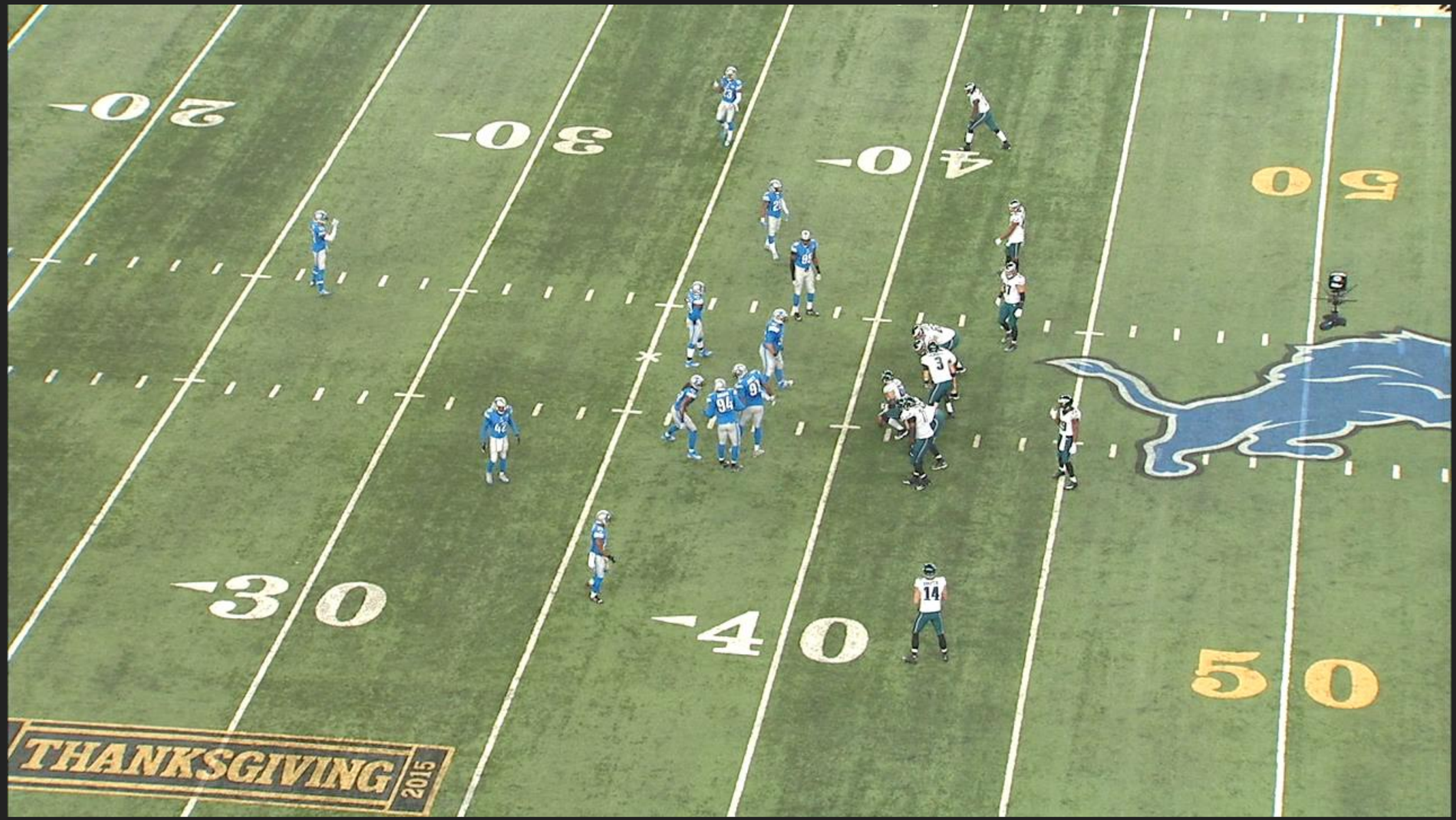
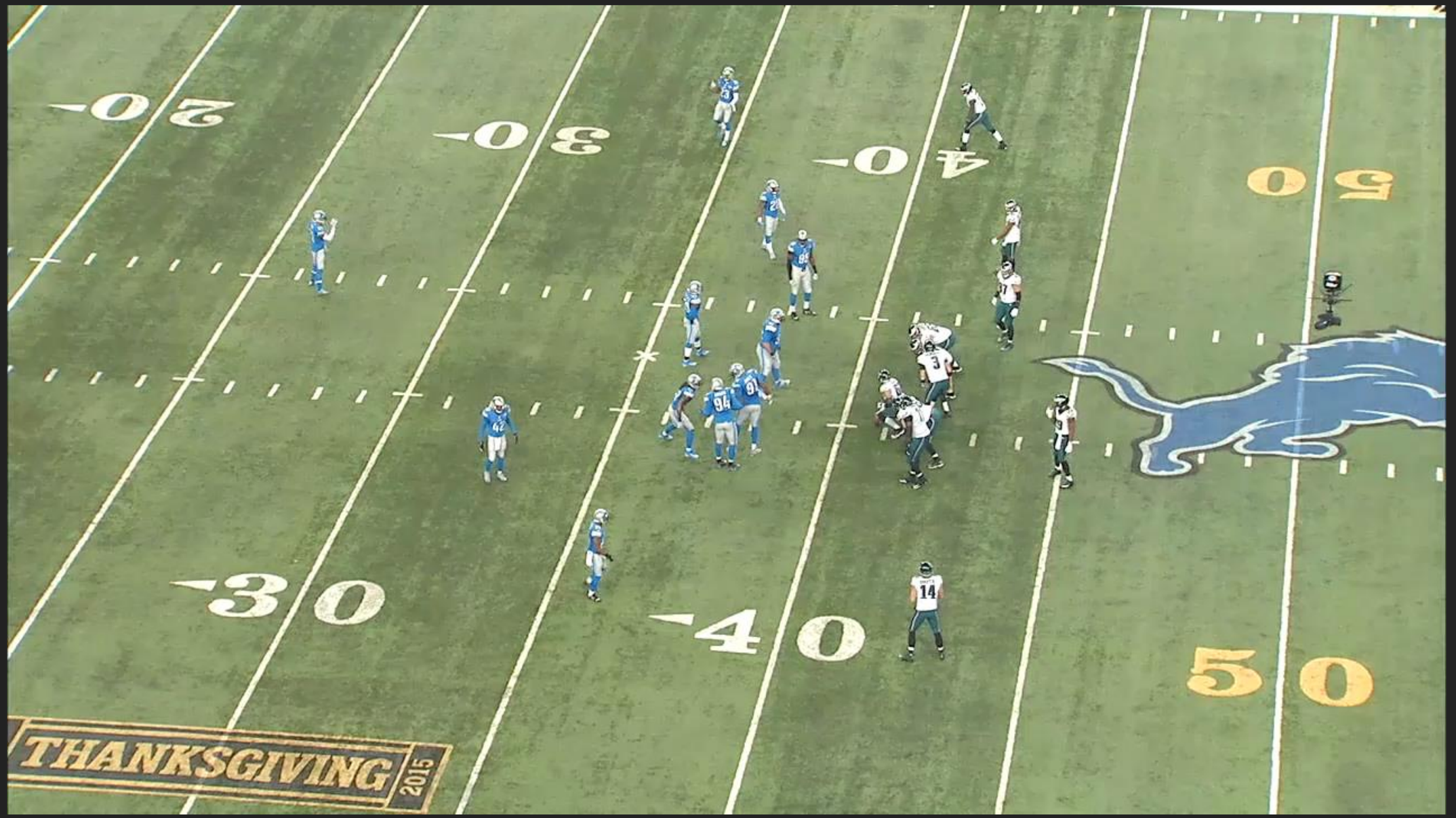
PHILADELPHIA EAGLES

WHAT DOES PERFORMANCE LOOK LIKE?



WHAT DOES PERFORMANCE LOOK LIKE?



SELECTION / DEVELOPMENT

WHAT CAN WE LEARN FROM THESE PENN GRADS?

Nassim Nicholas Taleb

Frederick Winslow Taylor

WHAT CAN WE LEARN FROM HIM ABOUT SELECTION?

Antifragile: Things That Gain From Disorder

1. Fragile players want tranquility
2. Antifragile players grow from disorder
3. The robust players don't care too much

This is the central illusion in life: that randomness is a risk, that it is a bad thing ...

SELECTION / DEVELOPMENT

RESOURCE ALLOCATION
WINDOW OF TRAINABILITY

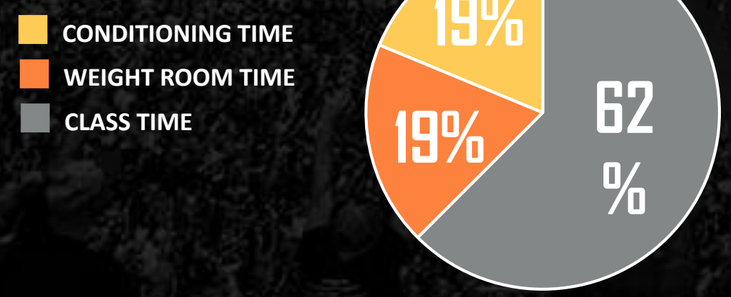
TECHNICAL DEVELOPMENT

TACTICAL DEVELOPMENT

PHYSICAL DEVELOPMENT

METAL & EMOTIONAL GROWTH

PERSONAL GROWTH



OFF-SEASON PHASE 1

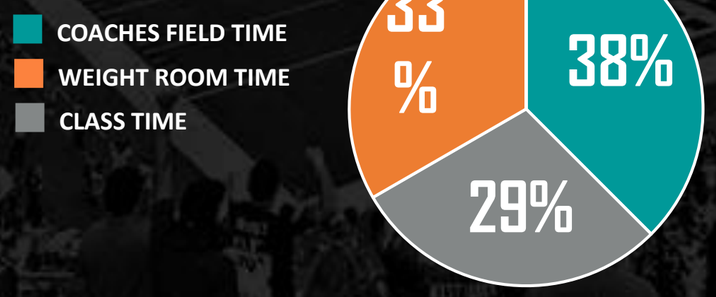
TECHNICAL DEVELOPMENT

TACTICAL DEVELOPMENT

PHYSICAL DEVELOPMENT

METAL & EMOTIONAL GROWTH

PERSONAL GROWTH



OFF-SEASON PHASE 2

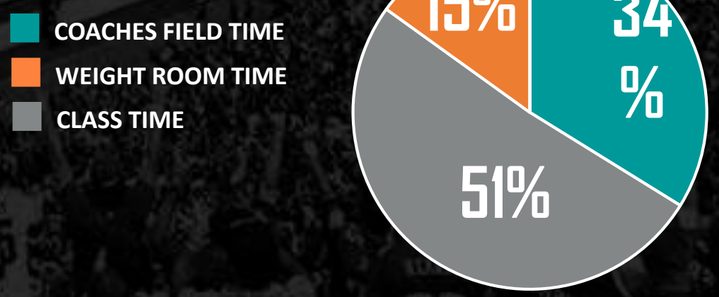
TECHNICAL DEVELOPMENT

TACTICAL DEVELOPMENT

PHYSICAL DEVELOPMENT

METAL & EMOTIONAL GROWTH

PERSONAL GROWTH



OFF-SEASON PHASE 3

WHAT CAN WE LEARN FROM HIM ABOUT MANAGMENT?

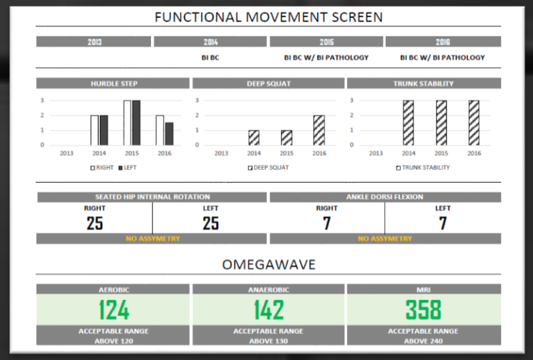
Frederick Winslow Taylor

Principles of Scientific Management

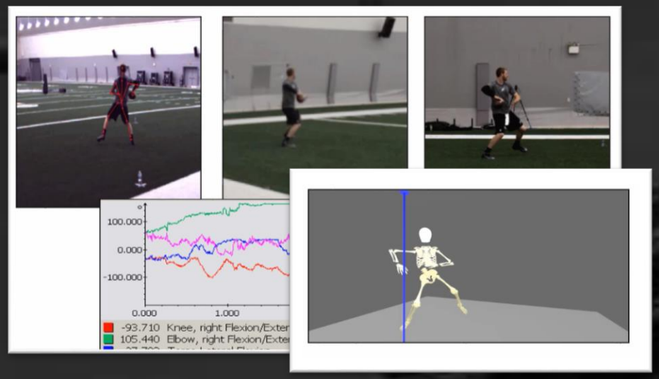
- Develop a science for each element of a player's workload
- Scientifically select, train, teach and develop
- Ensure all of the work being done in accordance with the principles of the science

PLAYER MONITORING

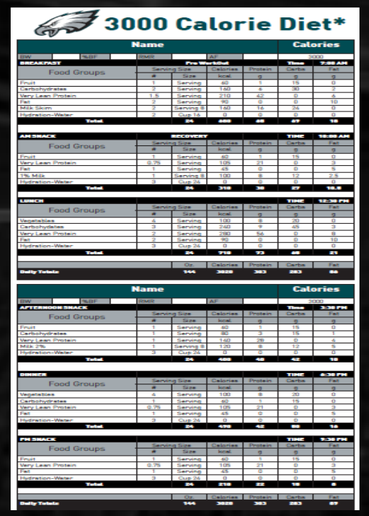
FORCE PLATE ANALYSIS



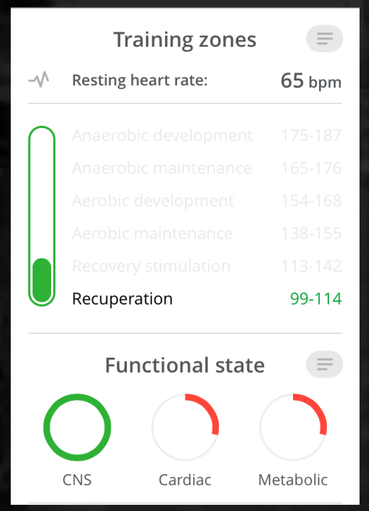
MOVEMENT ASSESSMENT



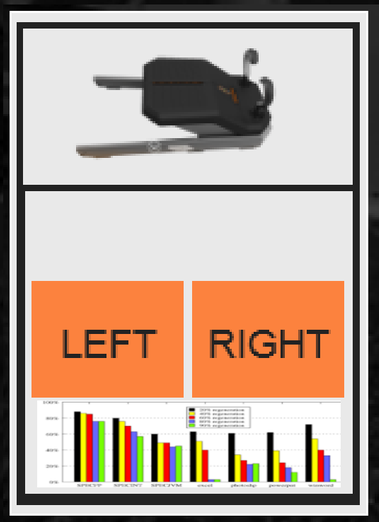
BIOMECHANICAL ANALYSIS



FUELING ASSESSMENT

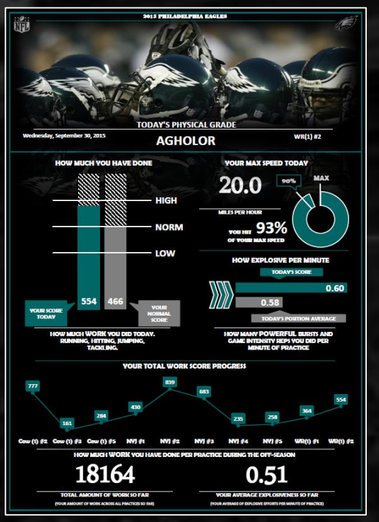


ENERGY SYSTEM ASSESSMENT



NORDBORD ASSESSMENT

LIFTING ASSESSMENT



TRACKING ANALYSIS

PLAYER TAXONOMY

DURABILITY SCORE

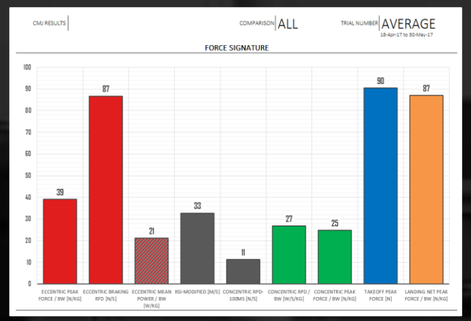
90%

COMPLETED
90% OF LIFTING

NORDBORD MUSCLE ASSESSMENT

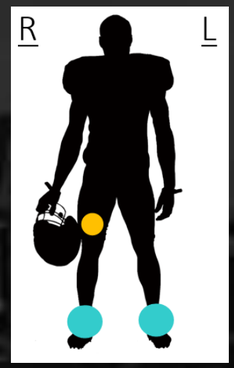
15%
RIGHT

BIOMECHANICAL ANALYSIS



NEEDS IMPROVEMENT
IN LANDING
TECHNIQUE

MOVEMENT ASSESSMENT

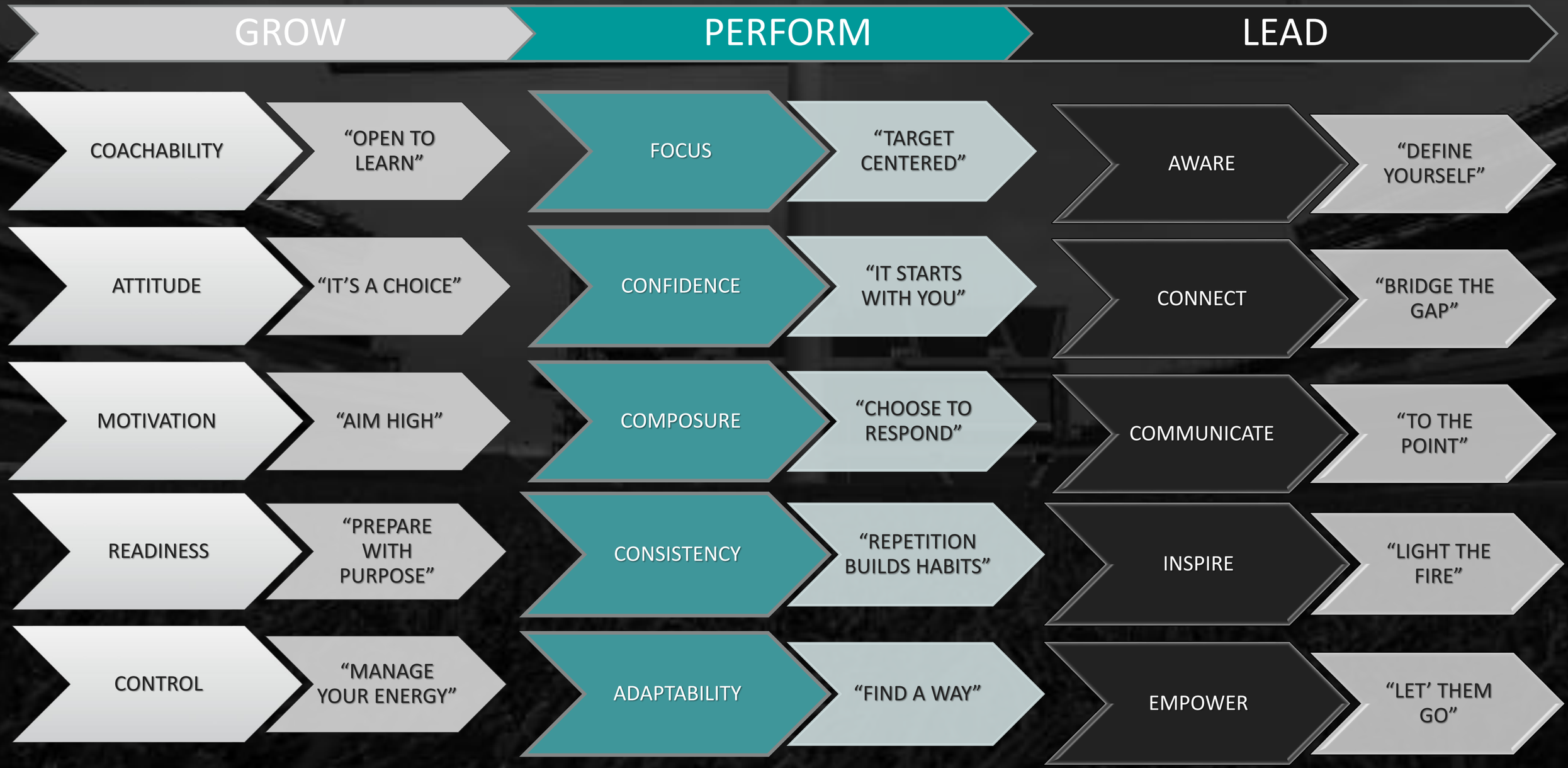


POOR ANKLE
DORSI-FLEXION

TRACKING ANALYSIS

1.8x
MAX SPEED
IN 3 WEEKS

MINDSET MODEL



WHEN SELECTING AND DEVELOPING A PLAYER

ALL INTEL IS GOOD BUT....

- DATA + ANALYSIS = INFORMATION
- INFORMATION + CONTEXT = INSIGHT
- INSIGHT + ACTIONABLE SYSTEMS = OUTCOME

PERFORMANCE PATHWAY

PHILADELPHIA EAGLES