



Mind Map Coaching
• Educate • Inform • Inspire •

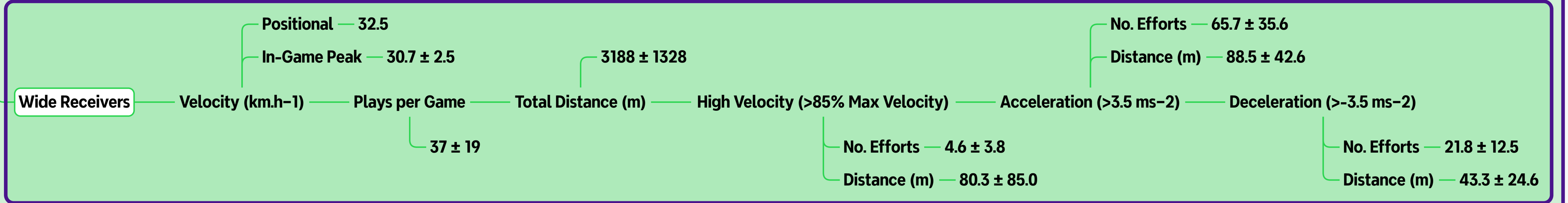
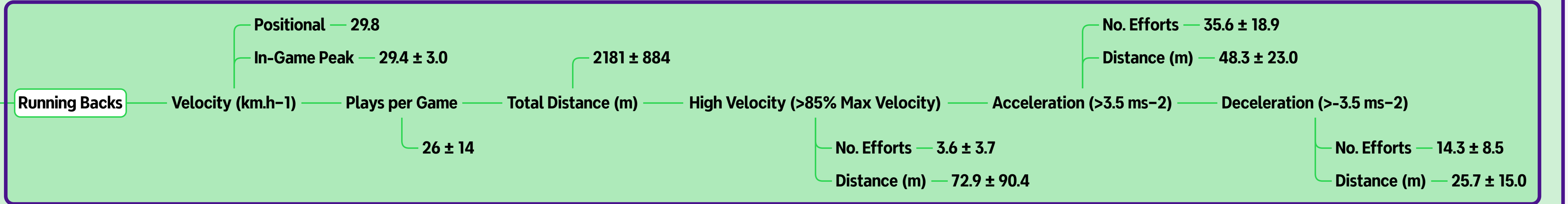
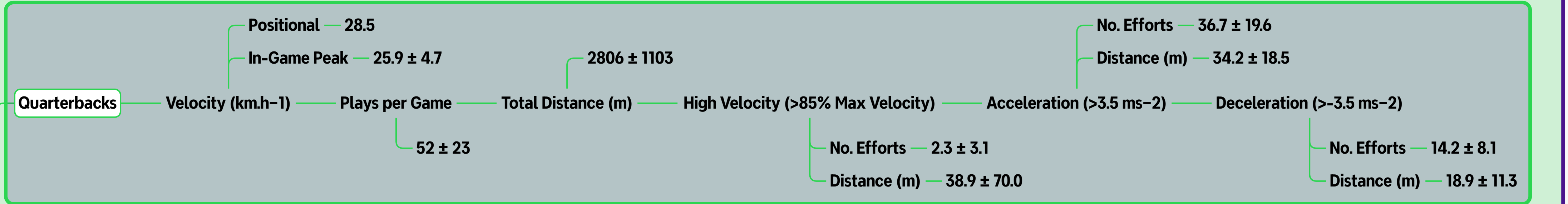
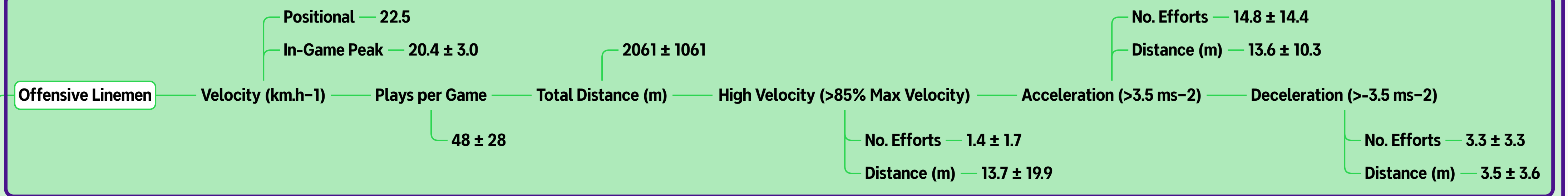
Positional Movement Demands during NFL Football Games: A 3-Year Review (2018-2020)

Creator: Lorcán Mason | www.lorcanmason.com | @lorcanmason

References

Sanchez, E., Weiss, L., Williams, T., Ward, P., Peterson, B., Wellman, A., and Crandall, J. (2023) 'Positional Movement Demands during NFL Football Games: A 3-Year Review', *Applied Sciences*, 13(16), 9278, available: <https://doi.org/10.3390/app13169278>.

Offense



Defense

