

	PLAYERS:						
		Mark - number 2	Chas - number 5	Ryan - number 7	Jack - number 8	Kenny - number 10	Craig - number 11
COACH JOE BAILEY SAYS THIS ABOUT HIS SWANSCOMBE TIGERS PLAYERS:		<b>Defence/Midfield</b> "Good stamina, never gives up, tough and no nonsense tackler. Very resilient, not always skilful with the ball, at times he loses the ball but excellent recovery rate to win the ball back, quite good at passing."	<b>Central Midfield/Striker</b> "Good stamina, quite fast, play with high intensity, very skillful with the ball and very good reaction. Excellent passer of the ball. Very resilient. Very strong player, top goal-scorer."	<b>Defence left back / left wing midfield -</b> "Quite good stamina, quite strong in tackles, good passer of the ball, fairly compact, quite good reactions. Quite resilient."	<b>Right wing Midfield</b> "Good stamina, very fast, quite compact, average reaction but at times it can be very good. Good passer of the ball."	<b>Left wing/Striker</b> "Poor stamina, fairly compact, very skillful indeed with the ball. Excellent passer of the ball. Average reactions."	<b>Centre Back/Midfield</b> "Good stamina, very resilient, compact player good passer and very skillful with the ball. Good reactions."
WEIGHT in Kg		64.6	80.6	73.2	54.8	51.6	63.5
HEIGHT in cm		179	187	182	175	171	176
CHEST in cm		83	93	89	80	79	92.5
INSIDE LEG in cm		77	85	81	81	75	80
ACTIVITY 1 Shuttle run time secs		18.6	17.5	19.2	18.1	18.3	17.6
ACTIVITY 1 Shuttle run heart rate		114 to 155	110 to 133	99 to 172	121 to 163	102 to 155	104 to 158
ACTIVITY 2 Ladder run time secs		7.7	6.3	7.3	6.2	6.9	6.7
ACTIVITY 2 Ladder run heart rate		118 to 140	116 to 134	107 to 143	113 to 142	90 to 130	95 to 146
ACTIVITY 3 Hoop jumps time secs		11.9	12.9	13.5	13.6	11.8	13.0
ACTIVITY 3 Hoop jump heart rate		118 to 126	115 to 142	127 to 164	108 to 157	92 to 147	92 to 149
ACTIVITY 4 Dribble run time secs		12.2	11.4	13.5	15.7	11.4	14.7
ACTIVITY 4 Dribble run heart rate		109 to 137	99 to 143	111 to 152	116 to 148	81 to 155	107 to 145
ACTIVITY 5 Keep it up time secs		13.5	32.5	4.0	26.1	22.0	17.1
ACTIVITY 5 Keep it up heart rate		110 to 145	100 to 147	104 to 131	127 to 158	89 to 140	98 to 142
ACTIVITY 5 Keep it up number		18	52	6	43	47 (headers)	25