

TOTAL SOCCER ACADEMY (TSA)

PLAYER PERFORMANCE SNAPSHOT REPORT

PLAYER PROFILE

Player Name:	Jesus Omelia	Team:	TSA U19
Position:	Right Winger	Player Category:	High School
Age / Graduation Year:	17 / 2027	Height / Weight:	5'10" / 155 lbs
Report Date:	March 2, 2026	TSA Cycle:	Spring 2026

SESSION INFORMATION

Session Type:	Match	Opponent:	Seattle Select
Session Duration:	90 min	Minutes Played (Coach Input):	
Surface:	Grass	Weather:	Light Rain
Formation:	4-3-3	Tactical Role:	High & Wide Right

PERFORMANCE DATA SUMMARY

Metric (Hyperlinked to STATSports Definitions)	Player Output	HS Benchmark	
Total Distance (km)	8.6	8.0–9.0	Green
High-Speed Running (m)	720	600–750	Green
Sprint Distance (m)	215	—	Green
Max Speed (mph)	19.1	18.5+	Green
Intensity (m/min)	90	95–102	Yellow

PERFORMANCE INSIGHT SUMMARY

Jesus demonstrated strong high-speed exposure and exceeded Top 25% High School benchmarks in max speed and total distance. Sprint output remained consistent through the first 60 minutes before declining slightly in the final 15 minutes. Intensity (90 m/min) fell below the competitive benchmark range, indicating opportunity to improve sustained match tempo and overall work rate consistency through the full session.

DEVELOPMENT RECOMMENDATIONS

- Repeat Sprint Training Protocol
- High-Speed Transition / Change of Direction Workout
- Deceleration & Agility Mechanics

CAUTION: Ensure you are doing proper warmups, cooldowns, and stretching.