

VARIATION IN MOVMENT PATTERNS OF AN ELITE WOMEN SOCCER PLAYER IN INTERNATONAL MATCHES

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Introduction

This study examined the variation in movement patterns of a single player in multiple international women's soccer matches using a GPS player-tracking device.

Methods

The subject (Ht: 165.5 cm, Wt: 58.2kg) participated in 11 international women's soccer games over an 18-month period. The subject wore a MinimaxX athlete-tracking device (Catapult Innovations, Scoresby, Australia, V2.4) in each of these games.

Field-based fitness testing comprising: 20m sprint test, vertical jump and a multi stage shuttle test were performed during the data collection period.

Results

Table 1 provides descriptive results for the movement patterns in each of the 11 international matches. The averages for the fitness testing results were as follows: 20m sprint test: 3.31 ± 0.15 s, vertical jump: $51.5 \pm$ cm & multi-stage shuttle test (Estimated

$\dot{V}O_{2\max}$): 61.1 ± 1.5 ml.kg⁻¹.min⁻¹).

Table 1 reports the final outcome of each match and the opponents FIFA World Ranking at the time of the match.

Discussion & Conclusion

This study provides detailed information about one player in international competition, and provides contextual information about each match (final score and FIFA ranking of the opposing team). It is intended to stimulate discussion about the preparation of players for competition. The use of a single subject design raises important questions about the role of case studies in the observation and analysis of performance in football.

Table 1. Movement patterns for one player in eleven international women soccer matches

	Score	Opp FIFA Rank	Dist (m)	HIR (m)	Sprint Dist (m)	No. Sprints
1	4-0	23	9990	1664	436	25
2	0-0	7	9919	1298	369	24
3	2-0	13	8757	1066	346	26
4	2-0	8	9612	1239	230	18
5	1-0	18	10310	1902	537	34
6	0-2	2	11123	2377	559	37
7	1-2	9	11486	1725	416	27
8	2-0	45	10219	1686	453	23
9	8-1	27	10177	1554	313	22
10	15-0	68	9979	1357	269	23
11	2-0	45	12767	2654	558	39
Ave			10394	1694	407	27
SD			1062.6	482	114.1	7