Performance Analysis of Football

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Background

  - 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
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

**Record & review**
- Training to prepare for specific threats
- Coaching conclusions from video & statistical analysis
- Debrief meeting - Highlight positives/negatives - Individuals/Units

**Pre-match meeting** - Opposition SWOT analysis
- Effect on next training session

**Player education**
- Database use - Compare previous performances
- Post-Match - Review video again

**Coaches in different viewing positions**
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?
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
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