ABSTRACT

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Athlete monitoring is an up and coming tool that is useful for coaches, trainers, and athletes. Athletes want to maximize their workout benefits, improve their talent, and be proactive with injury prevention. Researchers have recently begun to utilize Global Positioning System (GPS) technology to obtain data on the activity of the field players like lacrosse, soccer, Australian football, rugby and more (Dellal et al., 2012). GPS units measure sprint distance, total distance, player load, energy, as well as other variables, to give real time feedback on the work performed by an athlete. This studied examined the total distance, sprint distance, and player load of NCAA Division II women soccer players from Southern Connecticut State University. Data was collected by Catapult GPS units on the 7 home games of their Fall 2019 regular season. The data was then stored in *Playertek*, a cloud-based analytics system. Afterwards, the data was grouped by position (defense, midfield, and forwards) and the positions were compared for each variable. There was a strong trend for significance in the total distance data that requires more research. The sprint distance data did not have any significance among positions. The player load data was significantly different at the $p<.005$ level between midfield and forwards. Future research with GPS tracking devices should continue to look at positional differences for significance and look at individual data in order to create specialized programs for athletes.