PRACTICE LAB QUICK START

Synthetic football GPS data | Evidence • Performance • Practice

Start here

Open the **Practice Lab** and choose **Sport Science Mode** to build a report, or **Coach Mode** to read a finished dashboard. The squad and GPS records are fictional and for education only.

Sport Science Mode | Build a simple report

1. Read the task Identify the metric, player group and session the question refers to.

2. Build the visual Choose Bar Chart, Line Chart, Card or Table. Add the fields that answer the question.

3. Set filters Use Week, Session, Player, Date, Position or Participation. Check the visible context.

4. Choose the calculation SUM for accumulated distance, AVERAGE for typical exposure, MAXIMUM for a peak value.

5. Check and explain Submit the visual or response. State what is supported, then add context if asked.

The six Sport Science exercises

1	Compare player running volume
2	Add Session and Week filters, then check Cameron's exposure.
3	Build a Max Speed card and select a peak calculation.
4	Compare HSR and review the session context.
5	Follow Josh Murray over time and preserve missing records.
6	Create a concise coach-facing report.

Coach Mode | Read the Dashboard

Coach Mode provides a finished GPS dashboard. Follow NOTICE → UNDERSTAND → CHECK CONTEXT → DISCUSS.

1. Set context Start with Week and Session. Add Player, Position or Participation filters when relevant.

2. Read the cards Average Total Distance, Average HSR, Highest Max Speed and players or records represented.

3. Compare players Use the metric selector. A Total Distance leader may differ from the HSR or Max Speed leader.

4. Check Player Detail Select a player and check position, duration, metrics, speed units and Participation Status.

5. Answer the task Give a short factual observation first. Interpret only what the evidence and context support.

Verified Coach Exercise 1 answers

Task	Week 2 MD-2 answer
Highest Total Distance	Aaron Reid, 5,716 m
Aaron Reid Max Speed	32.07 km/h and 8.91 m/s
Highest HSR	Liam Henderson, 654 m. Highest Total Distance and HSR are different comparisons.
Cameron Scott participation	Partial, 32 minutes, 2,650 m Total Distance.

Quick context check

Before judging a lower output, check duration, participation, role, session objective and valid data. Missing is not zero. A peak speed is not a total distance. A high HSR value does not prove a session was hardest or best.

> **Practice Lab thresholds**
> HSR: >19.8 km/h | >5.5 m/s. Sprint: >25.2 km/h | >7.0 m/s. Thresholds vary by provider and organisation.

Need a hand?

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Scan or click to open the Practice Lab