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

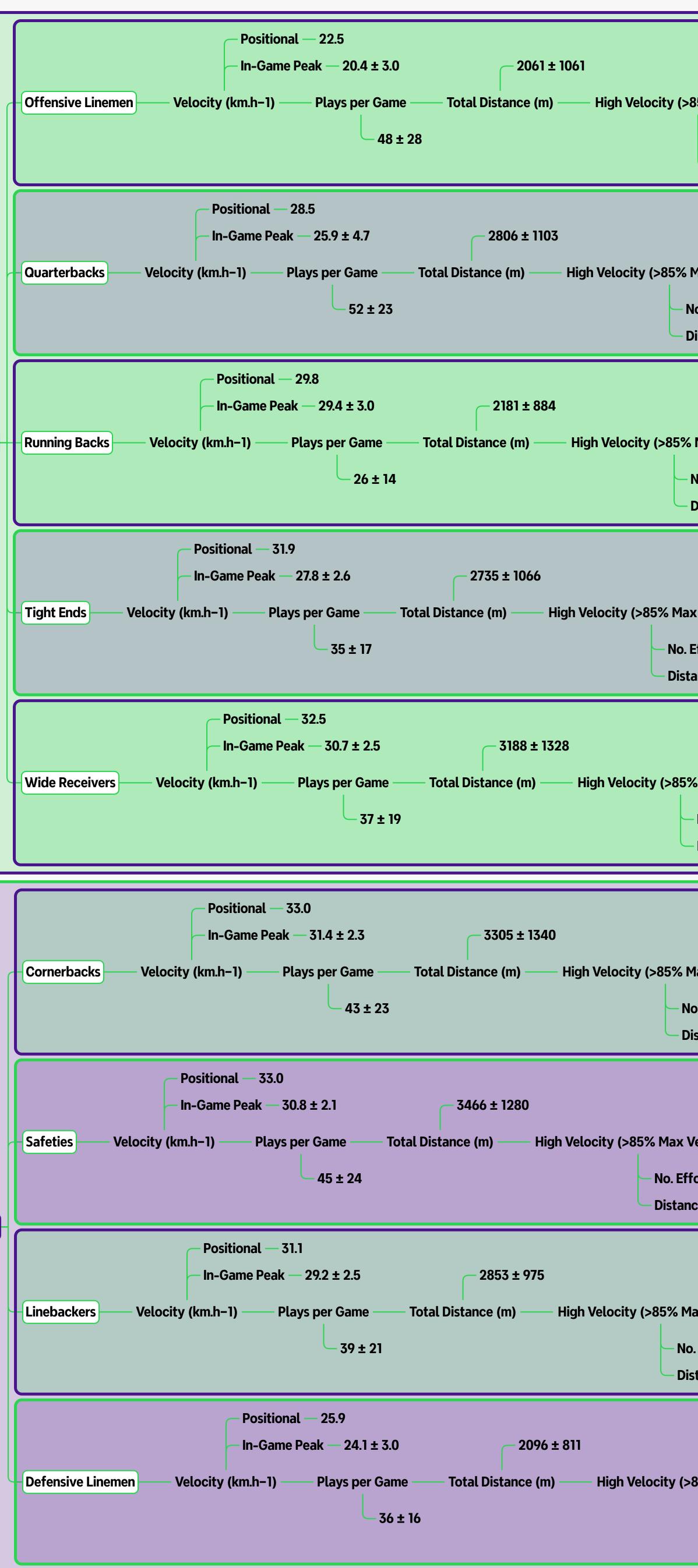
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References

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.

Defense

Offense



No. Efforts — 14.8 ± 14.4 Distance (m) — 13.6 ± 10.3	
— Distance (m) — 13.6 ± 1	0.3
5% Max Velocity) —— Acceleration (>3.5 ms-2) —— Decele	eration (>-3.5 ms-2)
- No. Efforts - 1.4 ± 1.7	- No. Efforts - 3.3 ± 3.3
— Distance (m) — 13.7 ± 19.9	— Distance (m) — 3.5 ± 3.6
No. Efforts — 36.7 ± 19.6 — Distance (m) — 34.2 ± 18.5	
1ax Velocity) —— Acceleration (>3.5 ms−2) —— Deceleratio	on (>-3.5 ms−2)
o. Efforts — 2.3 ± 3.1 istance (m) — 38.9 ± 70.0	No. Efforts -14.2 ± 8.1
Istalice (III) — 30.7 ± 70.0	— Distance (m) — 18.9 ± 11.3
- No. Efforts - 35.6 ± 18.9 - Distance (m) - 48.3 ± 23.0	
→ Distance (m) → 48.3 ± 23.0 Max Velocity) → Acceleration (>3.5 ms-2) → Deceleration (>-3.5 ms-2)	
No. Efforts — 3.6 ± 3.7 Distance (m) — 72.9 ± 90.4	No. Efforts — 14.3 ± 8.5 Distance (m) — 25.7 ± 15.0
- No. Efforts - 49.6 ± 25.6 - Distance (m) - 57.9 ± 27.5	
Velocity) —— Acceleration (>3.5 ms-2) —— Deceleration (;	>-3.5 ms-2)
fforts — 3.6 ± 3.5	- No. Efforts — 14.4 ± 9.0
ance (m) — 61.3 \pm 78.4	- Distance (m) — 24.6 ± 15.7
— No. Efforts — 65.7 ± 35.6	
— Distance (m) — 88.5 ± 42.	6
6 Max Velocity) —— Acceleration (>3.5 ms−2) —— Deceleration (>-3.5 ms−2)	
S Max Velocity) —— Acceleration (>3.5 ms−2) —— Decelerat	tion (>-3.5 ms-2)
	tion (>-3.5 ms-2) No. Efforts — 21.8 ± 12.5
Max Velocity) —— Acceleration (>3.5 ms-2) —— Decelerat No. Efforts — 4.6 ± 3.8 Distance (m) — 80.3 ± 85.0	
No. Efforts — 4.6 ± 3.8	— No. Efforts — 21.8 ± 12.5
No. Efforts — 4.6 ± 3.8 Distance (m) — 80.3 ± 85.0 No. Efforts — 42.3 ± 20.1	— No. Efforts — 21.8 ± 12.5
No. Efforts -4.6 ± 3.8 Distance (m) -80.3 ± 85.0 No. Efforts -42.3 ± 20.1 Distance (m) -59.9 ± 24.7	No. Efforts — 21.8 ± 12.5 Distance (m) — 43.3 ± 24.6
No. Efforts — 4.6 ± 3.8 Distance (m) — 80.3 ± 85.0 No. Efforts — 42.3 ± 20.1 Distance (m) — 59.9 ± 24.7 Nax Velocity) — Acceleration (>3.5 ms-2) — Deceleration	No. Efforts — 21.8 ± 12.5 Distance (m) — 43.3 ± 24.6
No. Efforts -4.6 ± 3.8 Distance (m) -80.3 ± 85.0 No. Efforts -42.3 ± 20.1 Distance (m) -59.9 ± 24.7	No. Efforts — 21.8 ± 12.5 Distance (m) — 43.3 ± 24.6
No. Efforts -4.6 ± 3.8 Distance (m) -80.3 ± 85.0 No. Efforts -42.3 ± 20.1 Distance (m) -59.9 ± 24.7 Nax Velocity) $$	No. Efforts — 21.8 ± 12.5 Distance (m) — 43.3 ± 24.6 (>-3.5 ms-2) No. Efforts — 21.9 ± 12.7
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No. Efforts -4.6 ± 3.8 Distance (m) -80.3 ± 85.0 No. Efforts -42.3 ± 20.1 Distance (m) -59.9 ± 24.7 No. Efforts -9.9 ± 24.7 No. Efforts -4.4 ± 3.7 stance (m) -80.9 ± 89.2 No. Efforts -40.4 ± 17.0 Distance (m) -60.9 ± 22.2	No. Efforts — 21.8 ± 12.5 Distance (m) — 43.3 ± 24.6
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No. Efforts -4.6 ± 3.8 Distance (m) -80.3 ± 85.0 No. Efforts -42.3 ± 20.1 Distance (m) -59.9 ± 24.7 No. Efforts -4.4 ± 3.7 Stance (m) -80.9 ± 89.2 No. Efforts -40.4 ± 17.0 Distance (m) -60.9 ± 22.2 elocity) Acceleration (>3.5 ms-2) Deceleration (>-3.5 m	No. Efforts -21.8 ± 12.5 Distance (m) -43.3 ± 24.6 (>-3.5 ms-2) No. Efforts -21.9 ± 12.7 Distance (m) -40.7 ± 22.0 3.5 ms-2) No. Efforts -23.5 ± 13.5
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No. Efforts -4.6 ± 3.8 Distance (m) -80.3 ± 85.0 No. Efforts -42.3 ± 20.1 $-$ Distance (m) -59.9 ± 24.7 lax Velocity) $-$ Acceleration (>3.5 ms-2) $-$ Deceleration b. Efforts -4.4 ± 3.7 stance (m) -80.9 ± 89.2 No. Efforts -40.4 ± 17.0 $-$ Distance (m) -60.9 ± 22.2 elocity) $-$ Acceleration (>3.5 ms-2) $-$ Deceleration (>-7.5) orts -4.3 ± 3.7 the (m) -78.9 ± 83.8 No. Efforts -41.1 ± 18.6 Distance (m) -54.7 ± 20.8 ax Velocity) $-$ Acceleration (>3.5 ms-2) $-$ Deceleration Efforts -5.1 ± 4.3 tance (m) -98.5 ± 101.0	 No. Efforts — 21.8 ± 12.5 Distance (m) — 43.3 ± 24.6 n (>-3.5 ms-2) No. Efforts — 21.9 ± 12.7 Distance (m) — 40.7 ± 22.0 3.5 ms-2) No. Efforts — 23.5 ± 13.5 Distance (m) — 43.2 ± 23.2 (>-3.5 ms-2) No. Efforts — 19.7 ± 12.4 Distance (m) — 33.3 ± 20.0
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