

## **Sport Science**

### **Making Game Demands Meaningful: A Practical Guide for Team Sports**

#### **Abstract**

Wearable technology in sport is an evolving and competitive landscape. Mainstays such as accelerometry, GPS and heart rate have withstood the test of time however, with progressive evolution in both hardware and software. Hardware has improved to be more accurate and reliable, while software upgrades and proprietary algorithms have been developed to offer an edge in the available metrics that can be reported on.

This presentation explores the use of data and what we can actually do with it to provide context to key stakeholders within our various organisations. To aid more productive training and informative feedback, we will step outside the software consoles, discuss the power of analysing raw data, and what additional detail is important when quantifying the demands of our sports.

## Jake Jennings

### Biography

**Jake Jennings** is an Elite Level 3 ASCA accredited Strength and Conditioning Coach and Sports Scientist with over a decade of experience professionally in various performance roles. Jake is a PhD with a specialisation and research interest in the quantification of running-based, team sport demands, and their application in the prescription of training. He holds an adjunct position with La Trobe University and collaborates on several other PhD projects in the load monitoring and training prescription space.

