



#Overall Score & Remarks



INSAIT JOY ProTectors in total present 16 metrics of the matchday (or training). We further divide these metrics in 5 categories. Each category stands for an element of the game including Speed, Explosive Power, Stamina, Power and (foot) Balance. Each element is rated with certain standards and in the end, we give an overall score by the average of rating in 5 elements.



Remark	S	A+	A	B+	B	C+	C
Standard	score≥95	95>score≥85	85>score≥75	75>score≥65	65>score≥55	55>score≥45	45>score

For example:

The overall score 40 = (28+30+38+69+37) / 5

Other than that we give a remark of the score with S, A, B and C.

Rating standard in each element

Each element is rated with 1-2 metric(s) with a certain standard.

Not all metrics are considered in rating because some appear with randomness. For example, we do not consider jumps or sharp turns when it comes to Explosive Power, as counts on these events varies all the time according to the real match scenario. Sometimes you simply do not jump in a game when your team just keep the ball on the ground.

Age

However, players coming from different age groups may not be rated together with 1 single standard. The standard for adults are usually higher than teenagers. For now INSAIT JOY comes with 2 sets of rating standards:

- Age<16;
- Age≥16





Standard for Age<16

Element	Metric(s) considered	Calculation & standards	Remarks	Example
Stamina	Distance per min	Top score 100 = 90m/min	If session time ≤10mins, top score is only 20 If session time >10mins, min score is 21	Played 90 mins and distance per min is 50m/min, so final score is $90/(100-20)*50=56$
Speed	Highest speed	Top score 100 = 5m/s	The results are linear, with 5,0 m/s as a score of 100	Having a top speed of 2,5 m/s will get you a score of $(2,5/5,0)*100=50$
Explosive Power	Highest acceleration speed	Top score 100 = 4m/s ²	The results are linear, with 4,0 m/s ² as a score of 100	Having a acceleration speed of 2,0 m/s ² will get you a score of $(2,0/4,0)*100=50$
Power	Max leg-swing power	Top score 100 = 500N	The results are linear, with 500N as a score of 100	Having a maximum leg power of 200 N will get you a score of $(200N/500N)*100=40$
Balance	Use of left & right foot	Top score 100 = difference between left & right foot usage is less than 20% (including 20%)	We applied same standard on Foot Balance for both age groups. For 0 score: difference is 100% or no touches at all with both feet	Use of left foot = 30%, use of right foot = 70% difference = 70%-30%=40% Final score = $100/80 * 40 = 50$

Standard for Age≥16

Element	Metric(s) considered	Calculation & standards	Remarks	Example
Stamina	Distance per min	Top score 100 = 120m/min	If session time ≤10mins, top score is only 20 If session time >10mins, min score is 21	
Speed	Highest speed	Top score 100 = 8m/s	The results are linear, with 8,0 m/s as a score of 100	
Explosive Power	Highest accl. speed	Top score 100 = 8m/s ²	The results are linear, with 8,0 m/s ² as a score of 100	
Power	Max leg-swing power	Top score 100 = 3000N	The results are linear, with 3000N as a score of 100	
Balance	Use of left & right foot	same with Age<16		

Contact:

+31 (0)85 -018 12 15
 info@forwardsports.tech / info@forward.football
 www.forwardsports.tech / www.forward.football

