

PLAYER REPORT



**WP RUGBY
ACADEMY**

Odin Elliot



A • GAME
performance coaching



Odin Elliot

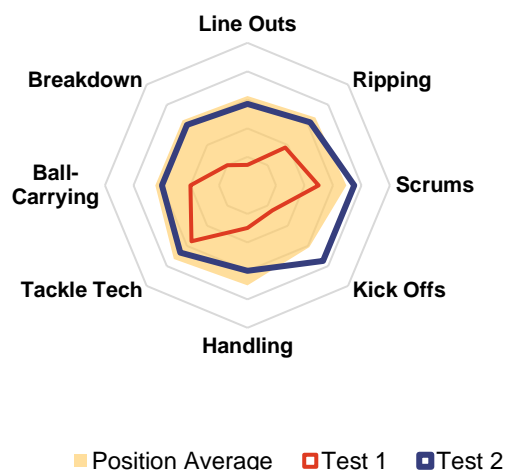
Lock

Height	189cm
Weight	81kg
Body Fat	17%



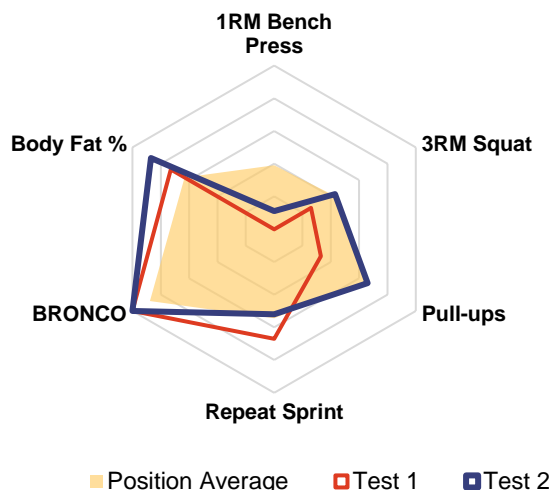
Rugby Development

General Skills	Test 1	Test 2
Handling	30%	60%
Tackle Technique	56%	67%
Ball-Carrying	40%	60%
Breakdown	20%	60%
Position Specific Skills	Test 1	Test 2
Line Outs	14%	57%
Ripping	38%	63%
Scrum	50%	75%
Kick Offs	25%	50%



Strength & Conditioning Development

Strength	Test 1	Test 2
1RM Bench Press	55kg	65kg
Relative 1RM Bench Press	0.7	0.8
3RM Squat	100kg	115kg
Relative 3RM Squat	1.2	1.4
Pull-Ups	3	7
Fitness	Test 1	Test 2
Repeat Sprint	680m	650m
BRONCO	05:24	05:14



Report Comments

Head Coach | Warren Petersen

Firstly, I must commend Odin for stepping out of his comfort zone and coming to South Africa. Not every young rugby player will make such a bold move, so well-done Odin.



Odin is a fast learner and is always keen to learn new things to improve. He sets high standards for himself and works hard to reach his goals. He still has a lot to learn, but I have no doubt about his capabilities.

I wish Odin every success. Keep working hard!

Strength & Conditioning Coach | Jacquin Marthinus

Odin has been a joy to work with, he is always willing to learn and works hard with a no excuse attitude. This hard work is evident in the great improvements he made in his strength tests. Its worth noting that his fitness didn't show improvement because he was sick before he did his second round of testing. With Odin's ongoing hard work and dedication, I am confident he will reach his positional standards. His track record suggests a bright future ahead.



UXi Life Coach | Herschelle van Aswegen

Odin has been an absolute pleasure to work with. His work ethic is second to none and he is a very popular guy amongst the boys. He goes about his work quietly and loves life on campus. He is excited to come back next year. He has the capacity to really be a success with anything he takes on. His Canadian charisma and dry sense of humour is infectious. I am going to miss him; he really grew on me.

We wish him well on his future endeavours and we are excited to see him next year.

P.S. Odin don't ever change who you are. Remember, our non-negotiables and success will come. Keep working hard!!



Odin Elliot

Lock



2
Total Analysed Matches

1
Institute: Matches

35
Institute: Time (mins)

0
Institute: Points Scored

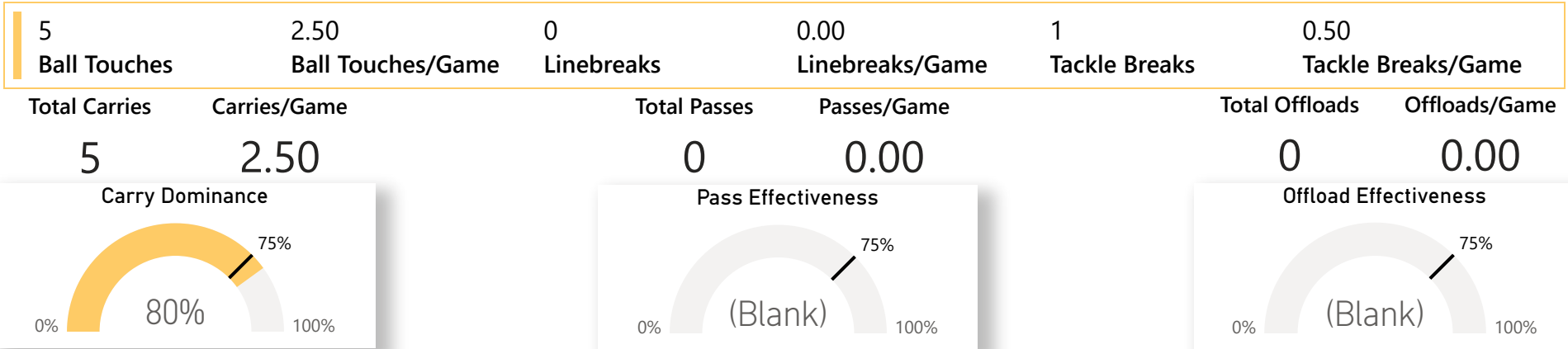
1
Union & Club: Matches

8
Union & Club: Time (mins)

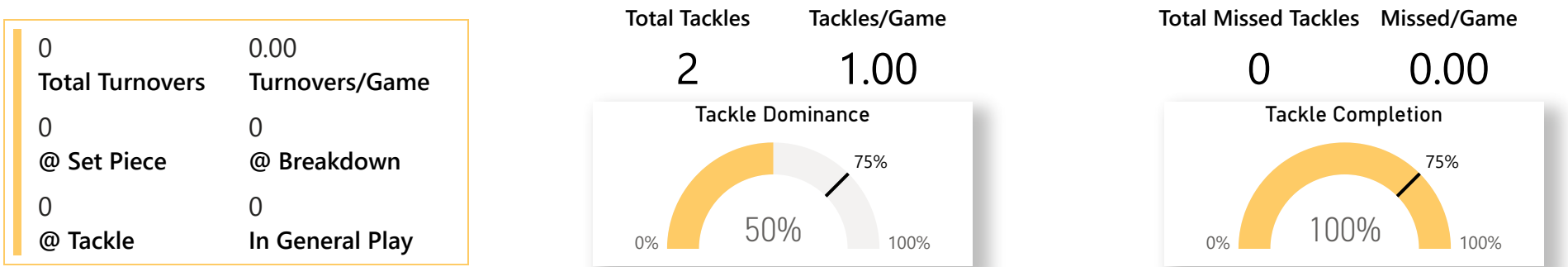
0
Union & Club: Points Scored



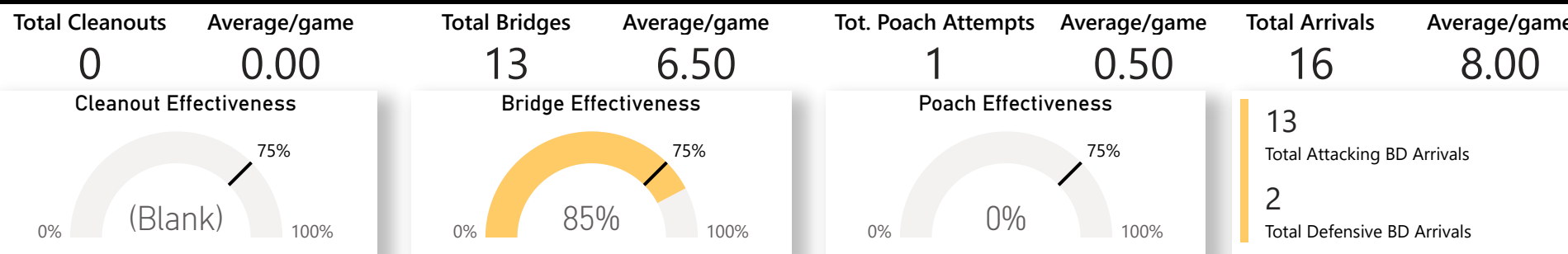
ATTACK



DEFENSE



BREAKDOWN



Inspiring Greatness, Through Sport to Life





Odin Elliot

Positional Group

Lock

Institution

WPRA

Inspiring Greatness, Through Sport to Life



BREAKDOWN

Attacking BD per 80mins

24.19✓

Position Average: 9.36
(+158.49%)

Defensive BD per 80mins

1.86!

Position Average: 1.88
(-0.98%)

Breakdown Effectiveness

73%✓

Position Average: 57%
(+29.54%)

Bridge Effectiveness

85%✓

Position Average: 84%
(+0.27%)

Cleanout Effectiveness

(Blank)!

Position Average: 73%
(-100%)

ATTACK

Ball touches per 80mins

9.30✓

Position Average: 5.49
(+69.43%)

Carry Dominance

80%!

Position Average: 85%
(-5.74%)

Pass Effectiveness

(Blank)!

Position Average: 82%
(-100%)

Offload Effectiveness

(Blank)!

Position Average: 77%
(-100%)

Tackle breaks per Carry

20%✓

Position Average: 11%
(+85.36%)

DEFENSE

Tackles per 80mins

3.72!

Position Average: 6.40
(-41.87%)

Tackle Miss per 80mins

0.00✓

Position Average: 1.11
(+100%)

Tackle Completion

100%✓

Position Average: 85%
(+17.33%)

Tackle Dominance

50%✓

Position Average: 46%
(+8.65%)

Turnovers per 80mins

0.00!

Position Average: 0.58
(-100%)