

Handbook Of Soccer Match Analysis A Systematic Approach To Improving Performance

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appealing to a wide audience this ground breaking handbook takes an in depth look at soccer match analysis highlighting the latest in match analysis research and the innovative technologies now being used by professional soccer clubs around the world bridging the gap between research theory and practice these methods can be used by coaches sport scientists and fitness coaches to assess and improve styles of play technical ability and physical fitness objective performance feedback to players the development of specific training routines use of available notation software video analysis and manual systems understanding of current academic research in soccer notational analysis this is the first book to focus exclusively on football and is based on the authors extensive experience in

academic and professional match analysis

match analysis is a performance diagnostic procedure which can be used to carry out systematic gaming analysis during competition and training the analysis of team and racket sports whether in competition for opponent preparation match plan follow up or training is nowadays indispensable in many sports games at different levels this analysis nevertheless presents many open questions and problem areas which data should be used who manages the data who provides whom with which information how is this information presented digested and applied the more complex and anonymous the data management is the more commercial expensive and uncontrollable information management and provision becomes match analysis how to use data in professional sport is the first book to examine this topic through three types of data sets video event and position data and show how to interpret this data and apply the findings for better team and individual sport performance this innovative new volume is key reading for researchers students and practitioners alike in the fields of coaching performance analysis sport management and related specific sport disciplines

match analysis in soccer has become more and more important in recent years nowadays no professional soccer club plays a single match without having analyzed their own and their opponents matches to find the best possible match plan and maximize their success in this book ian m franks and mike hughes explore soccer analyses and use the results to develop realistic progressive practices to improve the performance of the individual players and the team research from human decision making and motor skill acquisition is directly applied to the coaching process and technical and tactical practices are designed to accommodate these findings not only is the players behavior during practice and matches analyzed but the coaches as well this helps evaluate different coaching practices to find your ideal coaching style any coach reading this book will find help in developing and improving their coaching anyone who wishes to delve more into the science of soccer analysis will find ample material as well as a comprehensive bibliography to better understand the science of soccer

coach is the football analysis log for an analytical approach to football and your team it ensures that you record your data in a structured manner this allows you to tune your team and tactics for the next match content 141 pages for 26 matches registration of training performance per player analysis opponent line up tactics after match analysis and notes format 21 x 29 7 cm 8 5 x 11 inch

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