

The background of the slide is a grayscale photograph of soccer players on a grassy field. The players are in various poses, some standing and others in motion, creating a sense of action. The image is slightly blurred, emphasizing the text in the foreground.

Insights into Tournament Fatigue

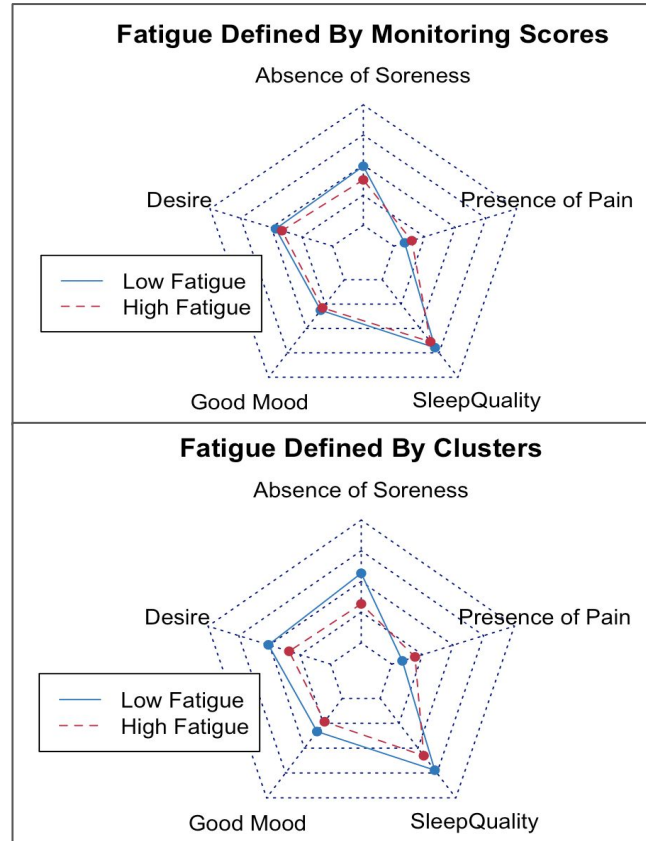
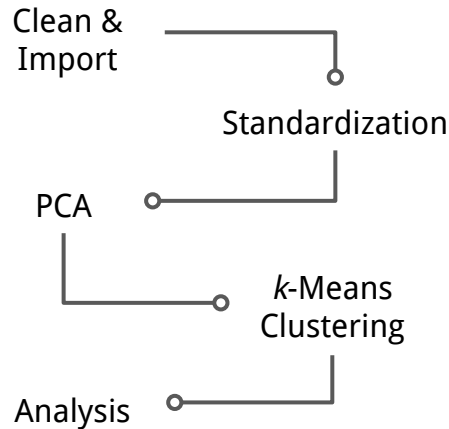
The Dummy Variables

Raghava Govil, Steven Lei, Franklin Leung, Konner Macias, Nikhil Sharma

Redefining Fatigue



Workflow



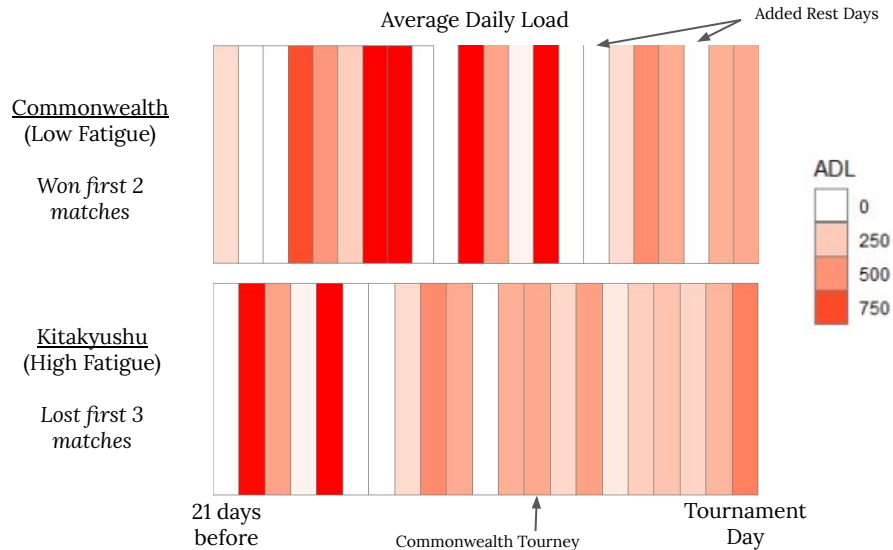
How does our metric measure up?

- Charts compare how qualitative fatigue factors relate to fatigue measures
- **Clusters** represent fatigue better than **Monitoring Scores**

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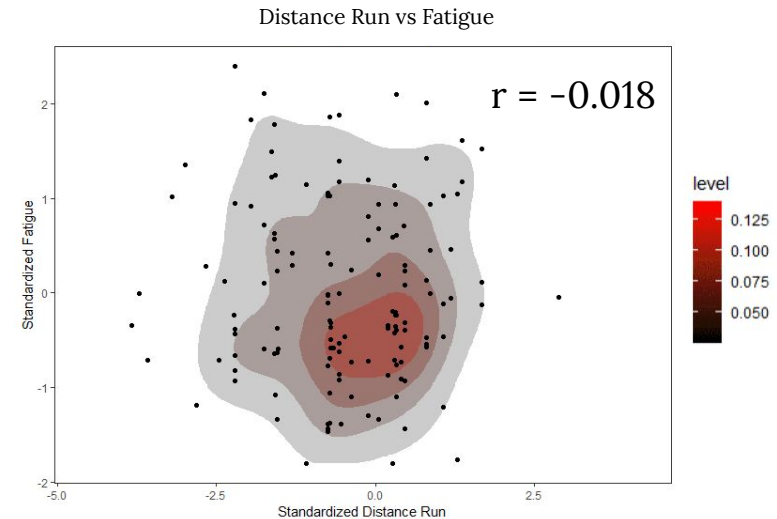
Pre-Tournament



Pre-Tournament Solutions

- Account for **Intensity of Schedule** → Add rest days
- Increase rest time **between** high intensity practices
- Keep higher intensity workouts **early in week** before
- **Instead** of Rest Days:
 - Low Intensity Practices (speed, skills)

In Tournament



In Tournament Solutions

- Push players **beyond** normal limits w/o increasing fatigue