



VELOCITY  
 FORCE EXHAUSTION ENERGY INTENSITY  
 ABILITY **GAME SPEED** FASTNESS

'WORST CASE SCENARIO' PACE QUALITY TEMPO POWER  
 CAPACITY DRIVE X-X-X-X

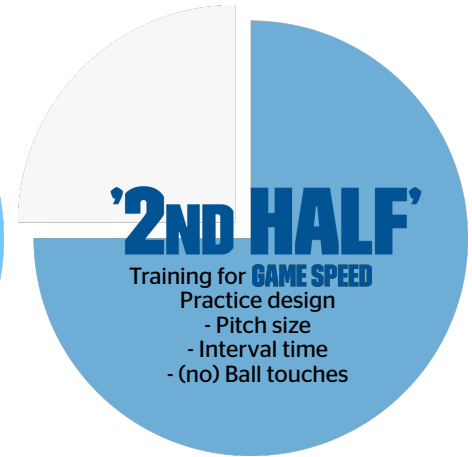
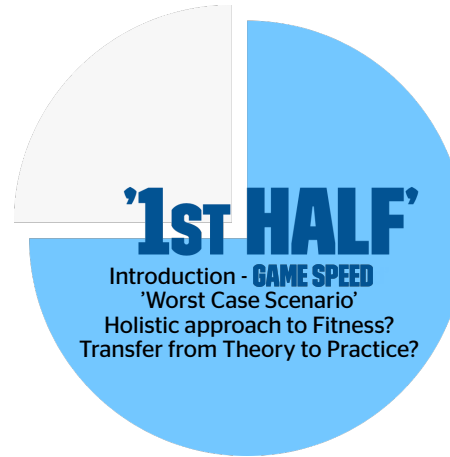
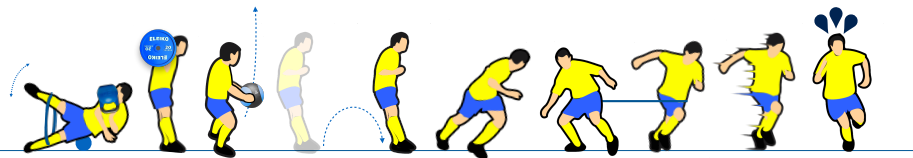


Swedish FA - Football Fitness Education

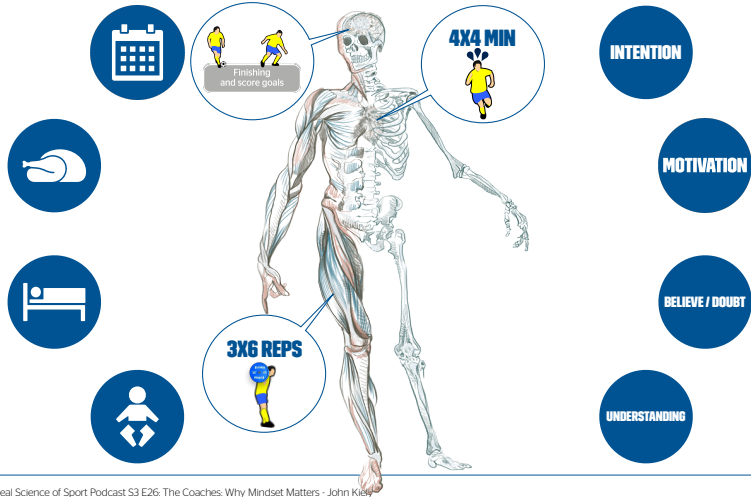


MODULE 1	MODULE 2	MODULE 3	MODULE 4	MODULE 5
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Team work	Speed	Strength	Player tracking	Examination
Pre activation	Endurance	Prevention	Testing	Psychology
Mobility	<b>GAME SPEED</b>	Rehab	Monitoring	Leadership
Coordination			Recovery	
Periodisation			Nutrition	



Many external and internal factors affects both performance and results

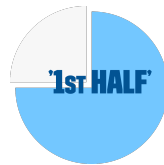


Fritt från The Real Science of Sport Podcast S3 E26: The Coaches: Why Mindset Matters - John K...

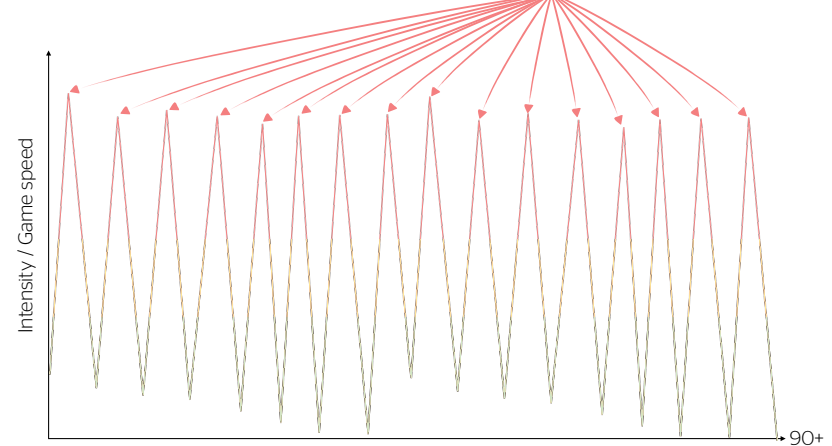
Do you as a coach transmit belief or doubt for performance and results?



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 'WORST CASE SCENARIO' PACE QUALITY TEMPO POWER  
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"Know your sport"! - Game speed - "Worst case scenario"



The future player for Game speed...



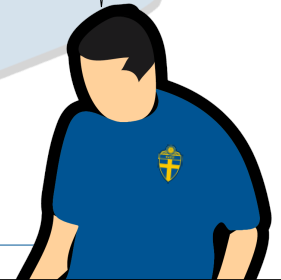
Ask yourself...



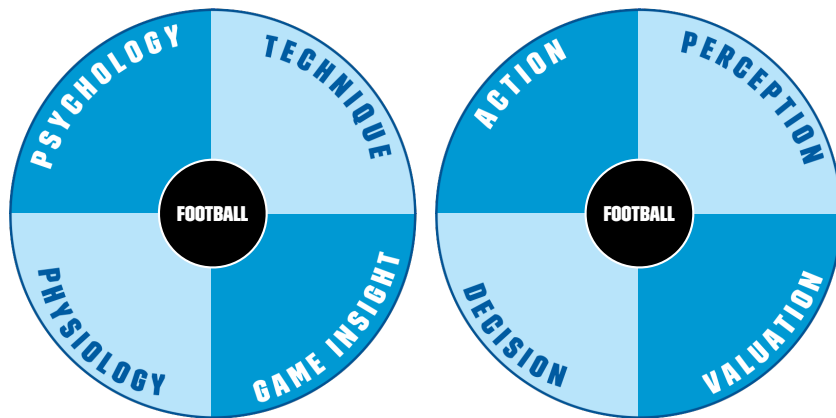
Do you demand enough Effort and does your practice design Challenge your players enough for Game speed and the Worst Case Scenarios?



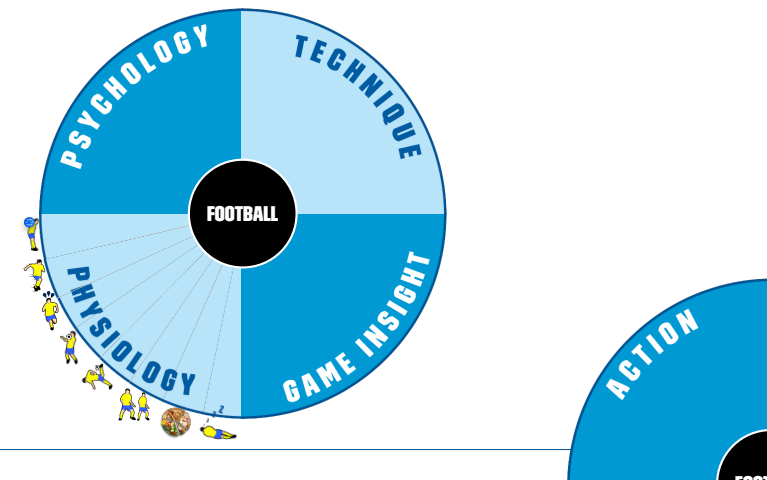
Rating of perceived challenge as a measure of internal load for technical skill performance - Hendricks et al. 2018



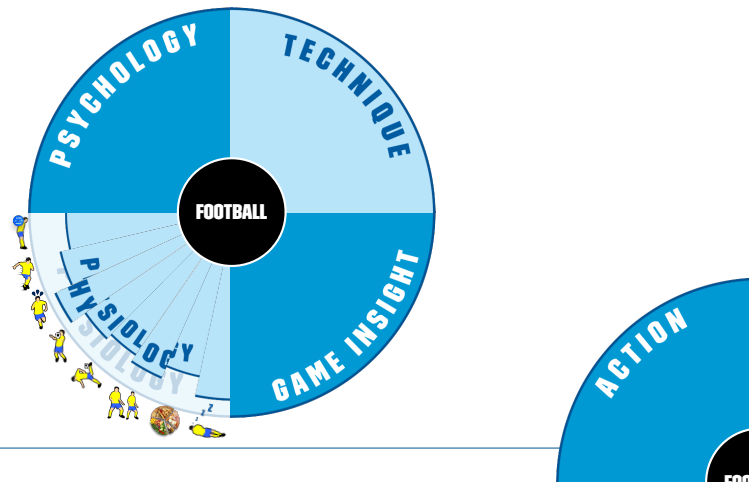
All models are wrong, but some are useful?



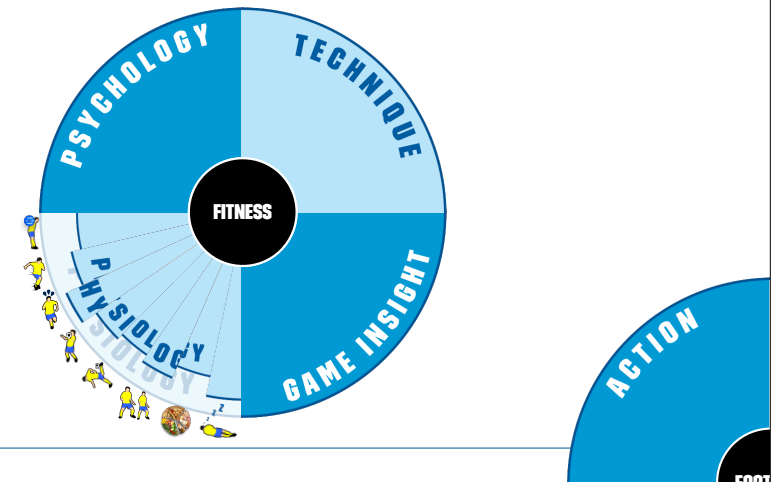
Physical qualities, body composition, nutrition and sleep...



Each physical quality and their capacity are trainable...



A more holistic approach to Fitness?



One definition on "Worst case scenario" without a holistic approach to football?



*"The WCS defined as the maximal physical load in a given time-window, produces unstable metrics lacking context, with high variability... The true WCS should be recognized as a complex, composite construct that is actually an extreme internal response elicited via various combinations of physical and contextual factors."*



Analysis of the worst-case scenarios in an elite football team: Towards a better understanding and application - Novak et al. Journal of Sports Sciences, 2021

One definition on Game speed with a holistic approach to football?



*"Game speed is the ability to generate and maintain a high physical output, without significant compromise of the technical, tactical or psychological components of competition"* - Jace Delaney



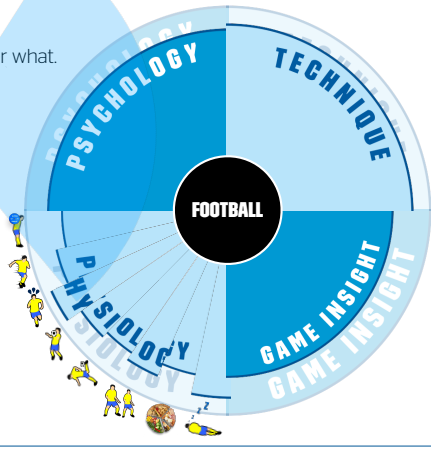
<https://hitscience.com/the-paradox-of-invisible-monitoring-the-less-you-do-the-more-you-do/>



Examples of actions for ↑ Game speed...



Next action no matter what.



E.g. Next action no matter what - Verbal communication



BayernFKN\_20130

E.g. Next action no matter what - Verbal communication?



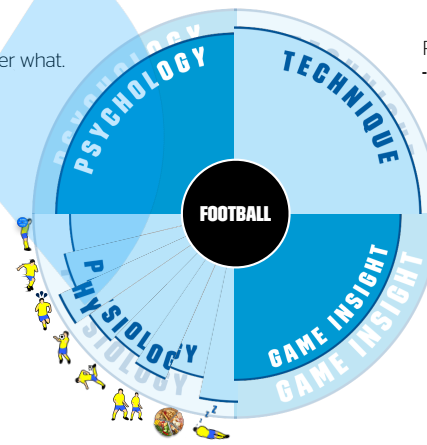
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Examples of actions for ↑ Game speed...



Next action no matter what.

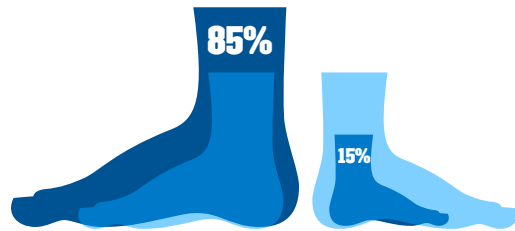
Press resistant players  
- Two footed!?



### E.g. Movement efficiency in all directions - Two footed players?



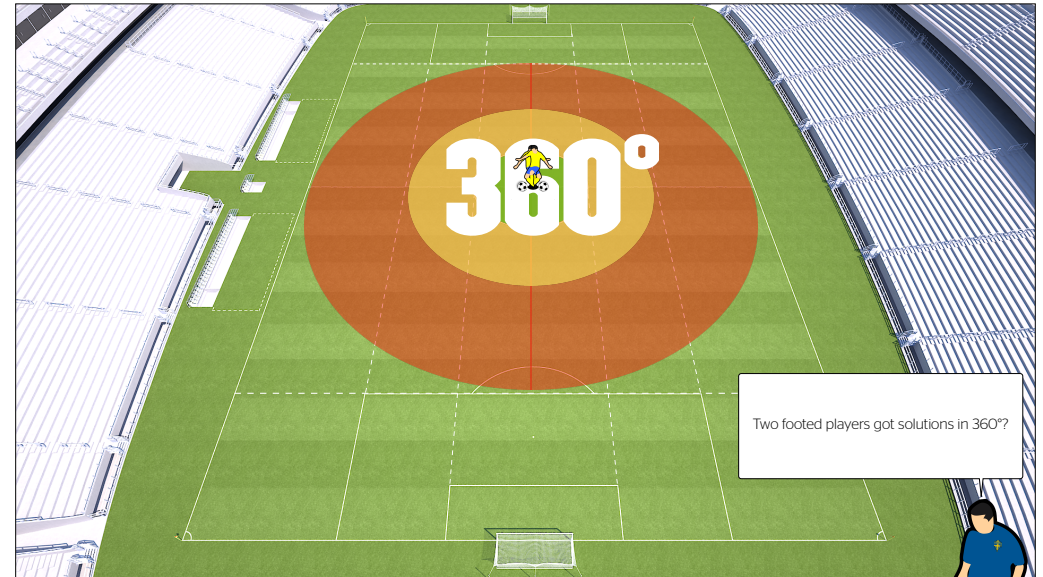
"players average around 85% of their passes with their dominant foot... **the search for that most elusive of player: a two footed genius, for which every pass is a decision made by the unconscious mind and for whom the balance of footedness is entirely natural...** There are simply very few players who balance their passing output between feet... **being competent with both feet has obvious utilities in possession: predominantly it opens up way more angles for a pass, therefore making more passes available, which also enhances a player's ability to play under pressure, knowing they can go either way around the opposition pressure."**



More two footed players(i.e., 50/50 vs 85/15).  
 📈 Game speed or 📉 Game speed?

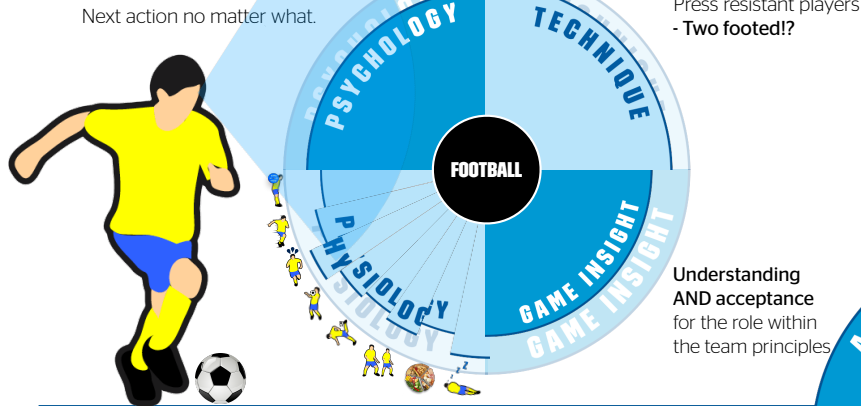


<https://statsbomb.com/2019/04/pass-footedness-in-the-premier-league/>  
<https://statsbomb.com/2021/02/statsbomb-data-case-studies-passing-height-and-passing-footedness/>

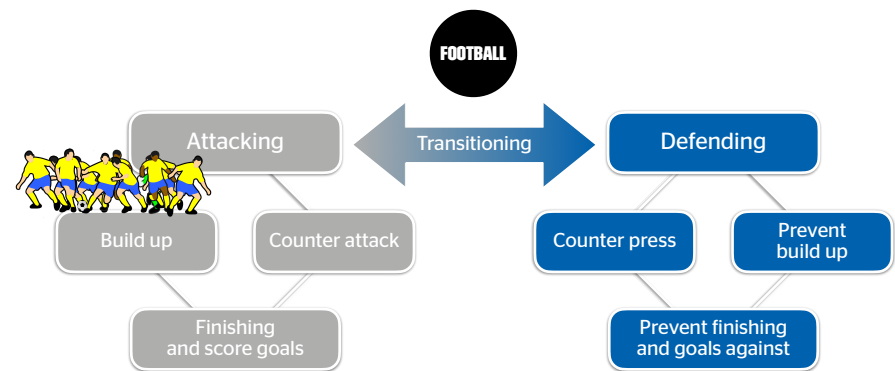


Two footed players got solutions in 360°?

### Examples of actions for 📈 Game speed...



### E.g. Game insight to fulfil team principles in the next phase of play for 📈 Game speed!



Short-term memory are needed for better Perception and Actions...



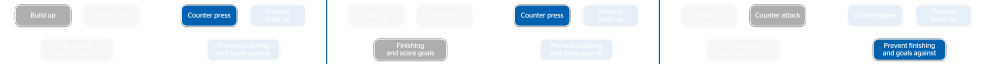
ACTION

Doug Lemov - The Coaches Guide to Teaching - #120 The Sport Psych Show

E.g. Cognitive overload - Too much information on Theory & Training



THEORY & TRAINING 1



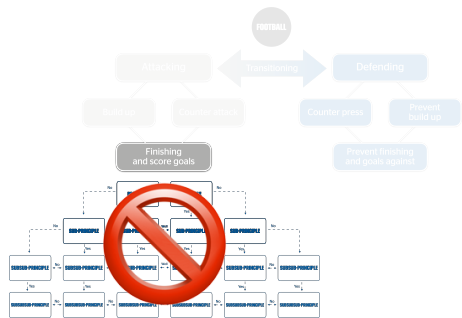
THEORY & TRAINING 1

THEORY & TRAINING 2

THEORY & TRAINING 3

Fritt från @Inner\_Drive

E.g. Cognitive overload - Too much Principles



Fritt från @Inner\_Drive

Too much Control vs Chaos can ↓ Game speed?



CONTROL

CHAOS



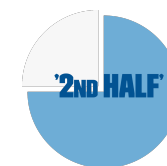
Fritt från @Inner\_Drive

Formations, team principles, individual roles, sub principals och sub-sub principals for  Game speed?




VELOCITY  
FORCE  
ABILITY  
PRACTICE design  
ENERGY INTENSITY  
**GAME SPEED**  
FASTNESS

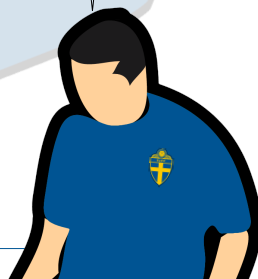
'WORST CASE SCENARIO' PACE QUALITY TEMPO POWER  
CAPACITY DRIVE X-X-X



Ask yourself...



*Do you demand enough Effort and does your practice design Challenge your players enough for  Game speed and the Worst Case Scenarios?*



How can we train the future player for  Game speed?





Prioritize games and complement with running drills for 🏆 Game speed!

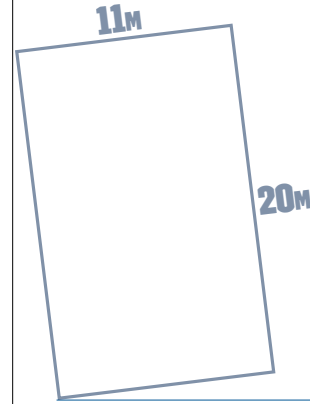


# HIT

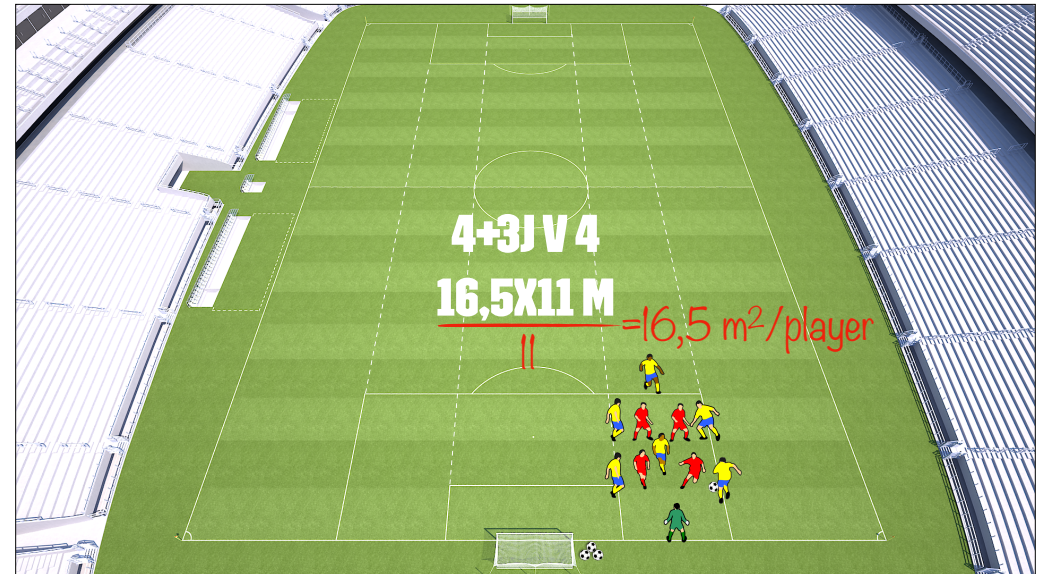
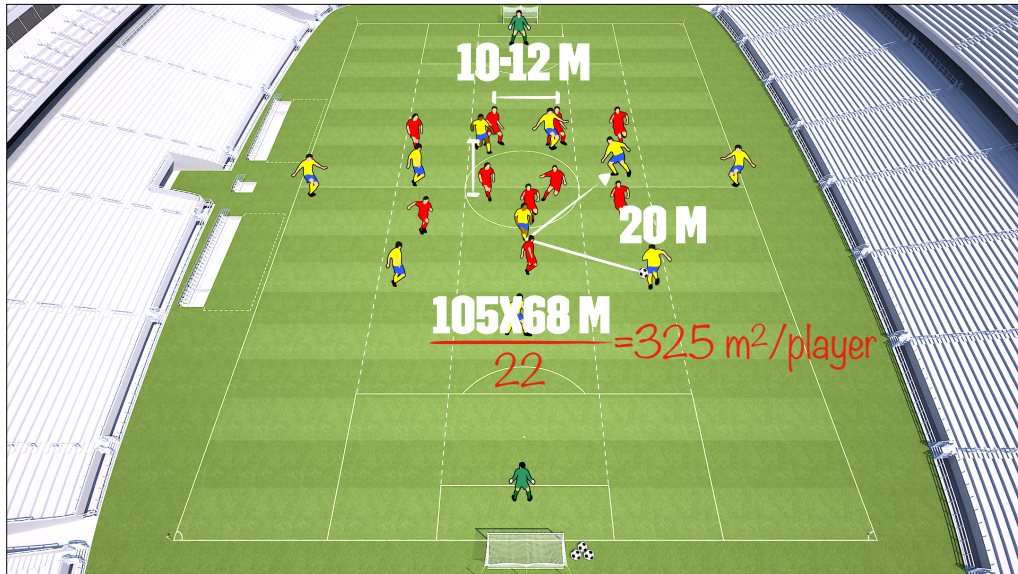
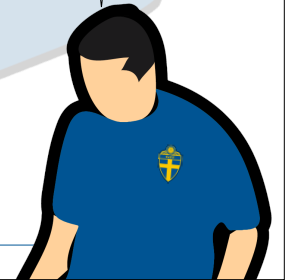
HIGH INTENSIVE INTERVAL TRAINING



Ask yourself...



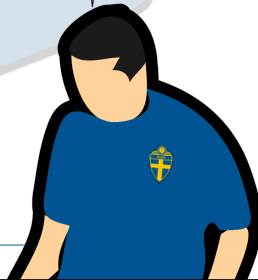
Why do you design  
4+3Jv4, 16,5x11m?



Ask yourself...



Why do you design  
4+3Jv4, 16,5x11m, 6x90 sec?



"Know your sport"! - Number of interruptions per game



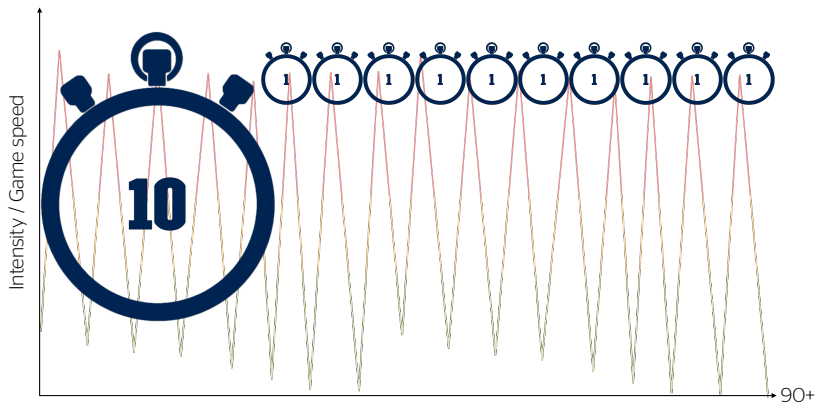
"Results showed that there is an average of **108 interruptions per match**... For 38% of the total match time observed, matches were halted. **The mean duration of running and interrupted match parts were 32.1 s and 18.7 s, respectively.** The analysis showed significant differences concerning the influence of the location of interruption, score, and time of interruption on the duration of different interruption."

83,8 % of all sequences where under 60 sec. Should this affect interval time?

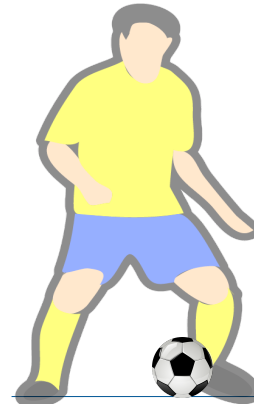


Game interruptions in elite soccer - Siegle et al 2012

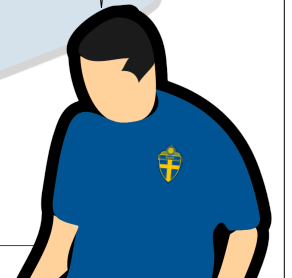
E.g. HIIT - Games with shorter intervals for Game speed?



Ask yourself...

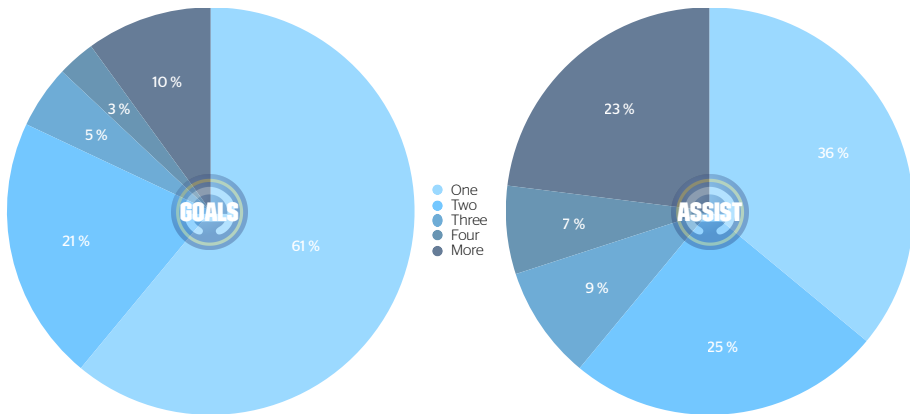


Why do you design  
4+3Jv4, 16,5x11m, 6x90 sec, **free touches**?





## "Know your sport"! - Number of touches



AS 2017/2020 - Data compilation by @Johapeter 210416

## HIIT - Games on one touch - A practice design to constrain players to...

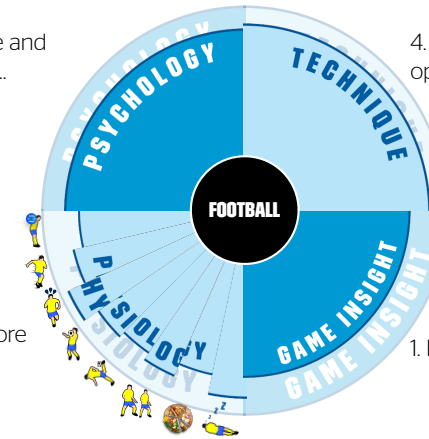


2. value, decide and act next action...

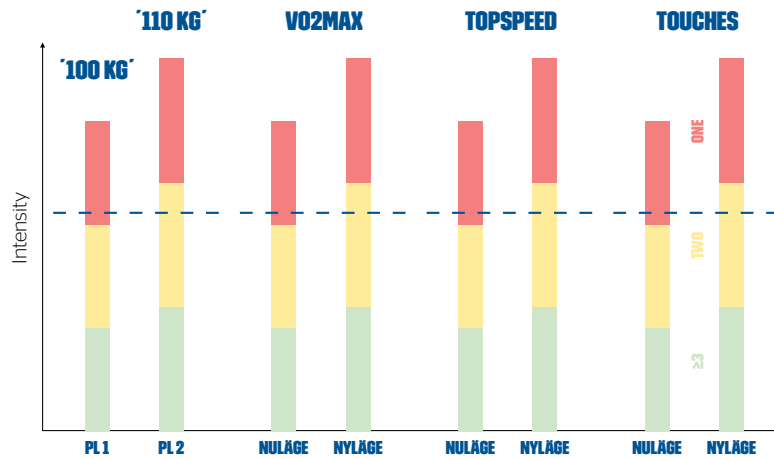
4. in relation to ball, team mates, opponents and space!

3. faster and more often...

1. Percept, ...



## E.g. Why? Games on one touch



## E.g. Why? Games on one touch

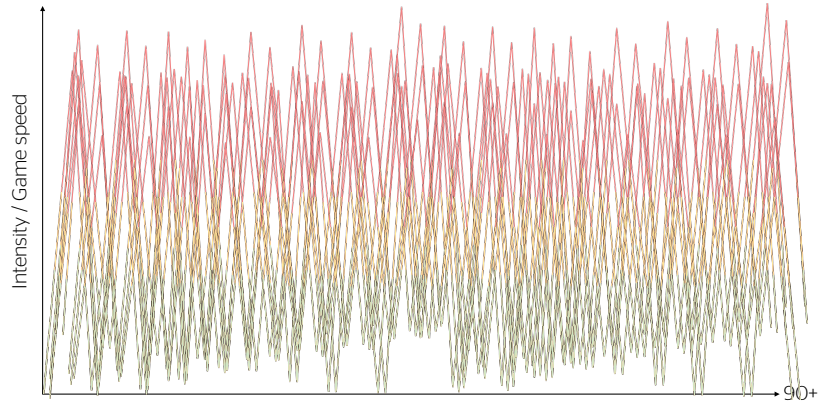


SSG	Touches (no)	Passing%	Ball losses	TD	HSD	SD	RPE
2 vs 2	1	42.5	23.5	1305.5	330.0	232.3	8.2
	2	60.5	14.1	1211.8	271.3	195.1	7.7
	No limit	66.4	13.9	1157.7	245.3	177.5	7.6
3 vs 3	1	52.0	17.1	2247.6	523.3	397.0	8.1
	2	69.9	15.1	2124.7	473.9	351.2	7.9
	No limit	71.0	14.3	2013.9	422.4	315.2	7.5
4 vs 4	1	49.8	14.8	3057.3	638.9	493.2	8.0
	2	68.9	13.6	2814.6	562.0	438.0	7.9
	No limit	73.4	13.2	2663.6	482.7	381.8	7.2

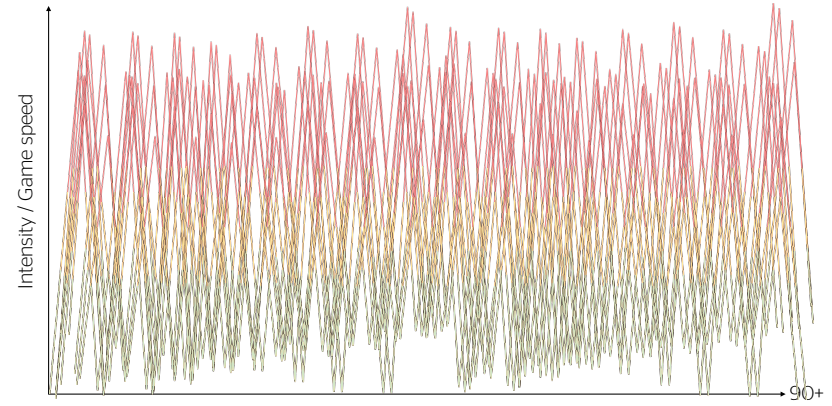
Influence of the technical instructions on the physiological and physical demands within small-sided football games - Dellal et al 2011



"Know your sport"! - Game speed - "Worst case scenario" for 11 players?



"Know your sport"! - Game speed - "Worst case scenario" for one team!



"Know your sport"! - Game speed - "Best case scenario?"  
"Worst case scenario"



Faster decisions and more actions on fewer to one touch in high speed to sprint speed with powerful accelerations, decelerations and change of directions per minut.

