

Performance Analysis of Football



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Background

- **BSc. Sports Science and Biology (2006) – University of Essex**
 - Dissertation on football match analysis comparing the energy requirements of different positions
- **7th season at Colchester United Football Club as Performance Analyst.**
 - Worked under Geraint Williams, Kit Symons, Paul Lambert, Joe Dunne, Aidy Boothroyd and John Ward
- **4th year coaching at the Colchester United FC Academy – currently Under 13 coach for 2012/13**
- **UEFA B license and Youth Module 3 coach**
- **MSc. Performance Analysis of Sport (Currently Completing Dissertation) – University of Wales Institute in Cardiff (UWIC)**

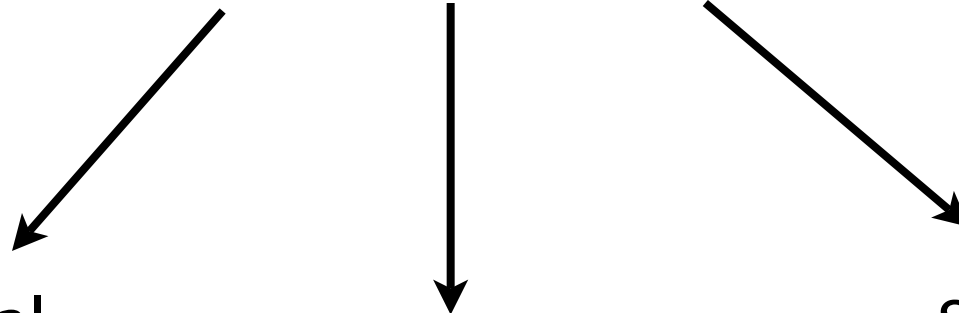
**What is Performance
Analysis and why is it
important for coaches?**

Performance Analysis defined...

‘An objective way of recording performance, so that critical events can be quantified in a consistent and reliable manner.’

PERFORMANCE ANALYSIS

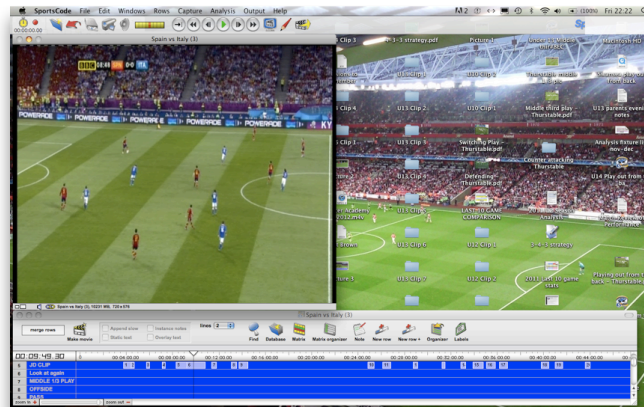
3 main branches of recording



Notational
Pen and paper



Video



Statistical

DEFENDING LAST 5 HOME AND AWAY GAMES

HOME GAMES

	FINAL 1/3	E	PEN AREA	CROSSES		SHOTS FROM CROSSES	SHOTS	SHOTS OT	GOALS
				Left	Right				
MK DONS	87	40	5	5	2	14	7	3	
OLDHAM	108	43	5	11	0	12	3	0	
EXETER	68	27	5	8	3	6	2	1	
ROCHDALE	90	57	9	13	4	19	7	0	
BRIGHTON	75	46	11	11	2	16	4	1	
TOTAL	427.0	213.0	35.0	48.0	13.0	67.0	25.0	5.0	
AVERAGE	85.4	42.6	7.0	9.6	2.6	13.4	5.0	1.0	

AWAY GAMES

	FINAL 1/3	E	PEN AREA	CROSSES		SHOTS FROM CROSSES	SHOTS	SHOTS OT	GOALS
				Left	Right				
TRANMERE	101	52	7	9	1	13	2	1	
SHEFF WED	86	42	8	13	3	15	5	2	
CHARLSE	95	51	7	14	4	18	5	4	
BRENTFORD	87	52	11	10	4	13	5	1	
YEovil	64	26	7	3	2	12	7	4	
TOTAL	429.0	223.0	40.0	49.0	14.0	71.0	24.0	12.0	
AVERAGE	85.8	44.6	8.0	9.8	2.8	14.2	4.8	2.4	

How can you stay objective?

- **Avoid emotional attachment** – Tallying key events can help you to recognise the game momentum
- **Recognise that key incidents carry extra emotional stigma** – Coaches tend to remember the first things and last things that happen
- **You physically can't remember everything!** – Coaches on average remember 40% of the key factors underlying successful performance
- **Changing your viewing position** – A higher point or a different angle may help you see the game better
- **Review performance in silence** – Try to avoid emotional effect of the crowd
- **Review post-match statistics** – Right a list of positives as well as a 'swept under the carpet' moments

What are the key
performance
indicators in
football?

Easy things to do on the touchline

- **Tally key events for both teams collectively**

This could include Shots, Crosses, Final 1/3 entries, Passes completed

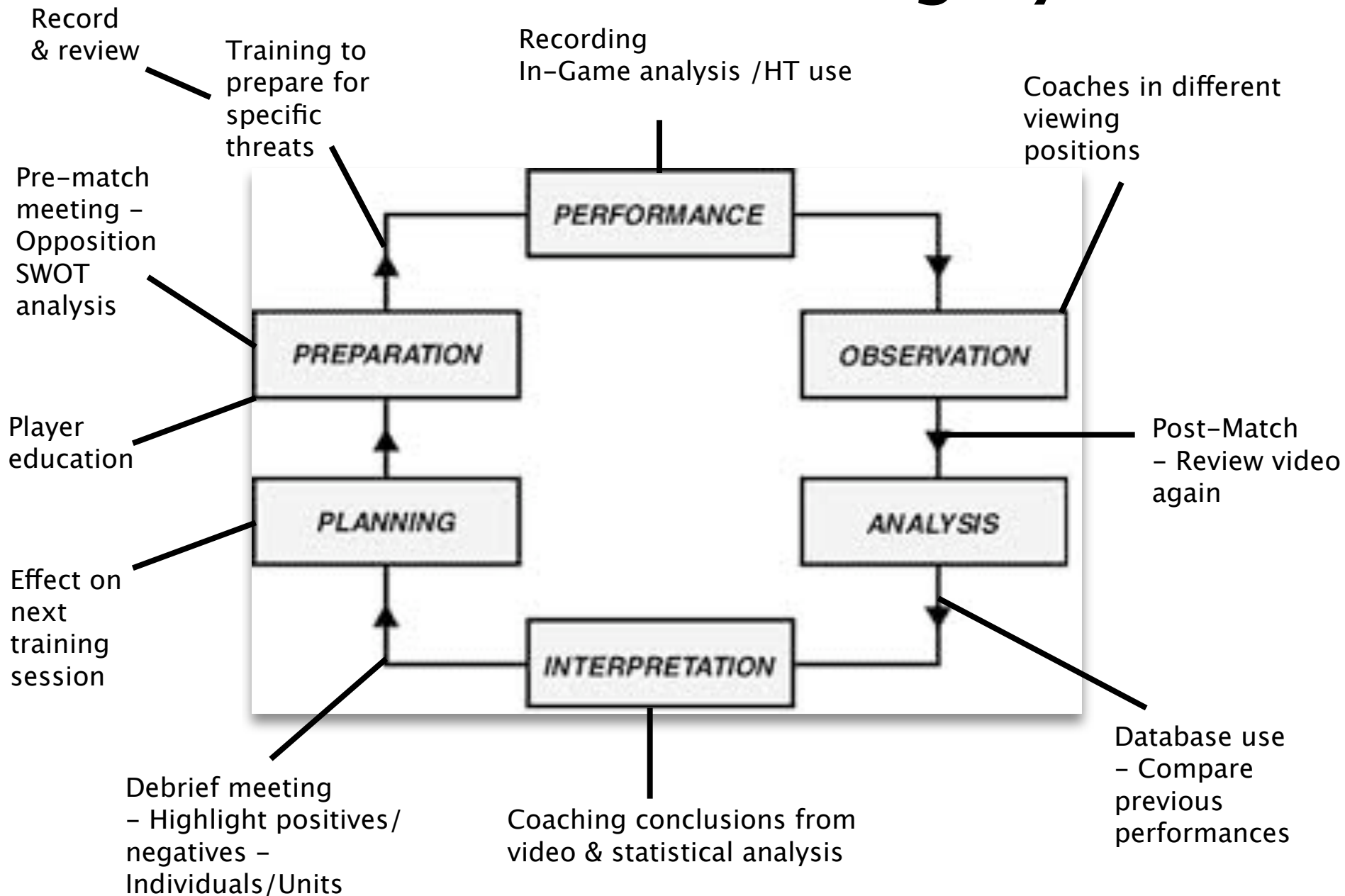
The process of keeping a tally will help you in your decision making.

- **Assess individual performance**

This could include skill execution such as receiving qualities, pass completion etc

This can help to assess in a logical manner how well a player has performed. Coaches will remember a key pass above 5-10 non key passes.

Effect on the Coaching Cycle



How can performance analysis be applied?

- **Tactical** – Shape Work with and without the ball
 - *The **Video** is the biggest limitation to performance analysis*



How can performance analysis be applied?

Video analysis helps to create a log of KPIs and is easy for coaches to access specific parts of the game

Technical

Shots
Crosses
Passes

Tactical

Final 1/3 entries
Penalty Area entries
Set Plays
Attacking/Defending topics

Area of pitch

Where are events happening?

Individual

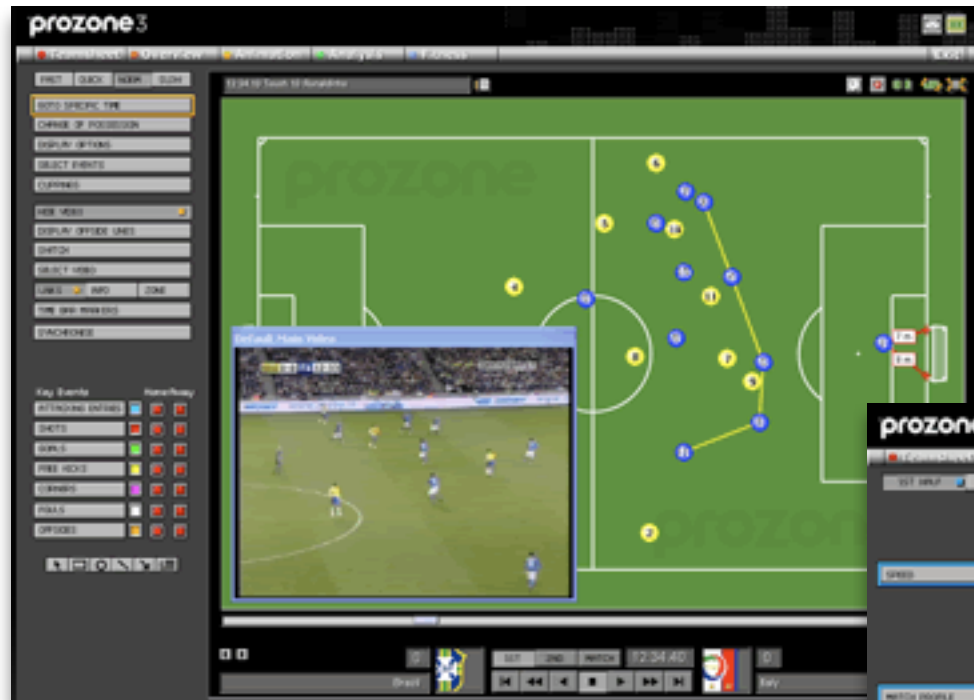
Who contributes what?

The screenshot shows a software interface for match analysis. At the top, there's a menu bar with icons for Capture, Code, Edit, Matrix, Enter (TAB), Clear (ESC), Reset, Button, Keys, and Links. Below the menu bar is a 'Default lead' field with the value '2' and a 'CROSS' indicator. The main title is 'Colchester United Live Match Analysis'. The interface is divided into several sections:

- Technical Analysis:** Includes 'F 1/3 ENTRY' (E), 'SHOT' (ON TARGET, BLOCKED, OFF TARGET), 'CROSS' (Pen box - byline, Corner, Deeper, Met by Attacker - no shot), 'PENALTY ENTRY' (P), 'ATTACKING SP' (Corners, Free Kicks, Long Throws), 'OFFSIDE' (O), 'Throw In', 'DEEP FKs', 'OPP GK', 'BALL IN BEHIND FBs', 'COUNTER ATTACK', and 'FORWARD RUNS FROM MIDFIELD'.
- Opposition Analysis:** Includes 'OPP F 1/3 ENTRY' (I), 'OPP SHOT' (BLOCKED, OFF TARGET, Set Play Shot), 'OPP CROSS' (Cleared, Blocked, GK catch, Hit 1st Man, Out of play, Foul, Offside), 'OPPO PEN ENTRY' (4), 'OPP OFFSIDE' (B), 'OPP THROW IN', 'OPP GK', 'OPP GOAL' (O).
- Pitch Diagram:** A central green pitch diagram with 'Left', 'Centre', and 'Right' labels.
- Goalkeeper Analysis:** Includes 'Goalkeeper' (Save, Catch, Punch, Throw Out, Kick from hands, Dribble & Drive, Goal Kick, FK, Sweeper, 1 on 1, Back pass).
- REGAINS:** Includes 'REGAINS' (Our 1/3, Middle 1/3, Final 1/3) and 'OPPO REGAINS'.
- SQUAD LIST:** A table listing 34 players, with player 12, Cousins, highlighted in green.
- LOOK AT AGAIN:** A blue button at the bottom right.

Analysis of Movement

Unbiased facts of the game – ProZone example

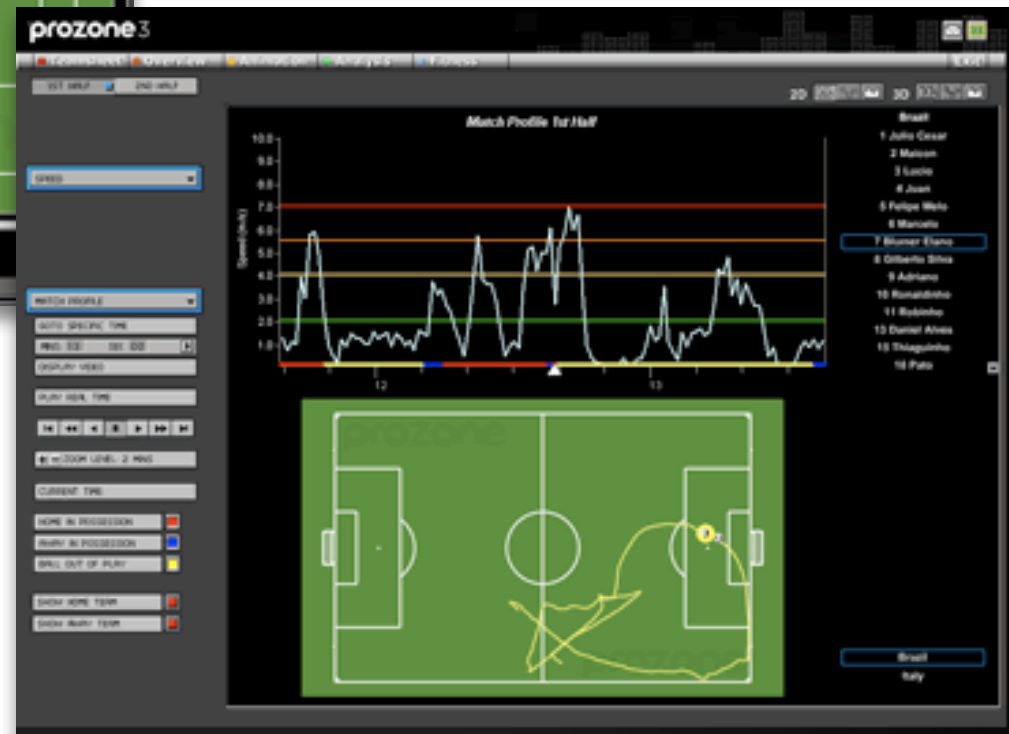


Player tracking systems

Distances between players

Distance covered by players

Speed of Movement
and Work rate



How does performance analysis facilitate scouting opposition?

ATTENTION TO DETAIL! PLANNING AND PREPARATION



Task!

Spain vs Italy 10 min period

- **Watch Spain / Italy as a team**

Tally Final 1/3 entries / Penalty Area entries / Shots / Crosses / Attacking Set Plays

- **Pick an individual on the Spain team**

Assess his contribution in the period of play

- Passes attempted / Completed
- 1st Time passes
- Receiving qualities - Backfoot touches / No touch turns

- **At the end of the video**

- Estimate Spain / Italy's possession
- Estimate Spain / Italy's pass completion

Spain vs Italy 10 min period



QUESTION TIME.....

Contact Details

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