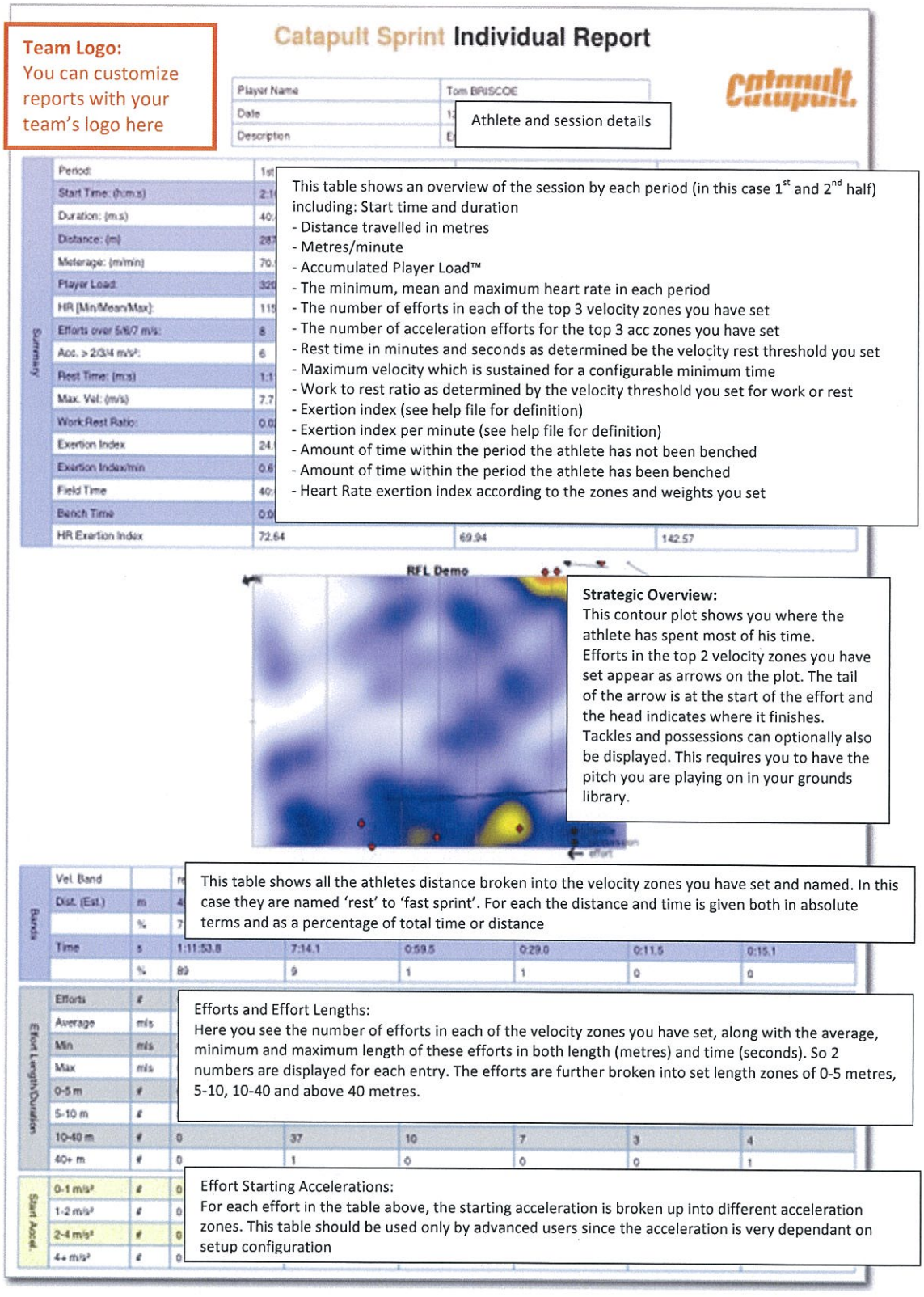
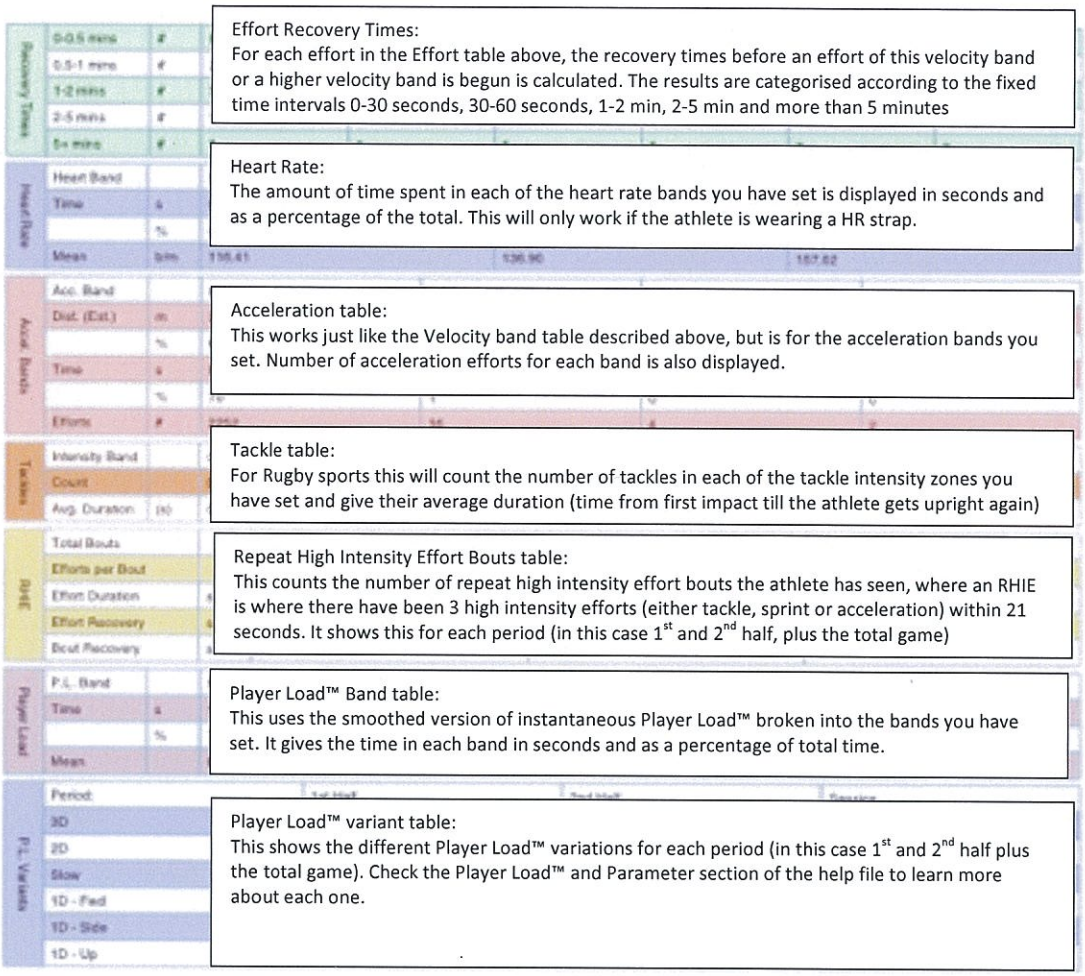
Understanding Reports

If you understand PDF reports, you will also be well on your way to understanding raw data, CSV reports and Catapult Live reports.

Individual Report

The following report shows you most of the options currently available for reporting on a single athlete.





Effort Recovery Times:
For each effort in the Effort table above, the recovery times before an effort of this velocity band or a higher velocity band is begun is calculated. The results are categorised according to the fixed time intervals 0-30 seconds, 30-60 seconds, 1-2 min, 2-5 min and more than 5 minutes

Heart Rate:
The amount of time spent in each of the heart rate bands you have set is displayed in seconds and as a percentage of the total. This will only work if the athlete is wearing a HR strap.

Acceleration table:
This works just like the Velocity band table described above, but is for the acceleration bands you set. Number of acceleration efforts for each band is also displayed.

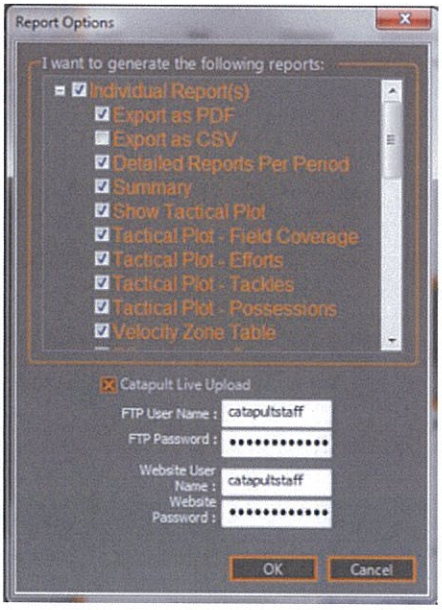
Tackle table:
For Rugby sports this will count the number of tackles in each of the tackle intensity zones you have set and give their average duration (time from first impact till the athlete gets upright again)

Repeat High Intensity Effort Bouts table:
This counts the number of repeat high intensity effort bouts the athlete has seen, where an RHIE is where there have been 3 high intensity efforts (either tackle, sprint or acceleration) within 21 seconds. It shows this for each period (in this case 1st and 2nd half, plus the total game)

Player Load™ Band table:
This uses the smoothed version of instantaneous Player Load™ broken into the bands you have set. It gives the time in each band in seconds and as a percentage of total time.

Player Load™ variant table:
This shows the different Player Load™ variations for each period (in this case 1st and 2nd half plus the total game). Check the Player Load™ and Parameter section of the help file to learn more about each one.

The report showed above is a condensed report for the match or activity. You can also ask for a report where the above is reproduced for each period (so there is a lot more information – "Detailed report per period").

You can turn each of the report elements shown above on or off by clicking on "Report Preferences" and selecting the Options at the bottom of the dialogue.

Check on the box next to "Team PDF Reports" to build a team report for all the athletes in the same session.