

## Book review

# HANDBOOK OF SOCCER MATCH ANALYSIS: A SYSTEMATIC APPROACH TO IMPROVING PERFORMANCE

**Editors:** Christopher Carling, A. Mark Williams and Thomas Reilly

**Bibliographic Data:** ISBN: 041533909X, Routledge Publishing (an imprint of Taylor & Francis Books Lt), 2005, £23.99 163 pages, paper back.

**Subjects:** Soccer, Coaching, Match Analysis, Sports Science.

**DESCRIPTION:** This book addresses and appropriately explains the soccer match analysis, looks at the very latest in match analysis research, and at the innovative technologies used by professional clubs. This handbook is also bridging the gap between research, theory and practice. The methods in it can be used by coaches, sport scientists and fitness coaches to improve: styles of play, technical ability and physical fitness; objective feedback to players; the development of specific training routines; use of available notation software, video analysis and manual systems; and understanding of current academic research in soccer notational analysis.

**PURPOSE:** The aim is to provide a prepared manual on soccer match analysis in general for coaches and sport scientists. Thus, the professionals in this field would gather objective data on the players and the team, which in turn could be used by coaches and players to learn more about performance as a whole and gain a competitive advantage as a result. The book efficiently meets these objectives.

**AUDIENCE:** The book is targeted the athlete, the coach, the sports scientist professional or any sport conscious person who wishes to analyze relevant soccer performance. The editors and the contributors are authorities in their respective fields and this handbook depend on their

extensive experience and knowledge accumulated over the years.

**FEATURES:** The book demonstrates how a notation system can be established to produce data to analyze and improve performance in soccer. It is composed of 9 chapters which present the information in an order that is considered logical and progressive as in most texts. Chapter headings are: 1. Introduction to Soccer Match Analysis, 2. Developing a Manual Notation System, 3. Video and Computerized Match Analysis Technology, 4. General Advice on Analyzing Match Performance, 5. Analysis and Presentation of the Results, 6. Motion Analysis and Consequences for Training, 7. What Match Analysis Tells Us about Successful Strategy and Tactics in Soccer, 8. From Technical and Tactical Performance Analysis to Training Drills, 9. The Future of Soccer Match Analysis.

**ASSESSMENT:** The authors have assembled an essential reading for all who are interested in understanding and doing better coaching and improving the performance in soccer. To this purpose, there is a strong practical approach in the book by giving plenty of examples along with a satisfactory scientific analysis of the subject area. It is concise and well organized in its presentation, creating an effective textbook. I believe, therefore, the book will serve as a first-rate teaching tool and reference for coaches, athletes and professionals in the human performance sciences.

**Reviewed by:** *Hakan Gür, MD, PhD, Uludag University Medical School, Bursa, Turkey.*