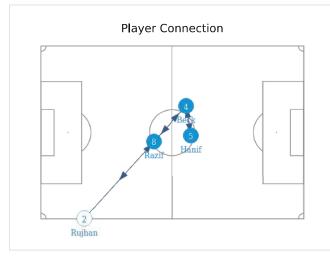
Distance Covered - Speed

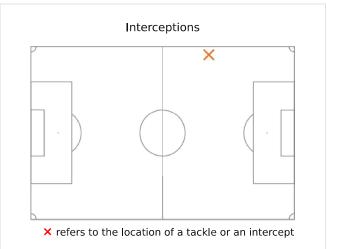


7.3 Technical and Tactical Performance



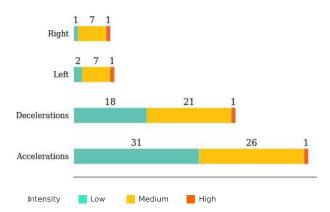








7.3 Technical and Tactical Performance





5-Hanif (Taiping Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
35	-	168cm	80KG	70	206	09′17″

7.1 Overview

Fitness Stats

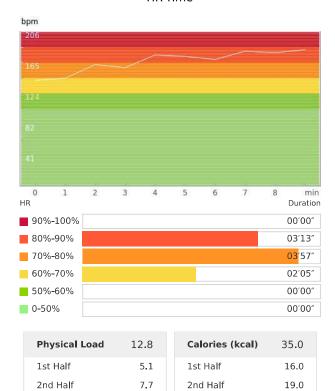
Metrics	Stats	Ranking
MHR (bpm)	182	4
Avg. HR (bpm)	156	5
Physical Load	12.7	4
Intensity	1.4	6
VO2 Max (ml/(kg.min))	37.1	3
Distance Covered (m)	568	1
Effective Running Distance (m)	12	3
High-speed Running Distance (m)	0	-
High-speed Runs	0	-
Sprint Distance (m)	0	-
Sprints	0	-
Avg. Intensive Run Intervals	-	-

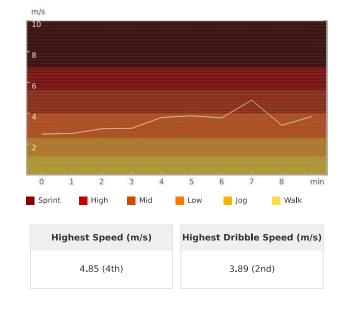
Technical and Tactical Performance

Metrics	Stats	Ranking
Touches	25	1
Passes	18	1
Pass Completion	72.2%	6
Passes Forward	2	4
Pass Completion (forward)	50.0%	4
Passes Forward (%)	11.1%	6
Interceptions	5	1
Possession Time	00′20″	2
Goal	0	-
Assist	0	-
Yellow Card	0	-
Red Card	0	-

7.2 Fitness Stats

HR-Time



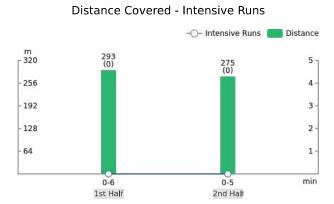




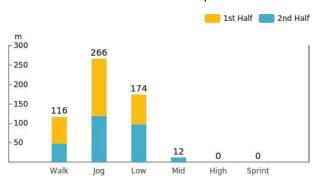
5-Hanif (Taiping Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
35	-	168cm	80KG	70	206	09′17″

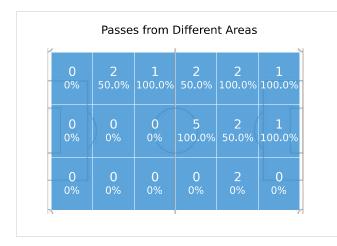
7.2 Fitness Stats

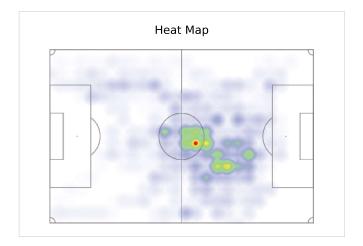


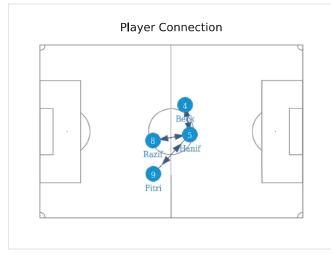
Distance Covered - Speed

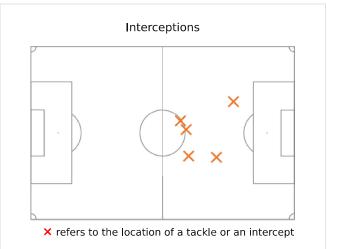


7.3 Technical and Tactical Performance



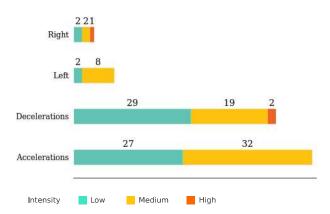








7.3 Technical and Tactical Performance





6-Shahrir (Taiping Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
35	-	84cm	170KG	70	206	04′09″

7.1 Overview

Fitness Stats

Metrics	Stats	Ranking
MHR (bpm)	184	3
Avg. HR (bpm)	175	2
Physical Load	10.4	5
Intensity	2.5	2
VO2 Max (ml/(kg.min))	38.0	2
Distance Covered (m)	287	6
Effective Running Distance (m)	0	-
High-speed Running Distance (m)	0	-
High-speed Runs	0	-
Sprint Distance (m)	0	-
Sprints	0	-
Avg. Intensive Run Intervals	-	-

Technical and Tactical Performance

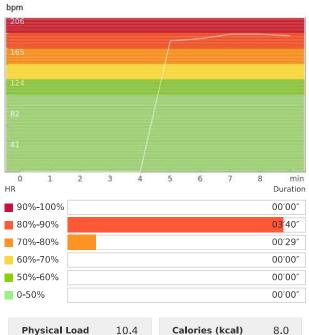
Metrics	Stats	Ranking
Touches	8	6
Passes	3	7
Pass Completion	100.0%	1
Passes Forward	2	4
Pass Completion (forward)	100.0%	1
Passes Forward (%)	66.7%	1
Interceptions	0	=
Possession Time	00′03″	7
Goal	0	=
Assist	0	-
Yellow Card	0	=
Red Card	0	-

7.2 Fitness Stats

1st Half

2nd Half

HR-Time



10.4 **Calories (kcal)** 8.0 0 1st Half 0 10.4 2nd Half 8.0

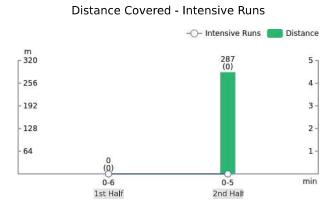




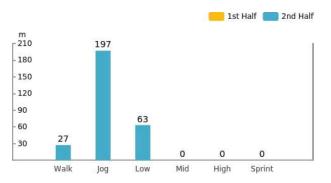
6-Shahrir (Taiping Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
35	-	84cm	170KG	70	206	04′09″

7.2 Fitness Stats

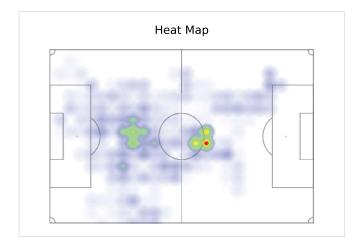


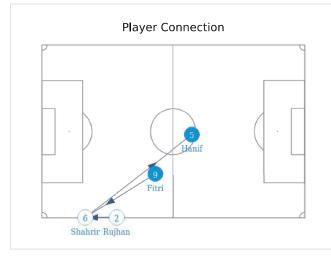
Distance Covered - Speed

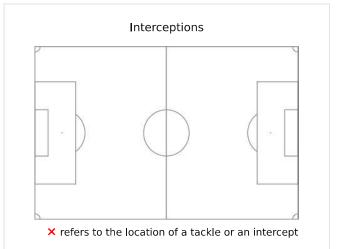


7.3 Technical and Tactical Performance





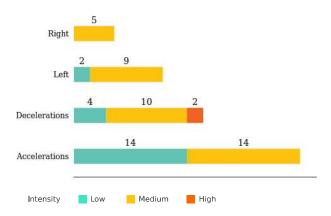






6-Shahrir (Taiping Senior)						
Age	Position	Height	Weight	BHR	History MHR	Time
35	-	84cm	170KG	70	206	04′09″

7.3 Technical and Tactical Performance





7-Hafizuddin M. (Taiping Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
35	-	172cm	94KG	70	206	09′17″

7.1 Overview

Fitness Stats

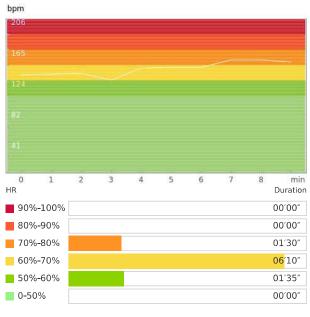
Metrics	Stats	Ranking
MHR (bpm)	151	7
Avg. HR (bpm)	133	6
Physical Load	4.9	7
Intensity	0.5	7
VO2 Max (ml/(kg.min))	28.1	6
Distance Covered (m)	161	7
Effective Running Distance (m)	4	6
High-speed Running Distance (m)	0	-
High-speed Runs	0	-
Sprint Distance (m)	0	-
Sprints	0	-
Avg. Intensive Run Intervals	-	-

Technical and Tactical Performance

Metrics	Stats	Ranking
Touches	5	7
Passes	4	6
Pass Completion	75.0%	5
Passes Forward	0	-
Pass Completion (forward)	0%	-
Passes Forward (%)	0%	-
Interceptions	2	3
Possession Time	00′05″	6
Goal	0	-
Assist	0	-
Yellow Card	0	-
Red Card	0	-

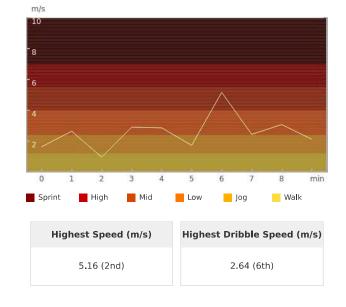
7.2 Fitness Stats

HR-Time



Physical Load	4.8
1st Half	2.0
2nd Half	2.8

Calories (kcal)19.01st Half9.02nd Half10.0

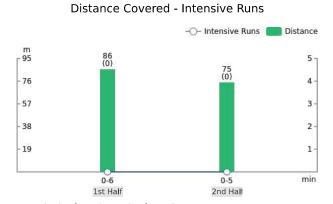




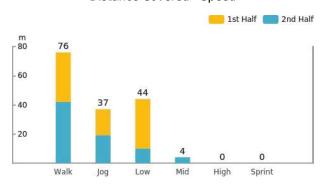
7-Hafizuddin M. (Taiping Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
35	-	172cm	94KG	70	206	09′17″

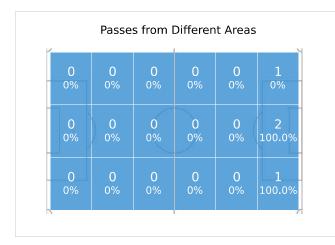
7.2 Fitness Stats

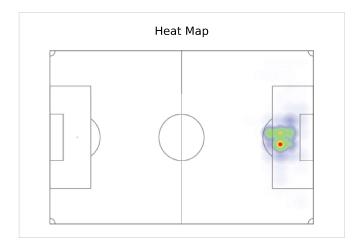


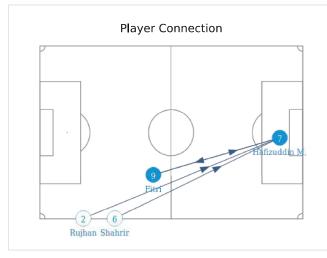
Distance Covered - Speed

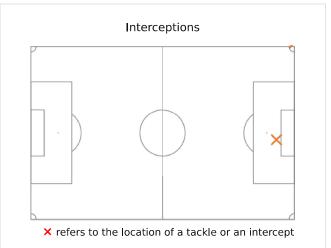


7.3 Technical and Tactical Performance







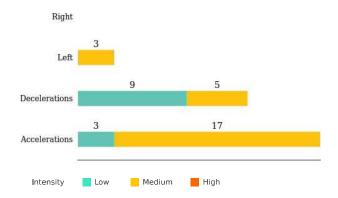




7-Hafizuddin M. (Taiping Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
35	-	172cm	94KG	70	206	09′17″

7.3 Technical and Tactical Performance





8-Razif (Taiping Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
35	-	160cm	70KG	70	206	05′04″

7.1 Overview

Fitness Stats

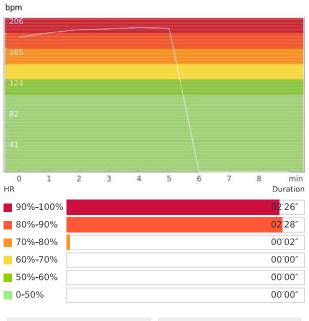
Metrics	Stats	Ranking
MHR (bpm)	193	1
Avg. HR (bpm)	183	1
Physical Load	16.2	1
Intensity	3.2	1
VO2 Max (ml/(kg.min))	40.7	1
Distance Covered (m)	367	4
Effective Running Distance (m)	16	2
High-speed Running Distance (m)	0	-
High-speed Runs	0	-
Sprint Distance (m)	0	-
Sprints	0	-
Avg. Intensive Run Intervals	-	-

Technical and Tactical Performance

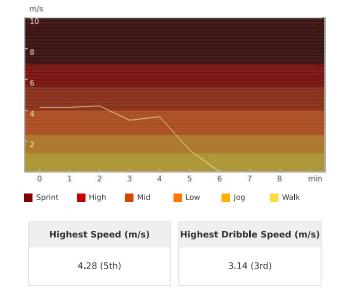
Metrics	Stats	Ranking
Touches	18	4
Passes	14	4
Pass Completion	78.6%	3
Passes Forward	4	2
Pass Completion (forward)	100.0%	1
Passes Forward (%)	28.6%	4
Interceptions	4	2
Possession Time	00′15″	3
Goal	0	_
Assist	0	-
Yellow Card	0	-
Red Card	0	-

7.2 Fitness Stats

HR-Time



Physical Load	16.2	Calories (kcal)	77.0
1st Half	16.2	1st Half	77.0
2nd Half	0	2nd Half	0

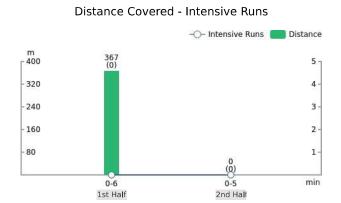




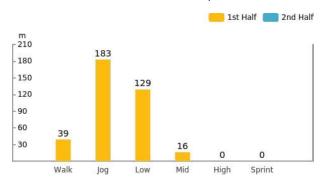
8-Razif (Taiping Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
35	-	160cm	70KG	70	206	05′04″

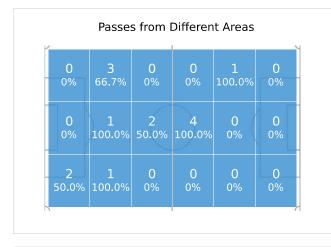
7.2 Fitness Stats

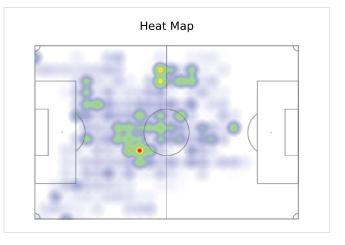


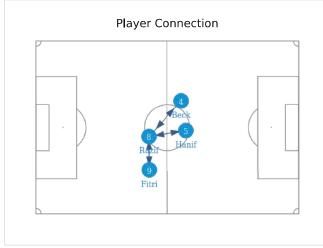
Distance Covered - Speed

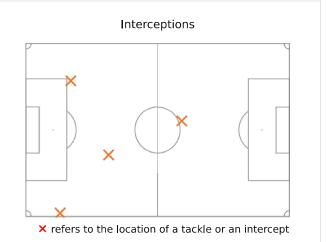


7.3 Technical and Tactical Performance



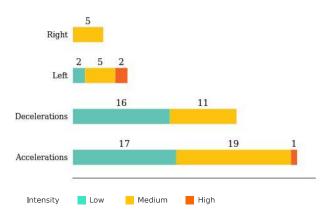








7.3 Technical and Tactical Performance





9-Fitri (Taiping Senior)

Age	Position	Height	Weight	BHR	History MHR	Time
35	-	168cm	70KG	70	206	06′57″

7.1 Overview

Fitness Stats

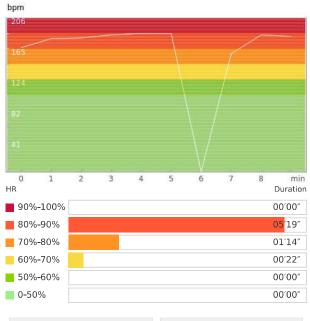
Metrics	Stats	Ranking
MHR (bpm)	185	2
Avg. HR (bpm)	171	3
Physical Load	15.9	2
Intensity	2.3	3
VO2 Max (ml/(kg.min))	38.0	2
Distance Covered (m)	509	3
Effective Running Distance (m)	58	1
High-speed Running Distance (m)	5	1
High-speed Runs	1	1
Sprint Distance (m)	0	-
Sprints	0	-
Avg. Intensive Run Intervals	-	-

Technical and Tactical Performance

Metrics	Stats	Ranking
Touches	23	2
Passes	15	3
Pass Completion	40.0%	7
Passes Forward	4	2
Pass Completion (forward)	75.0%	3
Passes Forward (%)	26.7%	5
Interceptions	4	2
Possession Time	00′24″	1
Goal	2	-
Assist	0	-
Yellow Card	0	-
Red Card	0	-

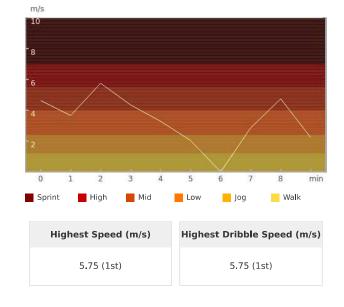
7.2 Fitness Stats

HR-Time



Physical Load	15.9
1st Half	11.9
2nd Half	4.0

Calories (kcal) 97.0 1st Half 71.0 2nd Half 26.0

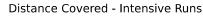




9-Fitri (Taiping Senior)

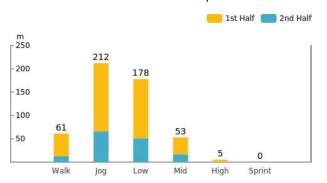
Age	Position	Height	Weight	BHR	History MHR	Time
35	-	168cm	70KG	70	206	06′57″

7.2 Fitness Stats

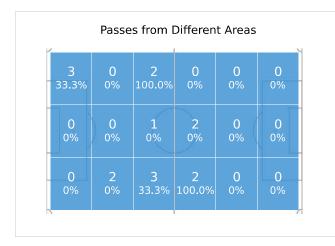


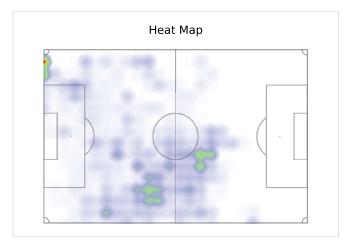


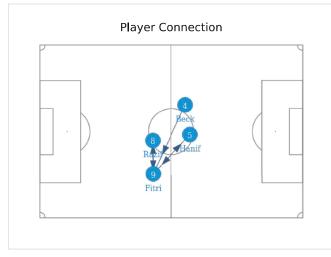
Distance Covered - Speed

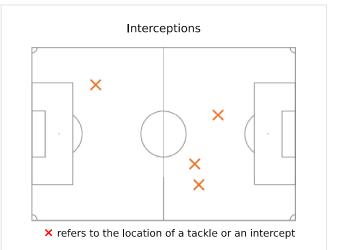


7.3 Technical and Tactical Performance









History MHR

206

Time

06′57″



7.3 Technical and Tactical Performance

