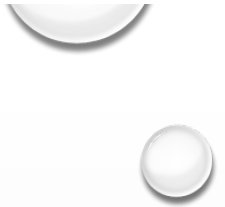


AMBRI, 18.08.2022

HOW CAN WE COMPETE?

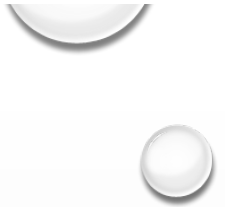




HOW CAN WE COMPETE?

INFRASTRUCTURE
STRUCTURE

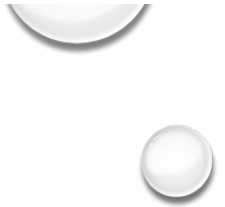




WHO?

OTHER SPORTS
OUR SPORTS
UNIVERSITY

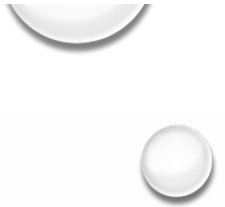




OUR HOCKEY

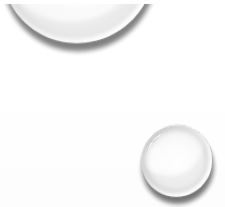
25-30 SECONDS SHIFTS
SPEED AND POWER





WHAT WERE WE LOOKING FOR?

ANALYZING PERFORMANCE
INDIVIDUALIZE THE WORK LOAD
PREVENT AND ANALYZE INJURY



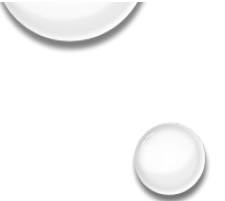
OUR STAFF

2 COACHES

1 GOALIE COACH

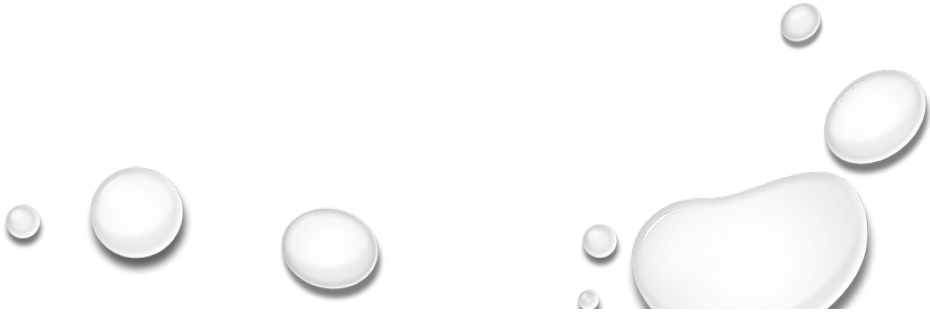
1 STRENGTH AND CONDITIONING COACH





3 STEPS

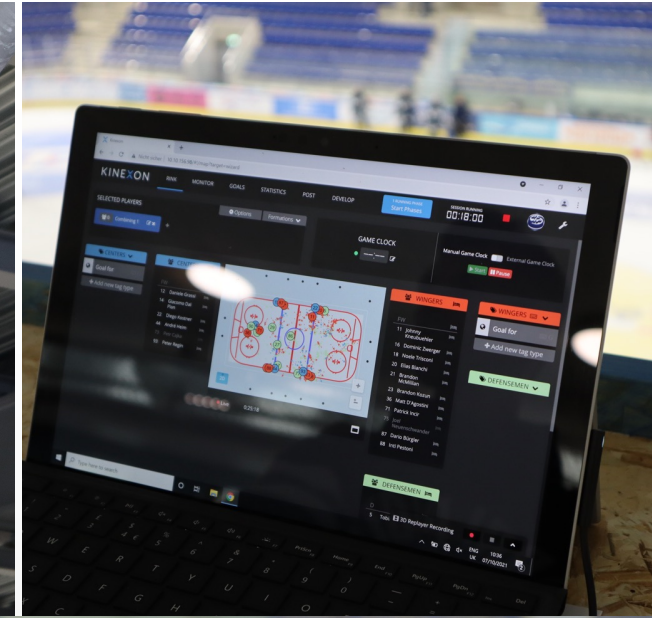
COLLECT DATAS
ANALYZE DATAS
USE DATAS





HOW DOES IT WORKS?

HOW DOES IT WORKS?



WHAT CAN WE MESURE?

- **Basic mesures**

- Position
- Distance
- Speed
- Time on ice

- **External Load**

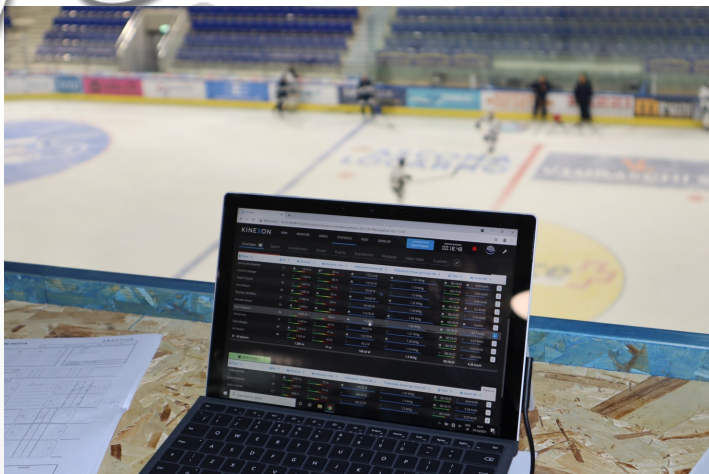
- Acceleration
- Deceleration
- Metabolic Power
- Metabolic Work
- Balance

- **Internal Load**

- Heart Rate
- Energy Consumption
- EPOC
- Trimp

- **Performance Events**

- Change of Direction
- Change of Pace
- Acceleration / Deceleration (nr.)
- Sprint (nr.)
- Turn
- Impact



REPORT

PLAYER OVERVIEW - ACCUMULATED ACCELERATION LOAD, SPEED (% OF MAX.), CHANGES... (1/3)

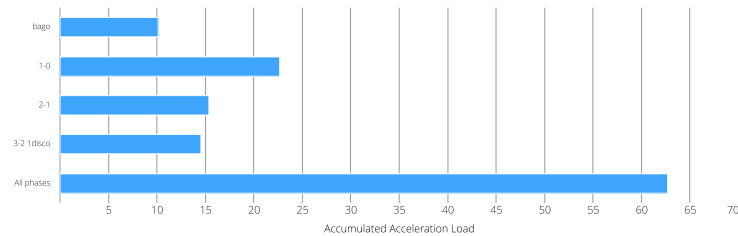
CENTERS

Player	Accumulat...	Speed (% o...	Changes of...	← Changes of...	→ Changes of...	Sharp Turns	Step Balan...	Impacts	Sprints
André Heim	61.57	101 %	1	1	0	2	0.99	1	10
Giacomo Dal P...	53.92	104 %	3	2	1	1	0.88	0	10
Diego Kostner	76.2	99 %	3	3	0	1	0.89	0	12
Peter Regin	58.75	94 %	5	1	4	1	1.15	0	12
Ø All players	62.61	0 %	3	1.75	1.25	1.25	0.98	0.25	11

Numbers: ■ Below average ■ Above average

REPORT

PHASE BAR CHART - ACCUMULATED ACCELERATION LOAD



TOP 3 RANKING - DISTANCE

Ø 1,385 m

86	Rocco Pezzullo	1,705 m
10	Juuso Hietanen	1,642 m
7	Isacco Dotti	1,587 m

TOP 3 RANKING - METABOLIC POWER PER MASS (MAX.)

Ø 17.95 W/kg

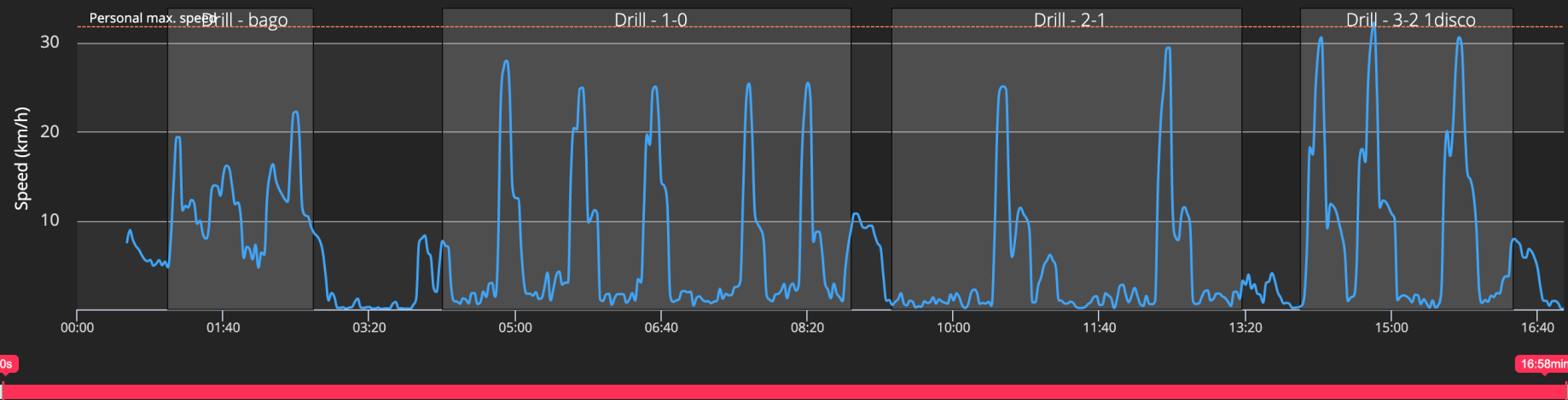
10	Juuso Hietanen	21.01 W/kg
5	Tobias Fohrler	20.47 W/kg
23	Brandon Kozun	20.2 W/kg

TOP 3 RANKING - SPEED (MAX.)

Ø 30.62 km/h

11	Johnny Kneubuehler	34.76 km/h
12	Daniele Grassi	33.07 km/h
87	Dario Buegler	32.96 km/h

SPEED SPLINE CHART - SPEED (MAX.)



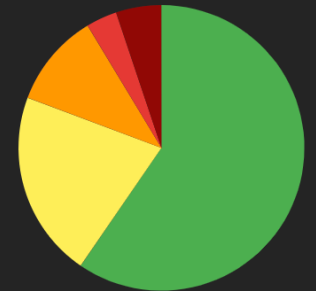
REPORT

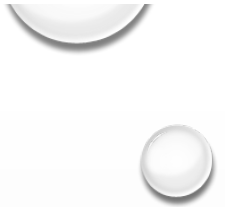
POWER MAIN METRICS

STEP BALANCE (Ø)	0.98
HIGH METABOLIC POWER DISTANCE	449 m
METABOLIC POWER (Ø)	140.02 W
ACCELERATIONS	11
SPRINTS	10
ACCUMULATED ACCELERATION LOAD	69.55
ACCELERATION LOAD / MIN	0.71
VERY LOW	00:09:45 (60 %)
LOW	00:03:27 (21 %)
MEDIUM	00:01:44 (11 %)
HIGH	00:00:34 (3 %)
VERY HIGH	00:00:50 (5 %)

TIME PER POWER ZONE

● very low	00:09:45	(60 %)
● low	00:03:27	(21 %)
● medium	00:01:44	(11 %)
● high	00:00:34	(3 %)
● very high	00:00:50	(5 %)
Total	16:23	





OTHER USE?

PROMOTIONAL AND COMMERCIAL USE
STUDIES ON INJURY



HOW CAN WE COMPETE?



The image features a light gray gradient background. In the top-left corner, there are several water droplets of varying sizes, some partially cut off by the edge. In the top-right corner, there is one large droplet and one smaller one. In the bottom-right corner, there is a cluster of droplets, including a large one and several smaller ones. In the bottom-center, there are two more droplets of medium size.

QUESTIONS?