



Handbook of Soccer Match Analysis: A Systematic Approach to Improving Performance

By Christopher Carling, Mark Williams, Tom Reilly

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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.

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Review

' ... the book will serve as a first-rate teaching tool and reference for coaches, athletes and professionals in the human performance sciences.' - *Journal of Sports Science and Medicine*

About the Author

With over 25 years of experience in the aviation industry, Thomas Reilly has served as an aviation consultant and chief financial officer. A licensed pilot, he has flown both fixed-wing aircraft and hot air balloons. Reilly earned his M.B.A. from Northeastern University.

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