



SporteAI

SPORT INTELLIGENCE

// ATHLETE ANALYSIS REPORT • BOXING

Every rep, *analyzed.*

Session captured 12 Jul 2026 • 3-round spar at North Gym.
Pipeline v3 tracked 38 punches, 7 combinations, and full-body kinematics across 4,912 frames — plus 2 weeks of prior-session context.



Marcus Chen

Amateur • 68 kg • Southpaw • Coach S. Ramirez

SESSION #A-2847

92.4

FORM SCORE

38

PUNCHES THROWN

21.7 px/f

PEAK VELOCITY

+17%

VS LAST SESSION

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// EXECUTIVE SUMMARY

In one sentence. Coach's take.

// COACH SUMMARY

Strong session — trending up. Marcus opened with his best round of the month (peak jab velocity 21.7 px/f, form 92.4) but faded 15% in Round 3. Southpaw jab is now a signature weapon; the uppercut remains under-used and late-round conditioning is the single biggest lever for the next block.

✓ STRENGTHS

Southpaw jab sharpness — 16 of 38 punches (42%), avg velocity 15.8 px/f, peak 18.3.

Guard consistency — held high position 76% of round time across all 3 rounds.

Reaction speed — 0.31s average recovery between combinations, 0.06s faster than last session.

! FOCUS AREAS

Late-round output — R3 volume dropped 21% and peak velocity -18%. Conditioning is the pinch-point.

Uppercut integration — 3 uppercuts across the session (8%). Currently deployed as a punctuator, not as combination fuel.

Head stability under fatigue — dropped from 82% (R1) to 68% (R3).

→ NEXT STEPS

2-week block centred on conditioning + uppercut-integration drills (P10).

Next spar target: 3-round R3 volume $\geq$ 13 punches with head stability $>$ 74%.

Video review with Coach Ramirez, Wed 16 Jul — pre-sparring pad session.

// KEY METRIC MOVEMENT

FORM SCORE

92.4

↑ 4.2 vs 05 Jul

PEAK VELOCITY

21.7 px/f

↑ 6% vs baseline

COMBO COUNT

7

↑ 2 combos

R3 FATIGUE Δ

-15%

worse than target

// PIPELINE PROVENANCE

Analysis pipeline **v3.1.2** • Detection model **yolo-pose-x** • Tracker **bytetrack-1.4** • Frames analysed **4,912 / 4,912** • Skipped **0** • Confidence floor **0.65** • Compute time **87s** • Session file **MC_20260712_spar.mp4** (1080p, 24fps, 3m 24s).



// PERFORMANCE OVERVIEW

Session snapshot. 3 rounds • 4,912 frames.

FORM SCORE
92.4

PUNCHES
38

COMBINATIONS
7

AVG COMBO LENGTH
3.2

PEAK VELOCITY
21.7 px/f

AVG VELOCITY
14.2 px/f

HEAD STABILITY
76%

REACTION
0.31s

PUNCH VELOCITY
PX / FRAME

Punch	Velocity (px/f)
P1	18.3
P2	21.7
P3	15.4
P4	17.8
P5	20.1
P6	14.9
P7	13.2
P8	19.4
P9	16.2
P10	18.8
P11	14.5
P12	20.9
P13	15.7
P14	12.3

PUNCH DISTRIBUTION
BY TYPE

JAB 42%

CROSS 32%

HOOK 18%

UP 8%

Jab • 16 punches

Cross • 12 punches

Hook • 7 punches

Uppercut • 3 punches

DOMINANT PATTERNS

Guard: High • Footwork: Forward

Stance: Southpaw • Range: Mid

// ROUND-BY-ROUND SUMMARY

ROUND	PUNCHES	COMBOS	AVG VEL PX/F	PEAK VEL PX/F	HEAD STAB	Δ VS PREV
R1	14	3	15.1	21.7	82%	—
R2	13	2	14.8	19.3	78%	-2%
R3	11	2	12.6	17.8	68%	-15%

//

ROUND-BY-ROUND

Where he won.

Where he faded.

ROUND 1 · 00:00 – 01:08

STRONG START

PUNCHES

14

COMBOS

3

PEAK VEL

21.7px/f

HEAD STAB

82%

Marcus opened aggressively — **3 combinations in the first 45 seconds**. Signature jab-cross-hook at 00:19 (peak 21.7 px/f on the cross) landed clean. Footwork stayed forward-driven throughout; range control tight.

ROUND 2 · 01:08 – 02:16

MAINTAINED

PUNCHES

13

COMBOS

2

PEAK VEL

19.3px/f

HEAD STAB

78%

Volume held (–1 punch vs R1) but peak velocity started ticking down (–11% vs R1). Best moment: single uppercut at **01:07 with form-score 96** — the highest scored punch of the session. Combination frequency dropped as Marcus began reading rather than initiating.

ROUND 3 · 02:16 – 03:24

FATIGUED

PUNCHES

11

COMBOS

2

PEAK VEL

17.8px/f

HEAD STAB

68%

Clear conditioning ceiling: **peak velocity down 18% vs R1**, head stability into the danger zone (< 70%). Guard dropped 4 times in the final 30 seconds. Cardio, not technique, is the current constraint on late-round output.

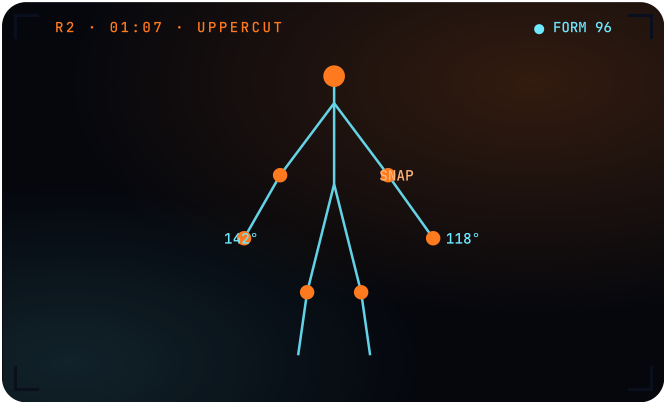
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PATTERN OBSERVED

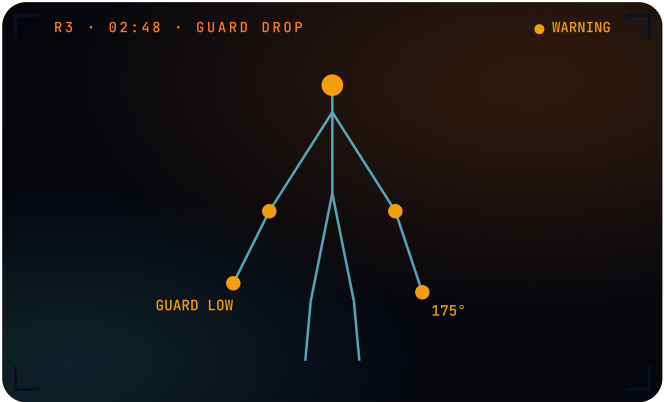
Marcus's **output curve is front-loaded** — 37% of the session's punches land in R1, only 29% in R3. Head-stability decay mirrors it (82 → 78 → 68). Both are conditioning-driven, not technical.

// BIOMECHANICS · GUARD & HEAD

Guard analysis. Frame captures from R2.

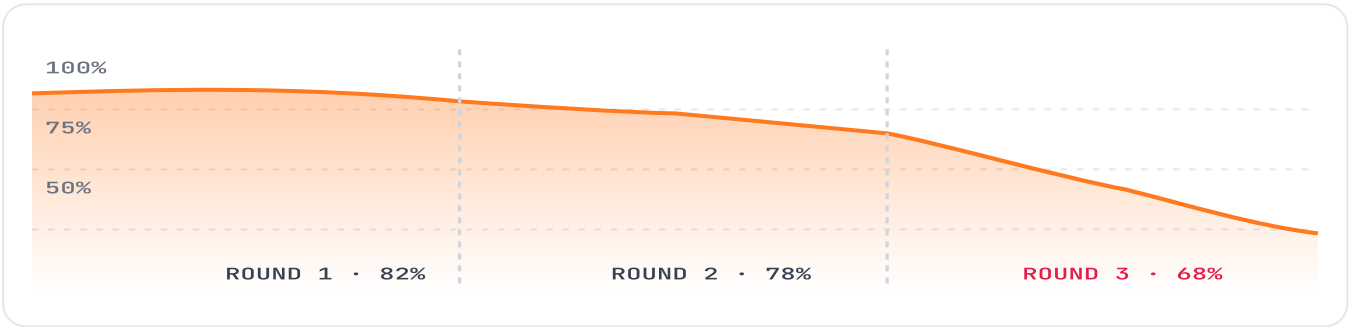


FRAME 1,842 · GUARD HIGH · HIPS ROTATED 22°



FRAME 4,058 · GUARD DROPPED · ELBOWS > 170°

// GUARD HOLD RATE OVER TIME



// ELBOW ANGLE DISTRIBUTION



// BIOMECHANICS · PUNCH MECHANICS

Where the power comes from. Hip / shoulder / hand.

HIP ROTATION

32°

↑ target 28°+

SHOULDER TORQUE

51°

↑ good separation

HIP-SHOULDER Δ

19°

↑ target 15°+

PEAK VELOCITY BY HAND

PX / F

LEFT (LEAD)

18.3px/f

RIGHT (POWER)

21.7px/f

Right/left ratio 1.19 — healthy power asymmetry for a southpaw.

COMBINATION STRUCTURE

4 TRACKED COMBOS

R1

Jab · Cross · Hookform 91

R1

Jab · Jab · Crossform 88

R1

Cross · Hookform 90

R2

Jab · Cross · Uppercutform 96 ★

R2

Jab · Crossform 84

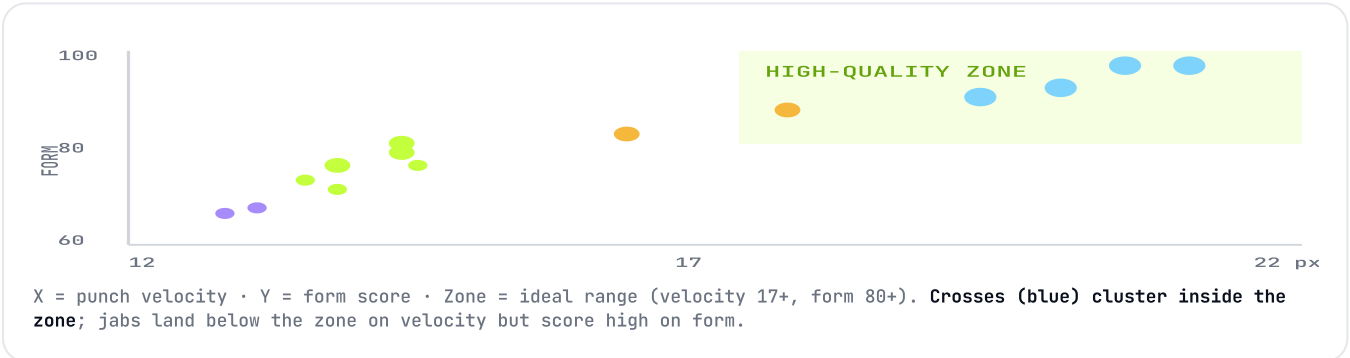
R3

Jab · Crossform 79

R3

Jab · Hookform 72

// FORCE VECTOR VS FORM SCORE



// TECHNICAL READ

Hip-shoulder separation of 19° is above the amateur benchmark (15°) — Marcus generates torque through rotation, not arm-punching. This is a coaching win from the last block and it's now stable.

// NOTABLE EVENTS TIMELINE

14 flagged moments. Chronological.

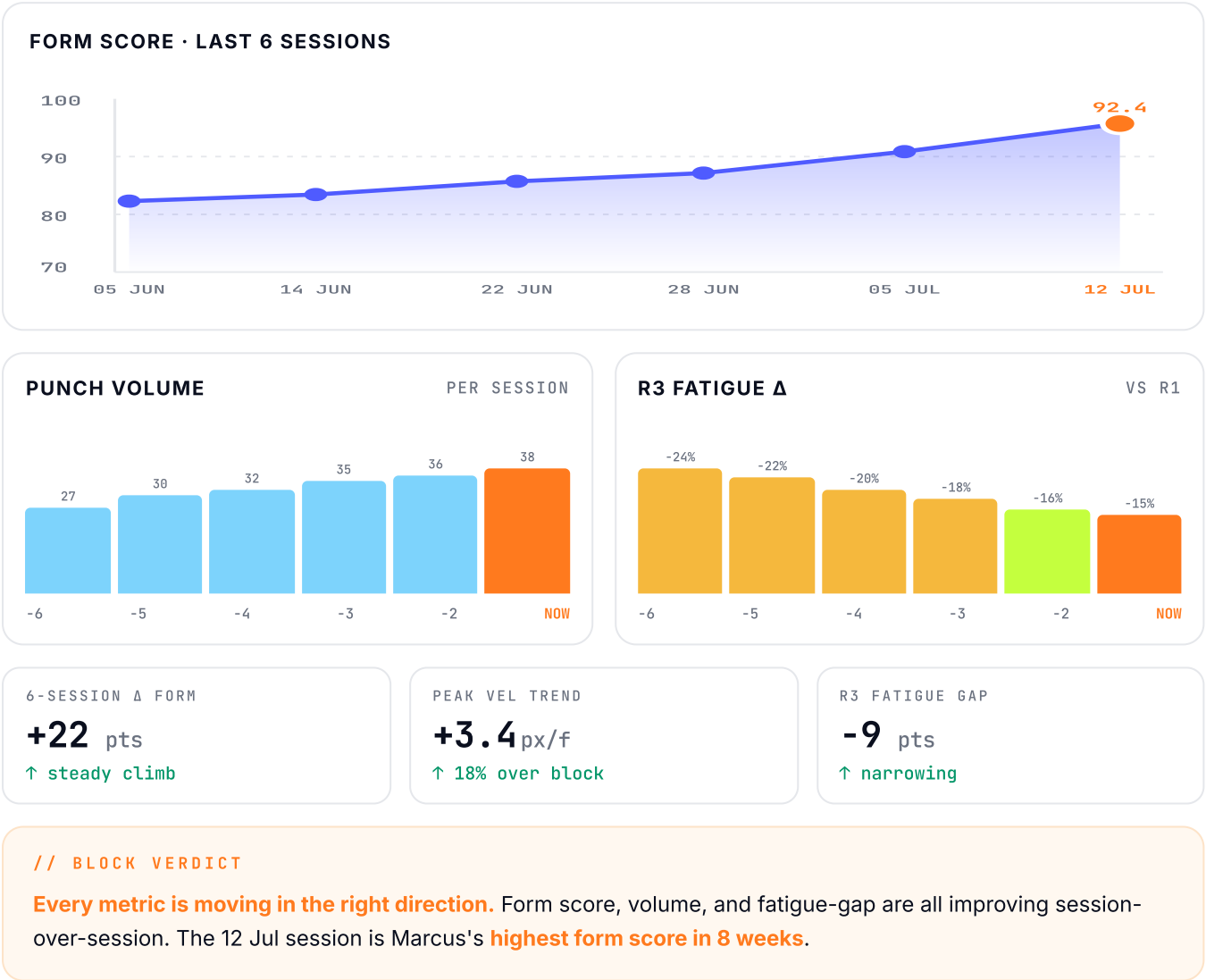
#01	R1	00:14 · left hand · session opener	JAB	18.3 px/f
#02	R1	00:19 · right hand · peak velocity	CROSS	21.7 px/f
#03	R1	00:23 · right hand · combo 1/3 close	HOOK	15.9 px/f
#04	R1	00:41 · left hand · counter	JAB	17.8 px/f
#05	R1	00:58 · right hand · setup for round-end flurry	CROSS	20.1 px/f
#06	R2	01:12 · left hand · re-engage	JAB	16.2 px/f
#07	R2	01:33 · right hand	CROSS	19.4 px/f
#08	R2	01:07 · left hand · form 96 · best rep	UPPERCUT	14.1 px/f
#09	R2	01:44 · left hand	HOOK	18.8 px/f
#10	R2	02:02 · right hand · slower reset	CROSS	15.7 px/f
#11	R3	02:26 · left hand · slow start	JAB	14.5 px/f
#12	R3	02:41 · right hand · attempted flurry	CROSS	17.8 px/f
#13	R3	02:48 · guard dropped 3 frames	FLAG	—
#14	R3	03:04 · left hand · under-committed	UPPERCUT	12.3 px/f

// SIGNAL FROM THE TIMELINE

Every peak-velocity punch of the session (events #2, #5, #7) is a right-hand cross — Marcus's power hand is fully live. Every uppercut (events #8, #14) sits at or below 14 px/f — a technique gap, not a strength one. Rebuild uppercut with slower deliberate reps at the pad before adding pace.

// LAST 6 SESSIONS

Trends. Where the block is heading.





// COACHING RECOMMENDATIONS

6 targeted drills. 2-week horizon.

1 • Late-round pad flurries

CONDITIONING

3 rounds • Week 1 & 2 • Tue / Fri

4 × 90-second pad-flurry sets in the **final third of each round** to condition sustained output. Rest 30s between sets.
Target: maintain velocity within 10% of round-open peak by end of week 2.

2 • Uppercut integration circuit

TECHNIQUE

4 sets × 8 reps • Week 1 (heavy) / Week 2 (integrated)

Week 1: slow deliberate uppercut work on the heavy bag focused on **form > velocity**. Week 2: introduce uppercut into 3-punch combinations (jab-cross-uppercut, hook-uppercut). Target: raise uppercut count from 8% to 15% of session volume.

3 • Guard-under-fatigue holds

TECHNIQUE

3 × 60s • every session • post-warmup

Isometric guard holds immediately after a 60-second high-intensity skip. Trains guard integrity when the shoulders are already loaded. Target: R3 head stability > 74% next spar.

4 • Tempo interval sparring

SPARRING

1 session • Week 2 • Fri 24 Jul

3 × 3-minute rounds with an **output floor of 12 punches per round**. Coach counts audibly. Trains volume discipline under real pressure. Compare vs 12 Jul baseline.

5 • Hip-shoulder separation drill

TECHNIQUE

3 × 12 reps • Mon & Thu

Elastic-band-resisted rotations focusing on the **19° separation Marcus already has** — hold and reinforce, don't chase more. Preserves the technical win from the last block.

6 • Video review with athlete

REVIEW

Wednesday 16 Jul • pre-training • 20 min

Walk Marcus through **events #2, #8, #13** from the timeline. Anchor "this is what right hip rotation feels like" (#8) and "this is what a dropped guard costs you" (#13). Use side-by-side with the 05 Jul session.

// TRAINING PLAN · 14 JUL - 27 JUL

2-week block. Volume + technique + review.

WEEK 1 · 14 – 20 JUL

MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19	SUN 20
TECH · 60M Hip-shoulder separation drill · shadowbox 3×3	COND · 75M Pad flurries (drill 1) · sprint intervals	REVIEW · 20M Video review with Marcus (drill 6) · pad session	TECH · 60M Uppercut heavy-bag work (drill 2 · slow) · rope	COND · 75M Pad flurries (drill 1) · guard-under-fatigue holds	TECH · 45M Bag work — coach's choice · shadow	Full rest

WEEK 2 · 21 – 27 JUL

MON 21	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27
TECH · 60M Hip-shoulder drill · integrated uppercut combos	COND · 75M Pad flurries · sprint intervals · guard holds	RECOVERY · 45M Light mobility · yoga · film review	TECH · 60M Combination work · integrated uppercut circuit	SPAR · 90M 3 × 3-minute tempo intervals (drill 4) · re-capture session	RECOVERY · 30M Ice · mobility · debrief	Full rest

TOTAL SESSIONS	SPARRING SESSIONS	RECOVERY DAYS
10	1	4

// SUCCESS CRITERIA · NEXT CAPTURE (FRI 25 JUL)

1. R3 punch volume ≥ 13 (from 11 · +18%) · 2. R3 head stability $> 74\%$ (from 68% · +6 pts) · 3. Uppercut share $\geq 12\%$ of session (from 8% · +50%). Meet 2 of 3 = block goal achieved.



// COACH SIGN-OFF

Notes from the corner.

Marcus,

This is your **best session of the year**. Round 1 was the sharpest you've looked — the jab-cross-hook at 00:19 is exactly the shape we've been drilling since May. The uppercut at 01:07 was a moment of real fluency.

Round 3 tells us where we go next. It's not technique — the shapes stay clean under fatigue — it's conditioning. Two weeks of the block I've laid out on page 10 and you'll be a different athlete late in the third.

Come in Wednesday for the video review before pads. I want you to *feel* what a good hip rotation looks like from the outside.

Keep pushing.

S. Ramirez

HEAD COACH • SIGNED 12 JUL 2026

Sarah Ramirez

M. Chen

ATHLETE • ACKNOWLEDGED

Marcus Chen

NEXT SESSION

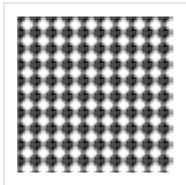
FRIDAY 25 JULY 2026 • 18:00 • NORTH GYM

Tempo interval sparring • 3 × 3-minute rounds • re-capture & comparison report.

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