

Key to Understanding GPS Data and Tables!

This supplement issue of **Sport Science Update** explains the meaning of terms used to describe player movement during an Ozttag match. You can use this issue as a reference when reading past and future issues of Sport Science Update to help better your understanding of our research and guide your own training programs.

GPS Terms and Explanations

Total distance (m)	Is the total distance in metres covered during an Ozttag match.
Relative distance (m/min)	Is used to describe meterage (m/min) (distance covered relative to the time spent on the field) and is a measure of the average exercise intensity of a match or period of game-play. The term relative distance may also be used to describe the percentage (%) of total distance covered at a certain running speed. For example, an Open women's player covers 56.4% of total distance jogging.
Exercise-to-rest ratio (1: X)	Is a Ratio that describes the time spent above and below a moderate exercise intensity (≤ 10 km/h). Exercise-to-rest ratio describes average match-intensity and can be used to prescribe high-intensity interval training sessions. For example, an exercise-to-rest ratio of 1:4 could refer to a 5 second sprint followed by 20 second recovery period.
Maximum running speed (km/h)	Is the highest running velocity reached during an Ozttag match.
% High-intensity running	Is the distance covered in the high-intensity running (> 18 km/h) and sprinting (> 20 km/h) speed zones expressed as a percentage of the total distance covered.
Efforts (no.)	Is the number of efforts performed at a certain running speed during an Ozttag match. For example, an Open women's player may perform an average of 6 sprinting efforts per match.
Effort distance (m)	May refer to the minimum, maximum or average distance covered at a given running speed. For example, the average sprinting distance for an Open men's Ozttag players is 16.5 metres.
Effort time (s)	May refer to the minimum, maximum or average time taken per effort at a given running speed. For example, the average sprinting time is 3.5 seconds per effort.