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UNIVERSITÉ DE ROUEN NORMANDIE

Dept of Methodology – training intervention

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Summer School 2022

Context

- Arsenal are 3rd in Women's Super League
- Arsenal will play Chelsea next (final match of season)
  - Chelsea are top of the league
- Arsenal's performance against lower league (<top 4) opposition has been good
  - W W W W W W W W W W W W W W D D 44 points from 48
- Arsenal's performance against higher placed teams has been poor
  - W D L L L L 4 points from 18

Problem

- Wyscout provide xG metric:
  - Predicts the expected number of goals a team will score in a game
  - Arsenal average xG against top 4 teams = 0.81
  - Actually scored less than this average = 0.6 goals
    - 5 goals in 6 games including 1 own goal
  - **Arsenal have a goal scoring problem vs top 4 teams**

Problem

- Arsenal v Chelsea (previous matches)

  - Played twice:
    - L 0:3
    - D 1:1

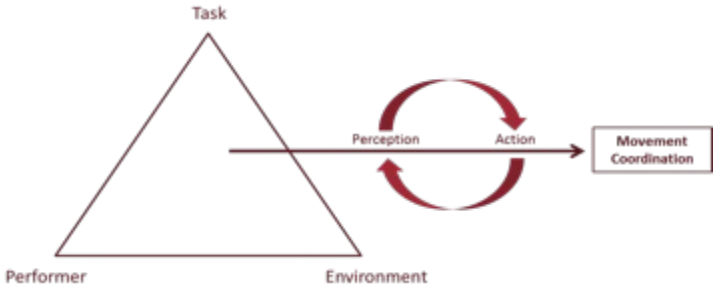
  - When lost
    - High possession (66%)

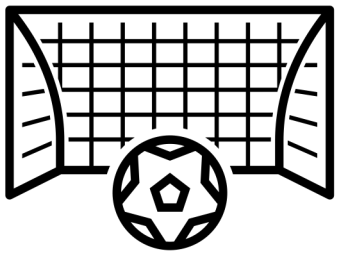
  - When drew
    - Lower possession (54%)

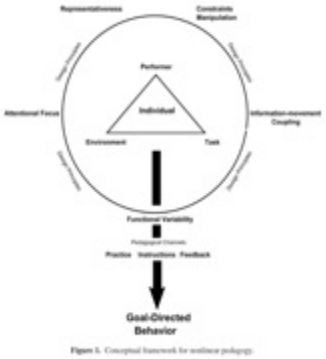
- **Arsenal DO NOT have a ball retention problem**

Aim

- Therefore:
  - Dept of Methodology will use:
    - Data analysis
    - Video analysis
    - Explore the problem
    - Recommend training intervention with psychological support







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Data Analysis

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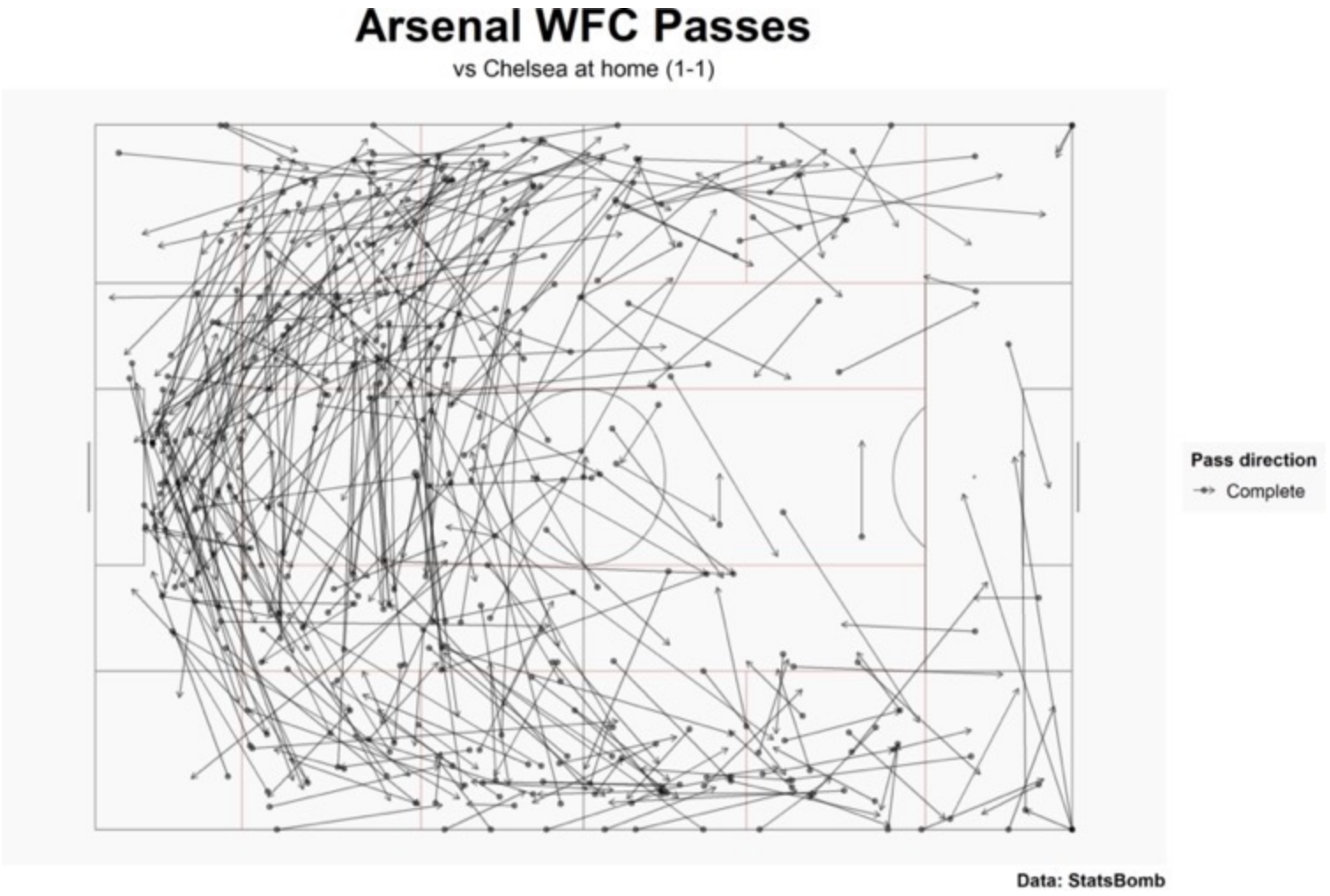

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Data Analysis

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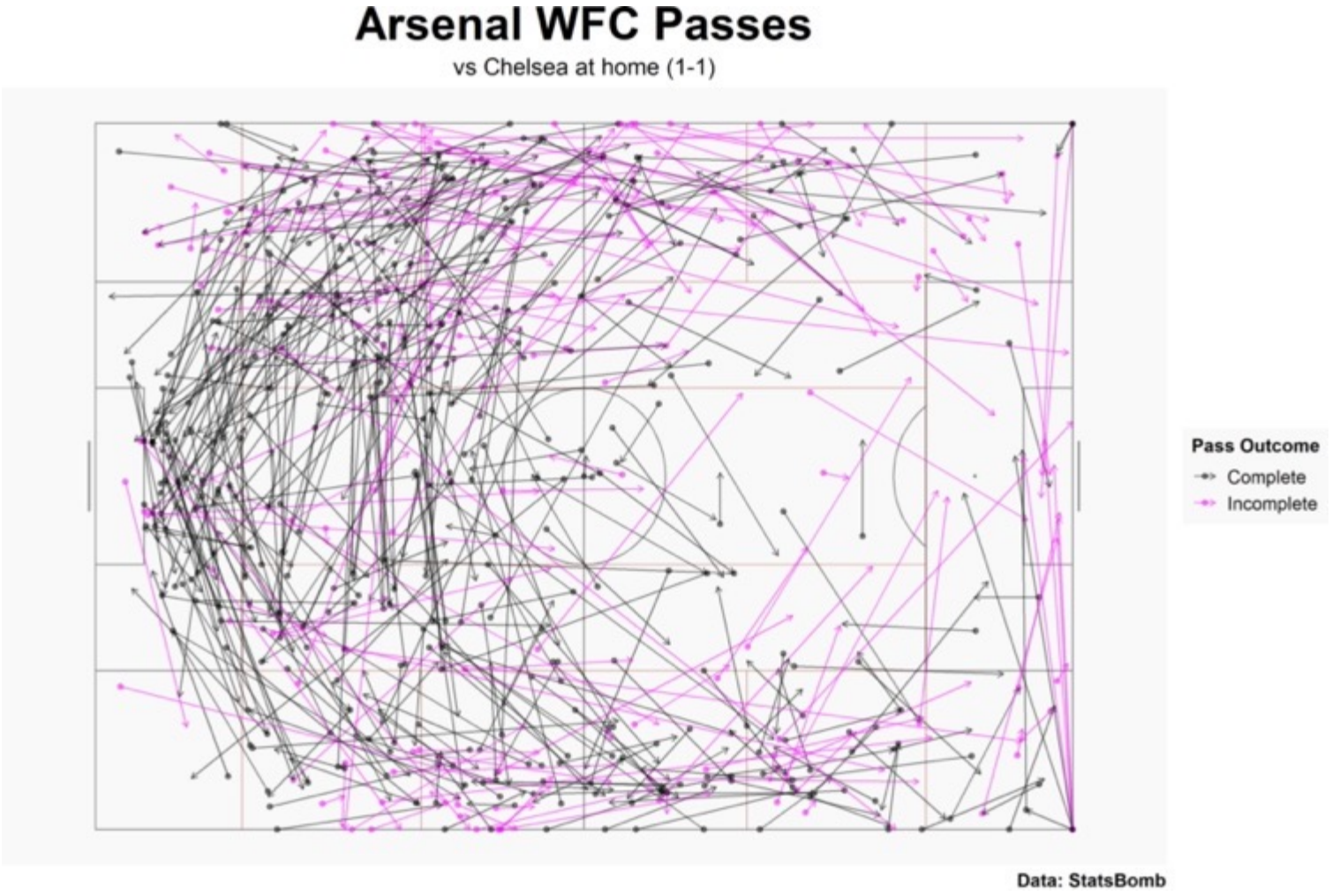

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Video Analysis

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Data Analysis

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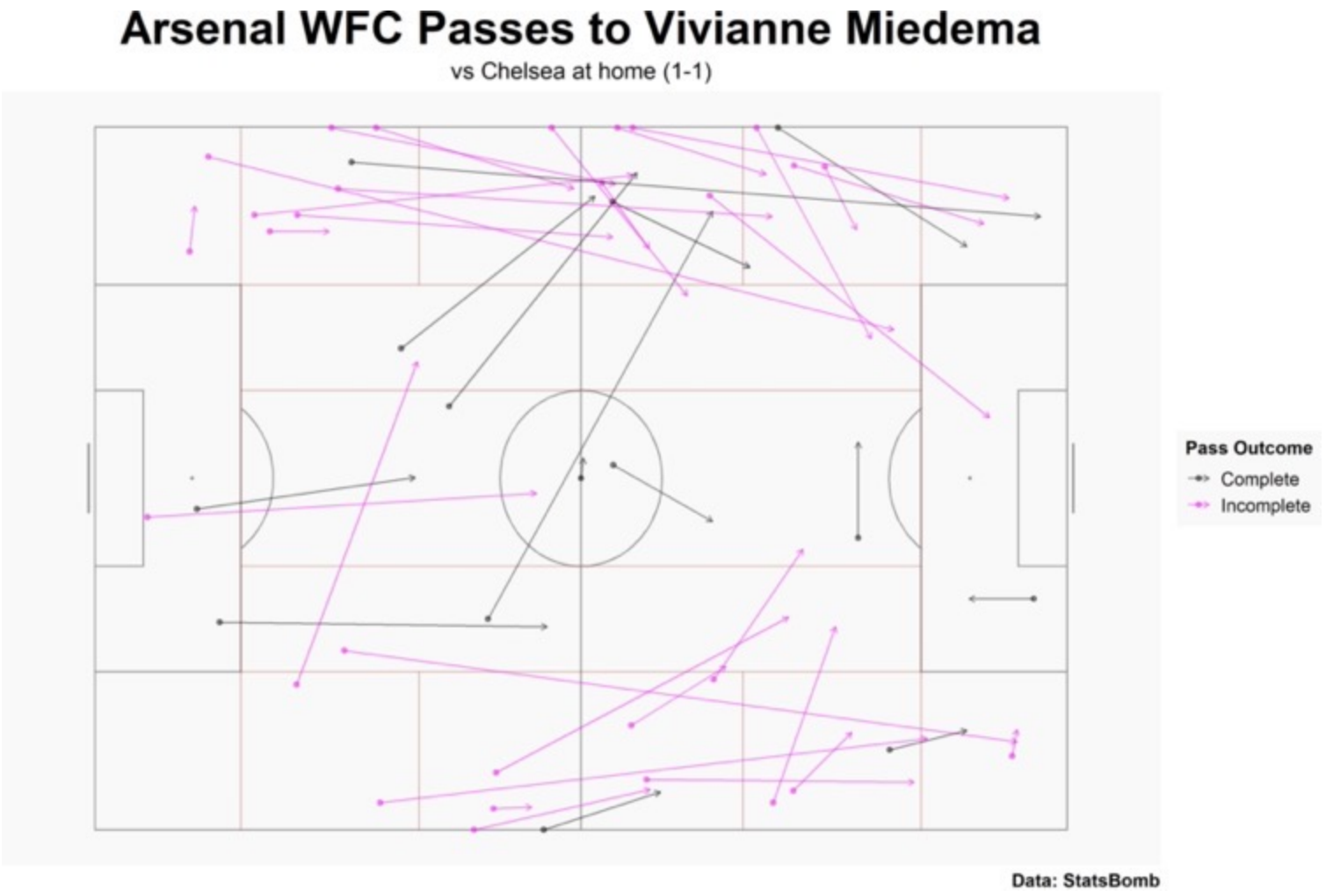
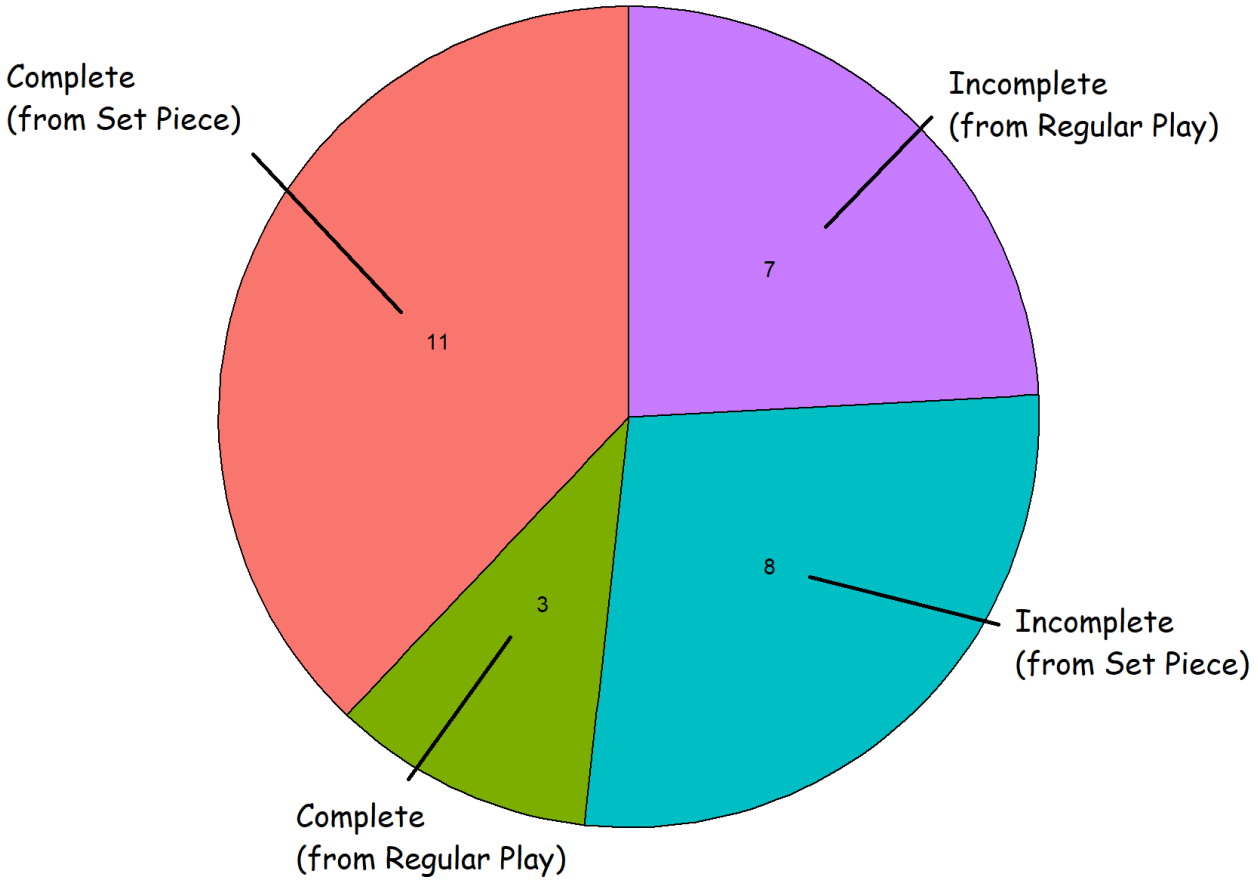


Data Analysis

Passes to Viviane Miedema in the penalty area
(against the top 4)

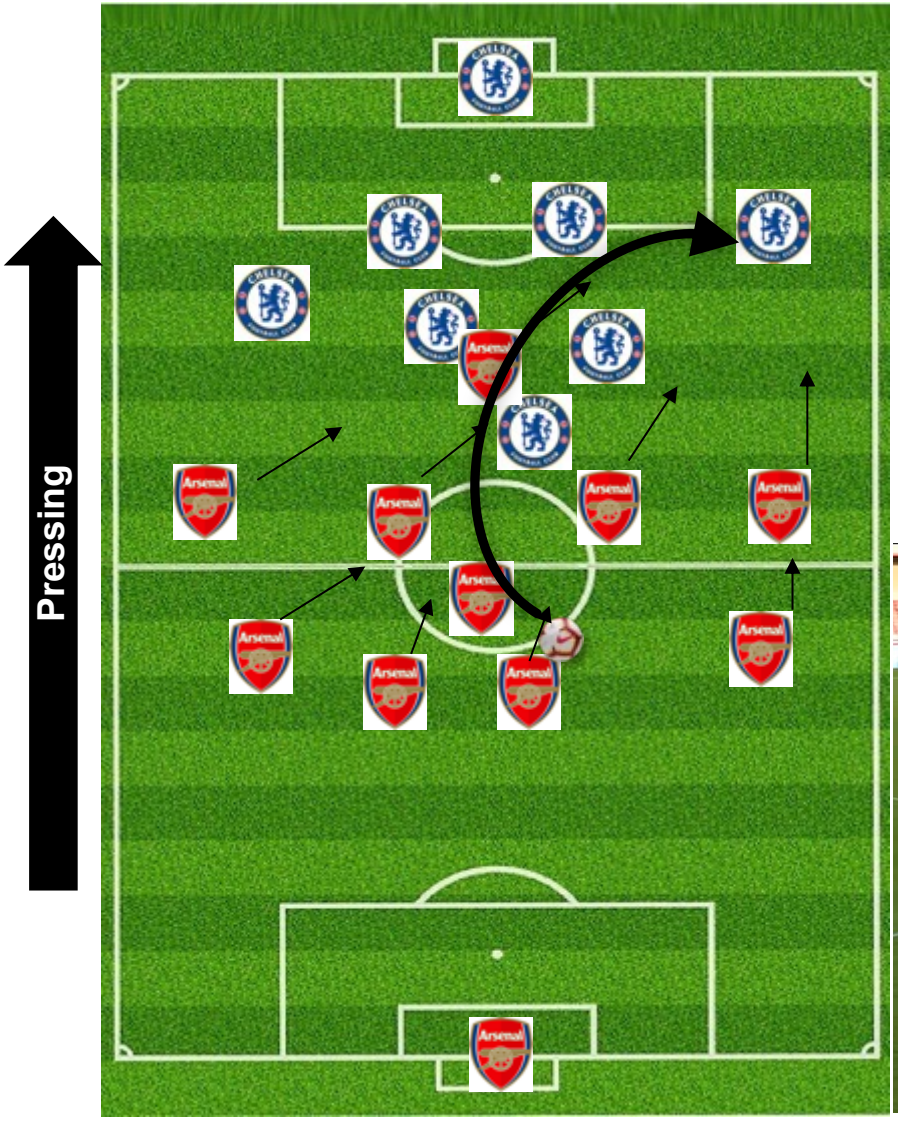


Intervention Schedule

- Match Day
- Rest Day
- Previous Match Review
- Next Match Planning and Intervention Design
- Intervention Design ready for afternoon training
- Implement Intervention Design
- Implement Intervention Design
- Match Day

M-3 Specific endurance

Intervention

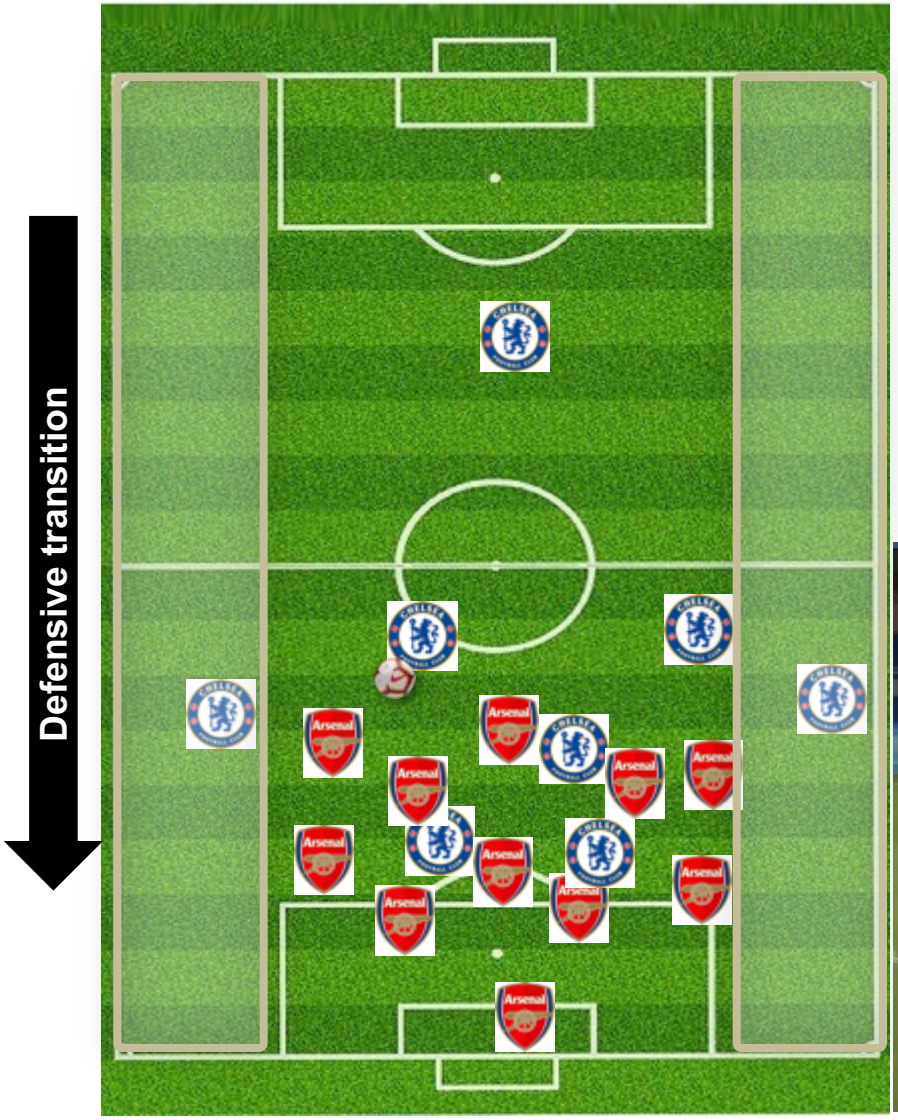


<u>Pressing :</u> 10 vs 8

- 8 sec to recover the ball

→ 1 pt if we recover the ball
→ +3 pts if we score

Intervention



Defensive transition

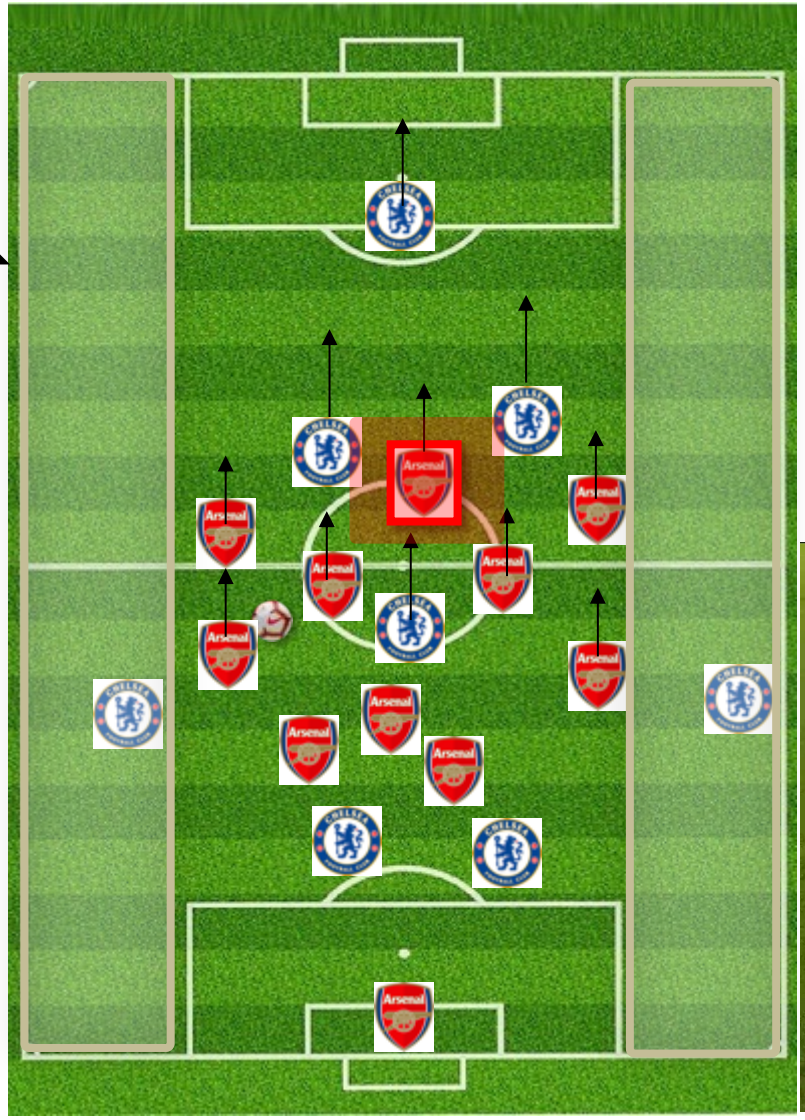
After the unsucceful pressing, defensive retreat

Aim :

- Let the ball to Chelsea
- Create space in their back

Intervention

Attacking transition



Attacking transition

After ball recovering, go foward

Aim :

→ +3 pts if goal <4 passes

→ 1 pt more if we touch Vivianne in the red zone

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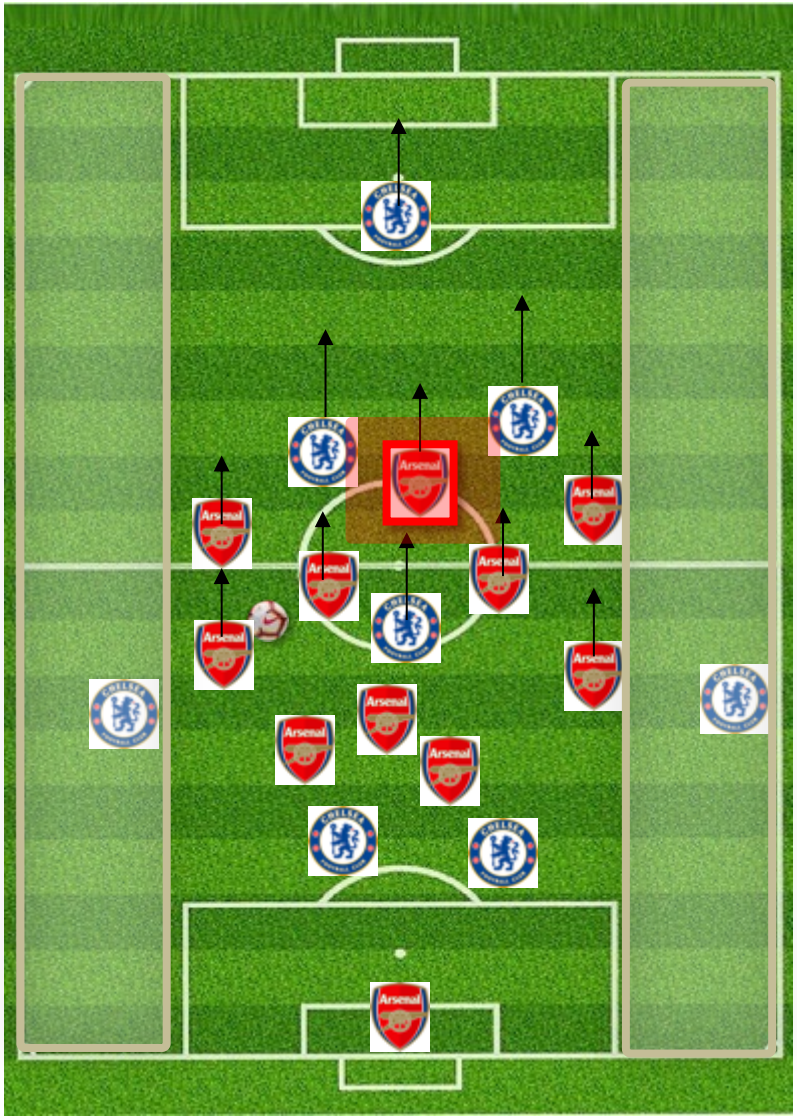

Self-Efficacy

What is Self Efficacy

Four distinct stages:

I. Past performance
II. Vicarious experience
III. Verbal Persuasion
IV. Physiological states

Self-efficacy benefits

General Self Inventory Scale (GSES)

Reflection on the School

- Include reflections on:
- Strengths and weaknesses of the project
- The skills developed during the week
- Reflections on working together
- Any other thoughts on the experience