1 Factors Influencing Physical and Technical Variability in the English Premier League 2 3 Michael D. Bush<sup>a,b</sup> David T. Archer<sup>a</sup> Robert Hogg<sup>a</sup> Paul S. 4 Bradley<sup>c</sup> 5 6 7 <sup>a</sup>Department of Sport and Exercise Science, University of Sunderland, UK 8 <sup>b</sup>Performance Analysis Department, Academy of Light, 9 Sunderland Association Football Club, UK 10 °Carnegie School of Sport, Leeds Beckett University, UK 11 12 Corresponding Author: E-mail address: 13 14 paulbradley94@yahoo.co.uk (Dr Paul S. Bradley) 15

### 16 Abstract

**Purpose:** To investigate match-to-match variability of physical 17 18 and technical performances in English Premier League (EPL) players and to quantify the influence of positional and 19 contextual factors. *Methods:* Match data (n=451) were 20 21 collected using a multi-camera computerised tracking system across multiple seasons (2005-06 to 2012-13). The coefficient 22 of variation (CV) was calculated from match-to-match for 23 physical and technical performances in selected positions 24 across different match contexts (location, standard and result). 25 **Results:** Wide midfielders demonstrated the greatest CVs for 26 27 total distance (4.9±5.9%) whilst central midfielders the smallest (3.6±2.0%), nevertheless all positions exhibited CVs <5% 28 (p>0.05, ES: 0.1-0.3). Central defenders demonstrated the 29 greatest CVs and wide midfielders the lowest for both high-30 intensity running (20.2±8.8% and 13.7±7.7%, p<0.05, ES: 0.4-31 0.8) and sprint distance (32.3±13.8% and 22.6±11.2%, p<0.05, 32 0.5-0.8). Technical indicators 33 ES: such as tackles 34  $(83.7\pm42.3\%)$ , possession won  $(47.2\pm27.9\%)$  and interceptions (59.1±37.3%) illustrated substantial variability for attackers 35 compared to all other positions (p<0.05, ES: 0.4-1.1). Central 36 37 defenders demonstrated large variability for the number of times tackled per match (144.9±58.3%), passes attempted and 38 received compared to other positions (39.2±17.5% and 39 40 46.9±20.2%, p<0.001, ES: 0.6-1.8). Contextual factors had limited impact on the variability of physical and technical 41 parameters. Conclusions: The data demonstrate that technical 42 43 parameters varied more from match-to-match than physical 44 parameters. Defensive players (full backs and central defenders) displayed higher CVs for offensive technical 45 variables, whilst attacking players (attackers and wide 46 midfielders) exhibited higher CVs for defensive technical 47 variables. Physical and technical performances are variable per 48 se regardless of context. 49

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### 59 Introduction

In the last two decades there has been substantial investment in 60 61 computerised tracking systems in elite soccer in an attempt to evaluate and optimise team performance. Although some 62 progress has been made in this research area, some caveats 63 64 exist. For instance, researchers typically adopt a onedimensional approach analysing individual aspects of soccer 65 performance (physical, technical or tactical) with the main 66 intention of predicting future performance or identifying trends 67 that lead to successful performances.<sup>1–3</sup> Thus, more research is 68 needed that integrates multiple parameters that allow a more 69 holistic understanding of the important facets of performance. 70

Assessing performance is essential in order to develop 71 intervention programmes and to improve performance. 72 Nevertheless without measuring the variability between 73 performances it is impossible to evaluate the effectiveness and 74 success of an intervention programme.<sup>1</sup> One method proposed 75 is to use the coefficient of variation (CV) to calculate the 76 inconsistency on a match-to-match basis. Mohr et al.<sup>4</sup> 77 demonstrated that players analysed in two consecutive elite 78 79 matches played within a 3-wk period produced a CV of 3% and 80 9% for the distance covered in total and at high-intensity respectively. Interestingly, the variability in high-intensity 81 82 running across different stages of the season was much higher (CV=25%) than across shorter periods of time. However, this 83 study only quantified variability of <20 elite players across 1-3 84 85 observations, thus restricting the application of the findings.<sup>4</sup> Gregson and collegues<sup>5</sup> used a large sample of elite players and 86 demonstrated that high-intensity activities can vary by  $\approx 15$ -87 30% from match-to-match and that variability is higher for 88 central defenders and midfielders than for wide midfielders and 89 90 attackers.

Rampinini et al.<sup>6</sup> found that physical parameters were 91 reduced when playing against lower standard opponents, 92 nevertheless this difference equated to approximately 100 m in 93 total distance covered and 50 m at high-intensity. Despite 94 analysing variation in performance Rampinini et al.<sup>6</sup> examined 95 performance across the season rather than a match-to-match 96 basis. Previous research has not investigated the effects of 97 context on variability; however there have been investigations 98 into the effects of contexts on match performance. Teams 99 finishing higher in competitive leagues were found to perform 100 more passing and shooting variables compared to teams 101 finishing lower in the leagues.<sup>7</sup> Home teams have been 102 identified to perform greater technical performance compared 103 to away teams for passing and shooting variables as well as 104 goals scored whilst losing possession less.<sup>7</sup> In addition teams 105 spend less time in the attacking third and more time in the 106

defensive third when playing away from their home ground.<sup>8</sup> 107 However, no studies have been published to date that have used 108 a combined approach (analysed both physical and technical 109 110 variability), and taken into account the influence of context on match-to-match variability (e.g. team standard, match location 111 and result).<sup>1</sup> This is surprising as numerous studies have found 112 that context influences both physical and technical performance 113 of teams <sup>9,7,8</sup> and thus the variability in performance could be 114 partly explained by some of these factors. 115

Thus, this study aimed to investigate match-to-match
variability of physical and technical performances in English
Premier League (EPL) players and quantify the influence of
positional and contextual factors.

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# 121 Method

# 122 Players and Design

Match performance data were collected from multiple EPL 123 124 seasons (2005-06 to 2012-13) and consisted of 451 individual players across 3016 observations (mean = 7, range = 2-93125 observations per player). Data were analysed in five playing 126 positions: central defenders (n=110), full backs (n=99), central 127 midfielders (n=108), wide midfielders (n=59) and attackers 128 (n=75). Original data files were de-sensitized and included 20 129 130 teams in each season. Individual match data were only included for players that completed entire matches. Ethical approval was 131 granted from the appropriate institutional ethics committee. 132

# 133 Methodology

Data were obtained from a computerised multiple-camera 134 tracking system (Prozone 3, Prozone Sports Ltd<sup>®</sup>, Leeds, UK). 135 Players' movements were captured during matches by cameras 136 137 positioned at roof level and analysed using proprietary software to produce a dataset on each players' physical and technical 138 performance. The validity and reliability of this tracking system 139 has been quantified to verify the capture process and data 140 accuracy.<sup>10,11</sup> Inter-operator reliability of technical performance 141 parameters has been measured at 99.3% with 95% of variables 142 coded within one tenth of a second by both observers.<sup>10</sup> The 143 computerised-tracking system was tested in comparison to 144 timing gates with almost perfect correlations measured for a 145 variety of tests including straight sprints, angled runs and 146 dribbles with the ball (r>0.9).<sup>11</sup> 147

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#### 150 Match Performance Parameters

Activities were coded into: standing (0-0.6 km<sup>-1</sup>), walking 151 (0.7-7.1 km<sup>-1</sup>), jogging (7.2-14.3 km<sup>-1</sup>), running (14.4-19.7 152 km<sup>-1</sup>), high-speed running (19.8-25.1 km<sup>-1</sup>) and sprinting 153  $(>25.1 \text{ km}\text{h}^{-1})$ .<sup>3,6,12,13</sup> Total distance represented the summation 154 155 of distances covered in all categories. High-intensity running consisted of the combined distance in high-speed and sprinting 156 (>19.8 km/h<sup>-1</sup>) and was separated into three subsets based on 157 teams possession status: with (WP) or without ball possession 158 (WOP) and when the ball was out of play (BOP). Technical 159 events included the number of passes attempted, passing 160 success, number of passes received, interceptions, the number 161 of tackles completed per player and the number of times the 162 player was tackled, the number of possessions won/lost and the 163 average number of touches per possession were selected for 164 165 analysis.

### 166 Data Analysis

167 All analyses were conducted using statistical software (SPSS v21, SPSS Inc., Chicago, USA). CVs were used to quantify 168 match-to-match variability of EPL players<sup>14</sup> and subsequently 169 calculated for each playing position and context such as match 170 171 location (home and away), standard of opposition 172 (stronger/equal standard/weaker) and result (won/lost/drawn). One- and two-way analysis of variance tests were used to 173 analyse CV differences between playing positions and contexts. 174 Statistical significance was set at p<0.05. The effect size (ES) 175 was calculated to determine the magnitude of the effect and 176 was classified as; trivial (<0.2), small (>0.2-0.6), moderate 177 (>0.6-1.2), large (>1.2-2.0) and very large (>2.0-4.0).<sup>15</sup> 178 179 Relationships between selected physical and technical indicators were evaluated using Pearson's product moment test. 180 The magnitudes of the correlations were considered as trivial 181 182 (<0.1), small (>0.1-0.3), moderate (>0.3-0.5), large (>0.5-0.7), very large (>0.7-0.9), nearly perfect (>0.9) and perfect (1.0).<sup>16</sup> 183 Values are presented as means±SD unless otherwise stated. 184

# 185 **Results**

# 186 Physical Match-to-Match Variability

187 Wide midfielders illustrated the largest CVs for total distance 188 covered, while central midfielders illustrated the smallest CVs, 189 nevertheless no meaningful differences were found for total 190 distance covered between positions, with all demonstrating 191 CVs <5% (p>0.05; ES: 0.1-0.3). Central defenders produced 192 the most variation from match-to-match for high-intensity 193 running distance compared to all other positions (Fig. 1; p<0.05 194 and ES: 0.4-0.8), particularly high-intensity running distance 195 WP (p<0.001; ES: 0.6-1.1). Sprint distance CVs were greater for central defenders (32.3±13.8%) compared to attackers 196 (25.5±13.5%), full backs (26.0±12.0%, p<0.05; ES: 0.5) and 197 wide midfielders (22.6±11.2%, p<0.01; ES: 0.8). The CVs for 198 high-intensity running distance WOP were greatest for 199 200 attackers (27.6±16.6%) compared to central positions (CD: 21.8±10.1%; CM: 21.9±11.3%, p<0.05; ES: 0.4) and full backs 201 202 (18.6±9.1%, p<0.001, ES: 0.6).

### 203 Technical Match-to-Match Variability

204 Central defenders produced the highest CVs for passes  $(39.2\pm17.5\%)$ , passes received  $(12.9\pm7.8\%)$  and the number of 205 times they were tackled per match (144.9±58.3%) compared to 206 other positions (Fig. 2; p<0.01; ES: 0.6-0.7, 1.4-2.4 and 0.7-1.2 207 respectively). In contrast, attackers demonstrated the largest 208 209 CVs for the number of tackles per match  $(83.7\pm42.3\%)$ , possession won (47.2±28%, p<0.01; ES: 0.3-0.8, 0.4-1.0) and 210 211 interceptions (59.1±37.3%, p<0.05; ES: 0.5-1.1) compared to other positions. Full backs illustrated higher CVs for the 212 number of times tackled per match (76±36.4%) compared to 213 214 central midfielders (56.5±29.4%), attackers (41.5±22.7%) and wide midfielders (37.7±21.4%, p<0.05, ES: 0.6-1.3). Wide 215 216 midfielders demonstrated higher CVs for the number of 217 interceptions  $(45\pm24.1\%)$  and possession won  $(36.9\pm19\%)$  than defenders (29±14.3% 218 central and 26±12.1%), central midfielders (31.6±19.1% and 26±14.4%) and full backs 219 220 (30.2±19.7% and 26.9±17.6%, p<0.05; ES: 0.6-0.8 and 0.5-0.7 221 respectively).

#### 222 *Contextual Match-to-Match Variability*

223 No meaningful differences were observed across physical and technical parameters for match location (p>0.05, ES: <0.4). 224 Central defenders produced lower CVs for high-intensity 225 running distance WP when playing against stronger opposition 226 compared to playing similar standards and weaker opposition 227 (p>0.05, ES: 0.2-0.5), although high-intensity running was less 228 variable against weaker opposition (p>0.05, ES: 1.1-1.2). In 229 contrast wide midfielders produced lower variation when 230 playing against weaker opposition for all physical parameters 231 (p>0.05, ES: 0.2-1.2). Central defenders, attackers and wide 232 midfielders displayed larger CVs for the number of passes 233 234 received when playing weaker opposition (p>0.05, ES: 0.4-1.2). In addition, full backs, attackers and wide midfielders 235 demonstrated larger CVs for the number of passes made when 236 playing weaker opposition (p>0.05, ES: 0.4-1.2). For match 237 238 result, the number of high-intensity efforts and recovery time between these showed significantly lower CVs for wide 239 midfielders when matches were won compared to matches that 240

241 were lost or drawn (p<0.05; ES: 0.5-0.9). Full backs were 242 found to have greater CVs for the number of tackles made in 243 matches that were won compared to matches that were lost or 244 drawn (p>0.05, ES: 0.9).

# 245 *Correlations between Physical and Technical CVs*

Correlation analysis between the CVs for physical and 246 variables mainly produced small magnitude 247 technical correlations (Fig 3; r<0.20). The variability in the number of 248 times tackled displayed the highest correlations with sprint 249 250 distance (r=0.25, p<0.01), high-intensity running (r=0.25, 251 p<0.01) and high-intensity distance WP (r=0.37, p<0.01). Nevertheless none of the CV correlations between physical and 252 technical variables illustrated associations greater than a 253 moderate magnitude. Analysis of physical parameters identified 254 very large magnitude correlations between the variability of 255 high-intensity running and sprint distance (r=0.75, p<0.01) and 256 moderate correlations with high-intensity running distance WP 257 and WOP (r=0.42, p<0.01). The CVs for the number of high-258 intensity activities displayed near perfect correlations with 259 recovery time between high-intensity activities (r=0.96, 260 261 p<0.01) and large magnitude correlations with high-intensity running distance (r=0.66, p<0.01). Moderate-large magnitude 262 correlations were observed for CVs between sprint distance and 263 264 high-intensity distance WP (r=0.37, p<0.01), recovery time (r=0.41, p<0.01) and high-intensity running distance (r=0.66, 265 p<0.01). Analysis of technical parameters identified very large 266 267 magnitude correlations for CVs between possessions won and the number of interceptions (r=0.85, p<0.01) and moderate 268 magnitude correlations with the average number of touches per 269 270 possession (r=0.34, p<0.01). Moderate magnitude correlations were observed for CVs between the number of passes 271 attempted with pass success, and the number of passes received 272 273 (r=0.30-0.50, p<0.01).

# 274 Discussion

The present study was the first to quantify the match-to-match 275 variability of physical and technical parameters across both 276 position and context. The data demonstrate that technical 277 parameters varied more from match-to-match than physical 278 parameters. Defensive players displayed higher CVs for 279 offensive technical variables, whilst offensive players exhibited 280 281 higher CVs for defensive technical variables. Physical and technical performances are variable regardless of context. 282

Currently no exact measure of physical performance in elite soccer matches exists, the total distance covered and that performed at high-intensity provide useful indicators of physical performance.<sup>3,4</sup> Both measures correlate with physical 287 capacity but high-intensity running to a higher degree than total distance covered.<sup>17</sup> This supports the existing contention that 288 high-intensity running is a better indicator of match 289 performance than total distance covered.<sup>4,18</sup> In the current study 290 total distance covered did not vary from match-to-match 291 (CV<5%) which is in line with previous studies quantifying the 292 match-to-match variability elite soccer.<sup>4-6</sup> The present study 293 found CVs for high-intensity running distance ranged from 294 14% for wide midfielders to 20% for central defenders and thus 295 296 compares well with values reported for the same positions (13- $(19\%)^5$  and the average variability for all positions (14%).<sup>6</sup> The 297 greater variability for central positions is probably indicative of 298 the higher player density in central regions of the pitch in the 299 modern game.<sup>19,20</sup> Previous research demonstrated that CVs for 300 sprint distance were greater than high-intensity running 301 distance<sup>5</sup>, whereas these two parameters produced similar CVs 302 303 in the present study. This is unsurprising due to the large magnitude of correlations between the CVs for the two 304 variables. The high variability of these parameters has a direct 305 306 impact on the assessment and evaluation of intervention strategies on match running performance, this is especially 307 important as high-intensity running and sprint bouts usually 308 309 occur during significant moments in the game.<sup>21</sup>

This study was the first to quantify match-to-match 310 311 variability of technical performance parameters. We identified indicators such as possession won, possession lost and average 312 touches were higher, although non-significantly, for attackers 313 compared to all other positions. Attackers generally receive the 314 315 ball in the offensive third of the pitch, often within sight of goal. Thus, attackers are required to take many touches to hold 316 the ball up to retain possession in densely populated areas of 317 the pitch.<sup>22,23</sup> Nevertheless an attacker's ability to hold-up play 318 will be affected by the number and quality of possession won 319 along with the aptitude and tactics of the opposition defenders, 320 thus affecting the variability in performance. The low match-to-321 match variability observed for the number of possessions won 322 and lost indicate teams in the EPL now adopt more possession 323 based strategies, maintaining possession in order to develop 324 goal-scoring opportunities. Recent research has found that the 325 number of short and medium passes performed during matches 326 has increased since 2006-07.<sup>19</sup> Although this current study did 327 not measure the variability of passing distance, the previous 328 findings combined with the current data demonstrating low 329 330 match-to-match variability for possession won and lost supports the notion that teams now adopt possession based 331 playing styles rather than the direct playing styles previously 332 embraced.23 333

The number of passes and percentage pass success for each position showed variability to be <40%. Passes made and

pass success occur when the team is in possession. Although, 336 previously we have suggested there is low variability in the 337 change of possession (possession won/lost), the variability in 338 passing variables occur due to the amount of possession a team 339 holds. High levels of ball possession provide greater 340 opportunity to perform passes, in contrast matches with low-341 342 ball possession will reduce the time available to perform passes. Over the course of a season teams will encounter or 343 adopt varying playing styles and tactics, which could 344 345 potentially explain the variability in passing measures. In contrast the number of tackles made and the number of times 346 they were tackled demonstrated the highest CVs out of the 347 348 technical parameters (>50%). Attackers and wide midfielders had lower variability for the number of times they were tackled. 349 Players in these positions gain the ball in attacking areas, and 350 are thus more likely to be tackled to reduce the attacking threat. 351 352 In contrast, defenders (wide and central) experienced a more variable number of times they were tackled as they are less 353 likely to pose a threat to the opposition goal; as a consequence 354 355 opposition strategy is more of an influence on these technical indicators. For example, some teams try to regain possession 356 high up the pitch applying pressure on players in defensive 357 358 positions; whilst other teams will allow defenders to keep possession. As a result, depending on a team's strategy on 359 regaining possession the number of tackles completed between 360 361 attackers and defenders will be affected and may explain the high CVs observed. 362

The relatively high CVs discovered for the number of 363 364 tackles and times tackled may be due to the low frequency of occurrences in matches. As a result small changes in the 365 frequency of occurrences can have large impacts on the CVs 366 observed.<sup>2,9,7,8</sup> In contrast the numbers of passes attempted and 367 successful passes made are more frequent and hence stable 368 technical parameters. A 70% pass success statistic is deemed a 369 minimum requirement for elite soccer<sup>24</sup> and thus the potential 370 range of this measure is low, resulting in relatively low 371 variability. The high variability observed in the majority of 372 technical parameters highlights the difficulties in assessing the 373 effectiveness of interventions or coaching adaptations on 374 technical performance. Large subject numbers would be 375 required to determine whether improvements in performance 376 would be due to interventions or the inherent variability in 377 performance. In addition, although researchers have previously 378 analysed the parameters that are important for success<sup>2,8,9,25</sup>, the 379 high CVs observed for technical parameters in this study would 380 suggest that success cannot be defined by a small list of 381 elements, but is a combination of factors. Success in one game 382 383 could be as a result, of a high turnover in possession (high number of tackles, possession won/lost), low pass success rate 384

and a high number of shots on/off target. In contrast success in
a different game may be a result of high numbers of passes
made and pass success rate and a low turnover of possession,
but low number of shots on/off target.

One of the key findings of this study was the higher 389 390 match-to-match variability observed for technical variables when compared to physical variables. The physical data trends 391 found in the present study are similar to previous findings on 392 EPL populations<sup>5,6</sup> suggesting that physical variability has 393 remained relatively constant over recent seasons. Although 394 there is inherent match-to-match variability observed in the 395 physical performance of soccer players, the CVs observed may 396 provide further evidence for the adoption of pacing strategies 397 by players to ensure game completion.<sup>12</sup> For instance, sparing 398 low-intensity activity such as walking and jogging in an 399 attempt to preserve essential high-intensity running, could the 400 reason why total distance covered remains the same but high-401 intensity is highly variable.<sup>26,27</sup> In contrast, the variability of 402 technical performance has not previously been analysed. In the 403 404 present study the contextual factors examined had minimal influence on the variability of player's physical or technical 405 performance. Therefore, the results suggest that the changes in 406 absolute technical performance previously identified<sup>7–9,25</sup> are as 407 a result of different contexts rather than the variability in 408 409 performance. Technical performance in matches is not only affected by player ability or capacity, but is highly dependent 410 on team and opposition tactics as well as contextual factors,<sup>7–</sup> 411 412 <sup>9,25</sup> consequently external factors have greater influence on players' technical performance. 413

Rampinini et al.<sup>6</sup> found that physical indicators were 414 less variable when playing against the same opposition, 415 suggesting that playing styles, fitness and tactics could 416 417 influence variability in match-play. Surprisingly, match location, standard and match result had little effect on overall 418 match-to-match variability of physical and technical parameters 419 in this study. Central defenders, full backs and central 420 midfielders displayed lower variability when playing at home 421 422 compared to away matches for high-intensity running distance WP. Although previous research has highlighted differences in 423 match indicators<sup>8,9,25,28</sup>, performance would be expected to vary 424 a similar amount whether matches are at home or away, won or 425 lost or whether playing against a higher or lower standard of 426 427 opposition. The limited influence of contextual factors on match-to-match CVs would suggest that the game is 428 intrinsically variable and that could be driven by tactics and 429 430 playing strategies.

Although previous research has begun to analyse bothtechnical and physical performance parameters within the same

articles<sup>13,19,29,30</sup> researchers have not analysed the relationships 433 between performance measures.<sup>1</sup> The correlation analysis 434 performed in this study found small-moderate associations 435 (r=0.22-0.37, p<0.001) between CV values for the number of 436 times tackled per match and the distance covered at high-437 intensity, high-intensity distance WP, sprint distance and 438 recovery time between high-intensity actions. All other 439 correlations were less than trivial (r<0.2). The low correlations 440 observed in this study would suggest that physical match-to-441 442 match variability is not related to technical variability, although tactical factors may warrant further study. 443

444 Despite the novel data presented and analysed, there are some limitations in the present study. The range of observations 445 for each player was high and could have influenced the 446 variability observed. Furthermore the study was restricted by 447 the number of contextual variables available for analysis and 448 the number of observations for each context. Therefore future 449 research could take into account more contextual variables such 450 451 as the severity of match won/lost and the effect of tactical variables and formations. Future research could also investigate 452 the interaction of the contextual variables on match-to-match 453 454 variability, i.e. matches at home played against weaker opposition compared to matches played away against stronger 455 opposition. 456

# 457 **Practical Applications**

458 The findings of this study provide useful information on the variability of match-play for practitioners in elite soccer. 459 Specifically, it extends previous research, demonstrating that 460 several important contextual factors (match location, standard 461 of opposition, match result) do not influence match-to-match 462 variability. It also presents data for the variability of important 463 technical factors. This information could help with interpreting 464 465 interventions and provide practitioners with an indication of the number of matches required to gain an accurate assessment of a 466 player's physical and technical performance during match-play. 467

# 468 Conclusion

469 This is the first study to demonstrate the match-to-match variability of technical as well as physical performance 470 parameters in elite soccer. Positional analysis showed attackers 471 had high variability for defensive variables such as possession 472 lost and the number of tackles made per match. In contrast 473 474 defensive positions demonstrated higher CVs for attacking variables such as the number of times tackled per match and the 475 number of passes received. Despite the considerable knowledge 476 base linking technical performance and success, the findings 477 478 from this study highlight the large variability in technical

479 performance and therefore may suggest a cautious approach must be taken when making these associations. In addition, 480 match contexts (match location, match result and opposition 481 standard) had limited influence on match-to-match variability 482 for either technical or physical parameters. The effect of match 483 contexts on match performance as found in previous research is 484 potentially a result of different playing strategies rather than the 485 inherent variability between matches. 486

487

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# 602 Figure Legends

**Figure 1:** Total CVs for physical performance parameters across all positions. The Box and Whisker plot displays median values, interquartile ranges and outliers for the physical performance in matches in the English Premier League. Each player's observation is jittered and is included as a small dot around the box. The larger dots at the top and bottom of boxes are outliers.

**Figure 2:** Total CVs for technical performance parameters across all positions. The Box and Whisker plot displays median values, interquartile ranges and outliers for the technical performance in matches in the English Premier League. Each player's observation is jittered and is included as a small dot around the box. The larger dots at the top and bottom of boxes are outliers.

Figure 3: A correlation matrix between physical and technical
CVs. Data are presented as Pearson's correlations (*r* values)
except the central panel, which includes a histogram of
distribution.

621 Figure 1:









629 Figure 3: