

KINEXON



CASE STUDY

St. John's University Basketball Relies on KINEXON Game and Practice Tracking Data to Manage Player Performance



New York, NY – Since Summer 2017, St. John’s Red Storm has relied on KINEXON tracking and analytics solution to measure the performance of their basketball players.

St. John’s University men’s and women’s basketball programs use KINEXON analytics for both practices and games. Each player wears a small sensor during every practice session and every home game during the season. The strength and conditioning coaches are interested most in load and effort metrics. Overall, the experience of the first season with KINEXON for both the women and men has been very positive. They especially value the KINEXON solution for being easy and fun to use while giving valuable performance insights. The coaching staff has learned a great deal throughout their first season using accurate tracking data for their teams.

By using KINEXON, coaches had these primary goals before the season:

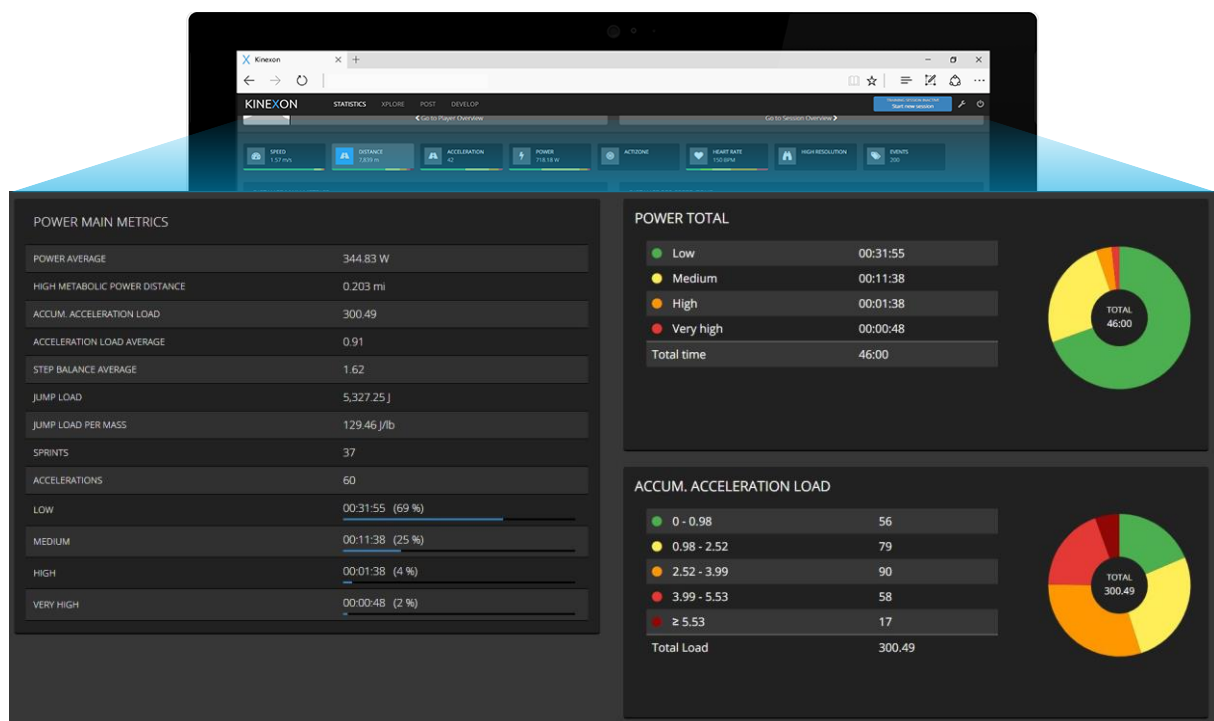
- 1 Monitor player load during practice to better prepare for games
- 2 Measure practice and game data to ensure proper training protocols are created for the duration of an NCAA Division I season
- 3 Improve injury prevention through effective load monitoring
- 4 Create better return-to-play protocols through transparent performance progress
- 5 Quantify players’ efforts through data and give evidence-based recommendations to coaching staff

Mike Compton (Strength and Conditioning Coach – Men’s Basketball) primarily uses four metrics evaluating player performance: Sprints, Jumps, Mechanical Load, and Distance Covered. These metrics allow him to understand the effort of his players and communicate effectively with Head Coach Chris Mullin. Coach Mullin is most interested in the distance travelled by his players. He wants to know that the players are covering adequate distances during practice sessions to mimic the distances covered during games. For communication, Mike uses a lean formal reporting focusing on few key metrics.

“Having performance data in games and practice is extremely valuable in order to mimic competition intensity in practice.”

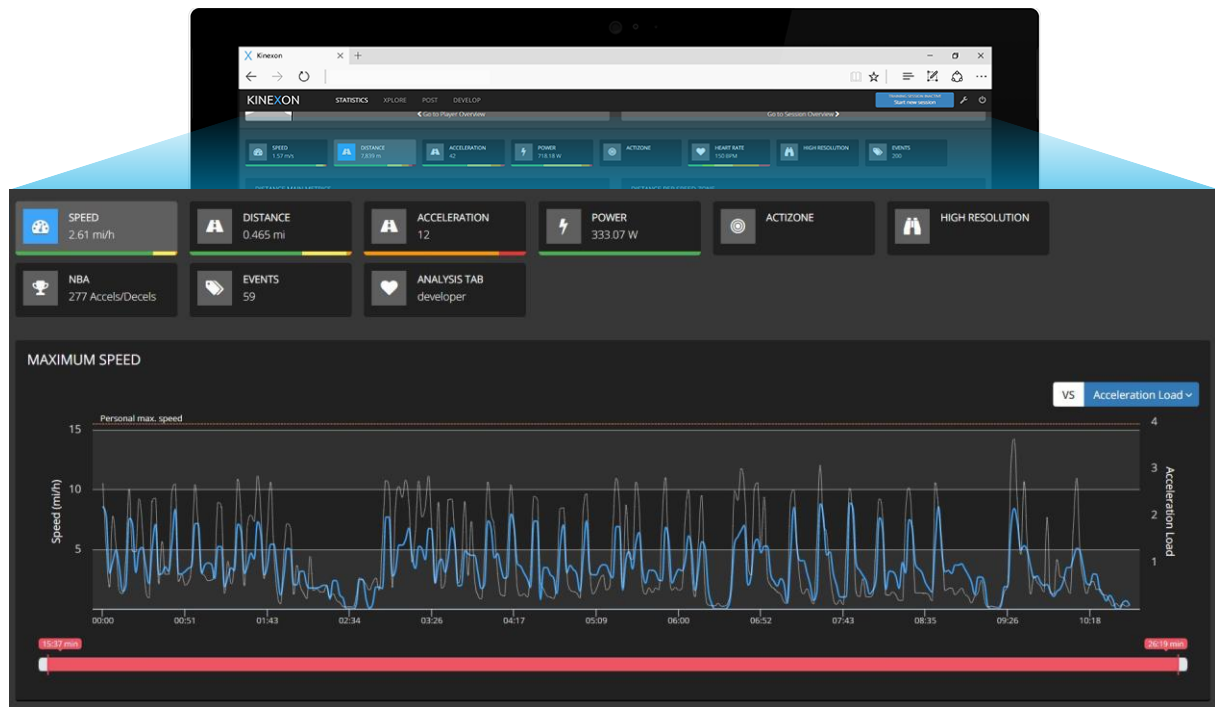
Mike Compton, Strength and Conditioning Coach Men’s Basketball

The men’s team use the real-time insights on player performance in a pragmatic way and make changes based on real time measurements when the player is showing signs of fatigue, increased injury risk, or decline in performance.



Power Statistics from the first half of an NCAA Basketball Game

Al Caronia (Strength and Conditioning Coach - Women's Basketball) is interested in different metrics than the men's side. The primary metrics of interest are distance, high metabolic distance, acceleration, deceleration, and accumulated load. Al is most interested in those events that take place in the high and very high intensity categories. He uses these metrics and categories to monitor the players' efforts in practice and then compares them to the data taken during games.



Comparison of Speed and Acceleration Load during an NCAA Basketball Game

The women's basketball Head Coach, Joe Tartamella, is also focused on distance metrics and wants to know which players cover the most distance during practice – convinced that it is a good indicator of effort when compared to distances covered in games. Al does his reporting daily. He places all the pertinent measurements into excel sheets and shares the information with coaches prior to the next day's sessions. He plans to use this data both practically and for long term preparation for next season.

The Women's team uses their measurements especially for preparation and long-term development of the team. Overall, the Women's coaching staff found it most useful to understand an entire season of performance data to create better programs and projections for next season with the goal of creating a more evidence-based basketball program. The load of a guard is different in its source and nature to the load of a post player. How intense is playing in the post, in transition or while defending the opponents star play maker? Are defensive plays more intense than offensive plays or the other way around?

"KINEXON performance insights give us the opportunity to adjust and improve our practice program for the whole season. We simply have a better understanding of intensity and performance levels for all players. Therefore, we can compete playing physical, tough, and smart basketball."

Al Caronia, Strength and Conditioning Coach Women's Basketball

Al and his team are focusing on post-practice and post-game analytics. However, they are relying on the real-time feedback of the solution when players were recently injured, are on the rehabilitation track, or have a noticeable decline in performance.

Now, the athletic department and the coaching staff are ready to go into the planning phase of next season with great insights for training and programming. Next season will show how well these learnings will affect overall fitness and

health of the team throughout the season. The coaches are already excited to benefit from their pioneer work this season and play a major role competing within a tough Big East Conference.



Driving the ball up court during a big home game

About KINEXON

The company was founded in 2012 by scientists of the Technical University Munich, Germany. KINEXON Sports & Media develops cutting-edge solutions for precise localisation and motion sensing of professional athletes in various sports. The portfolio includes both hardware (e.g. sensors, anchors) for real-time detection of precise data as well as software solutions for smart data processing and analytics. KINEXON Sports & Media offers an unrivalled tracking technology for indoor and outdoor use that locates athletes with centimetre-accuracy in real-time. The company has its headquarters in Munich, Germany and a further office in New York City.