



The **Performance Model** behind the
School Football Academies

UNLEASH THE ROAR!

Uniting Singapore through a National Project for Football

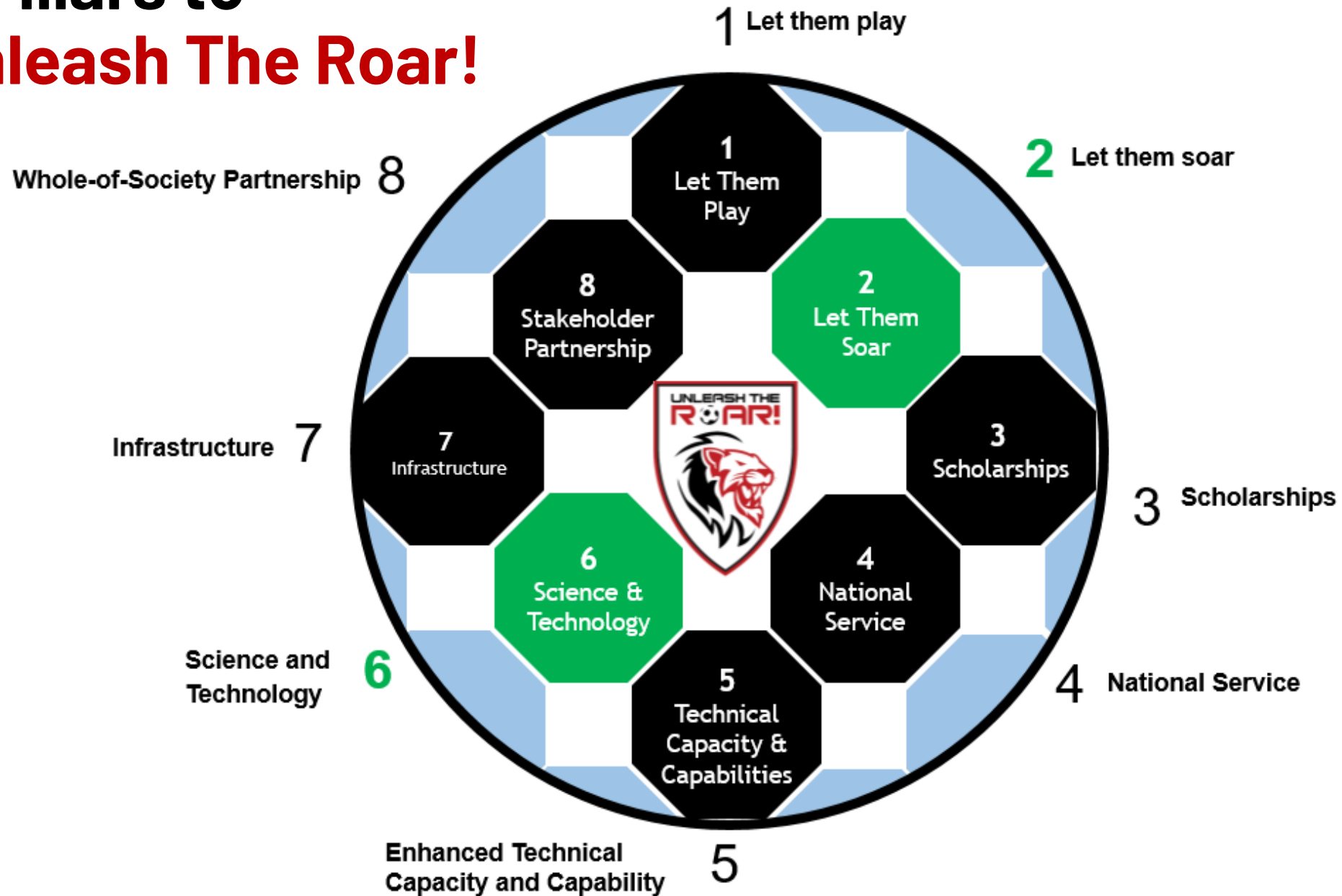
A vision to unite Singaporeans through sport by growing football excellence, creating more opportunities for young Singaporeans to develop their talents, and bringing Singaporeans together to cheer on our Lions

8 pillars of implementation, from building interest among the young, to developing multiple pathways, and raising capabilities

Project led by SportSG and FAS



8 Pillars to Unleash The Roar!



8 Pillars to Unleash The Roar!





Sports School



Assumption



Jurongville



Queensway



ACS (Barker)



S.Garden



Monfort



SengKang



Meridian



St. Pat

SFA FOOTBALL PHILOSOPHY

PLAYING STYLE

Pro-active, possession-based,
high-tempo style of play

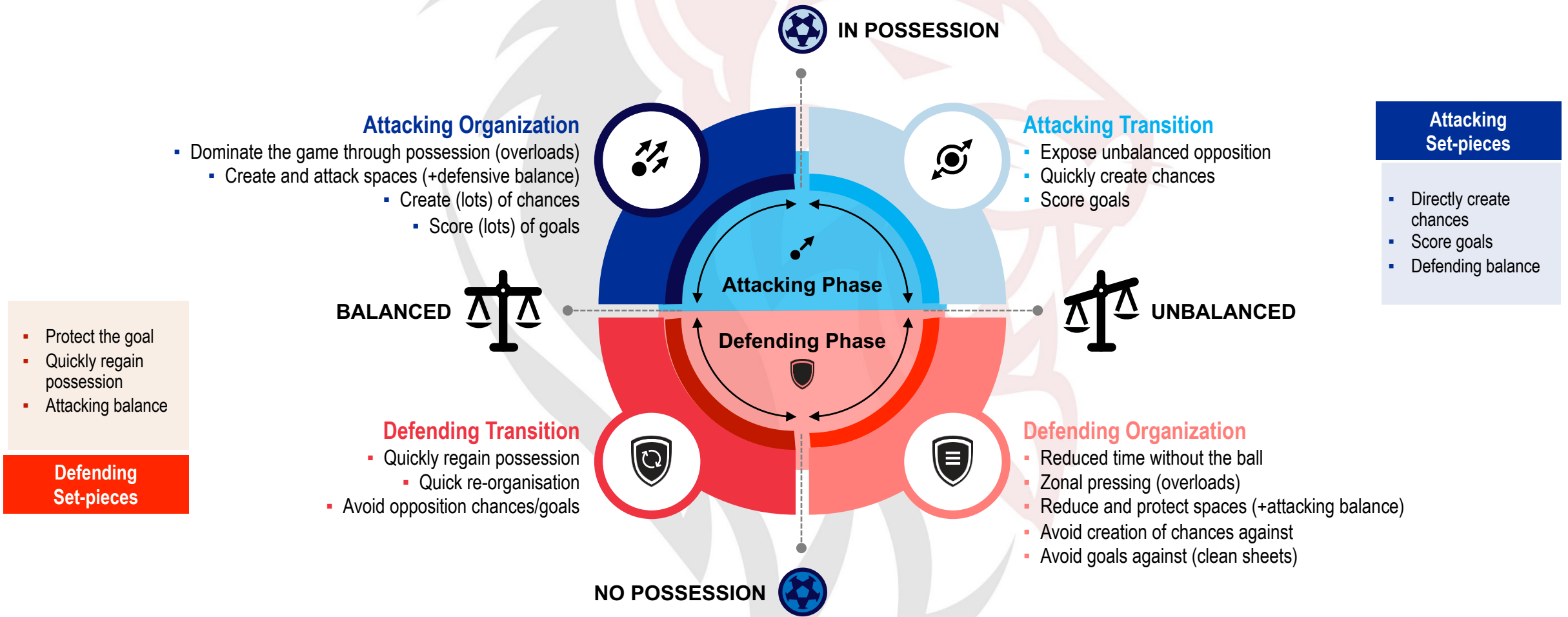


"The most crucial factor for Singapore football, is that this model is a more complete development tool that yields far greater learnings for our young footballers."


UNLEASH THE
ROAR!



Coached by our **GAME MODEL**



Developing the **PLAN**

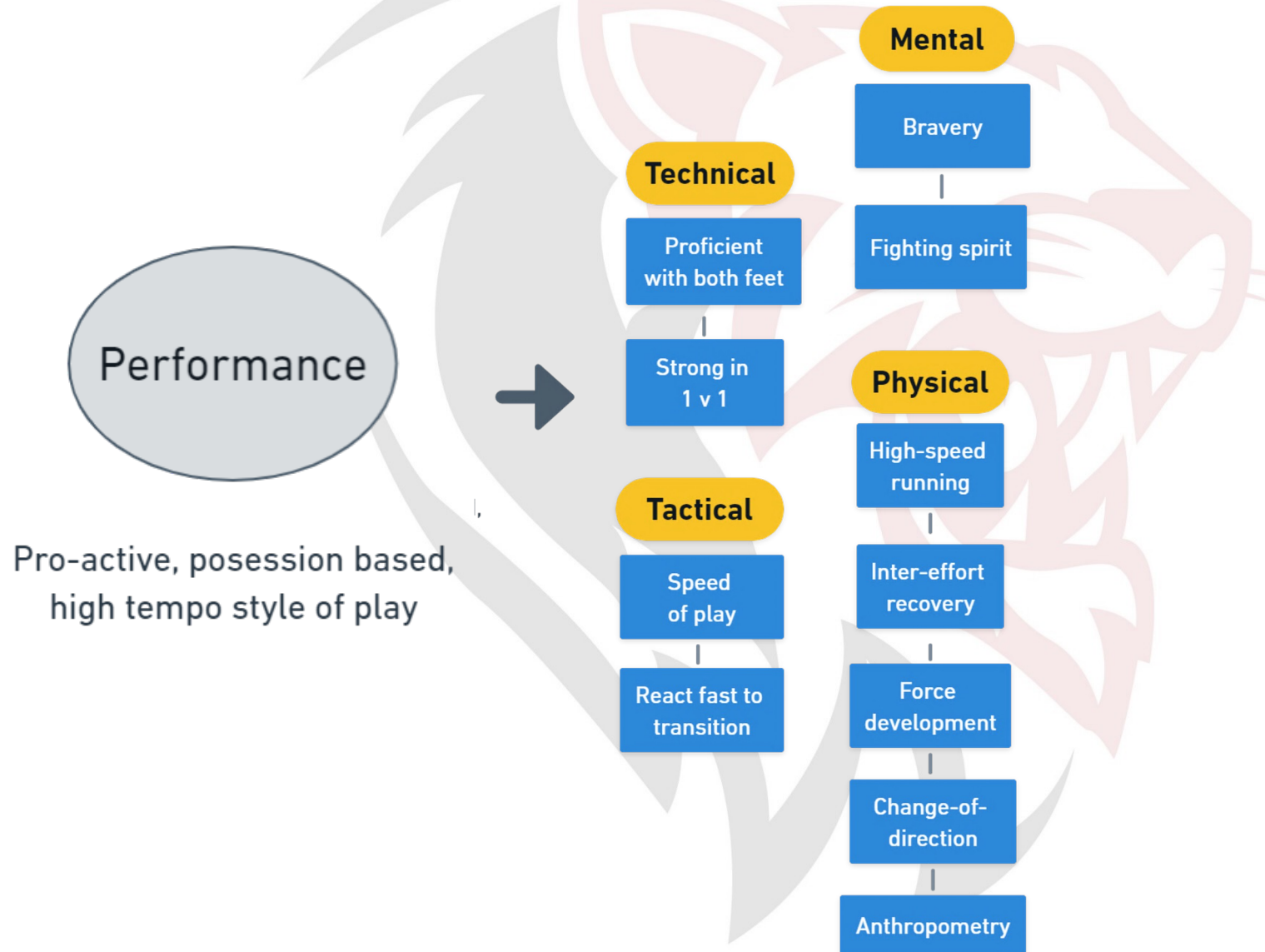


Performance

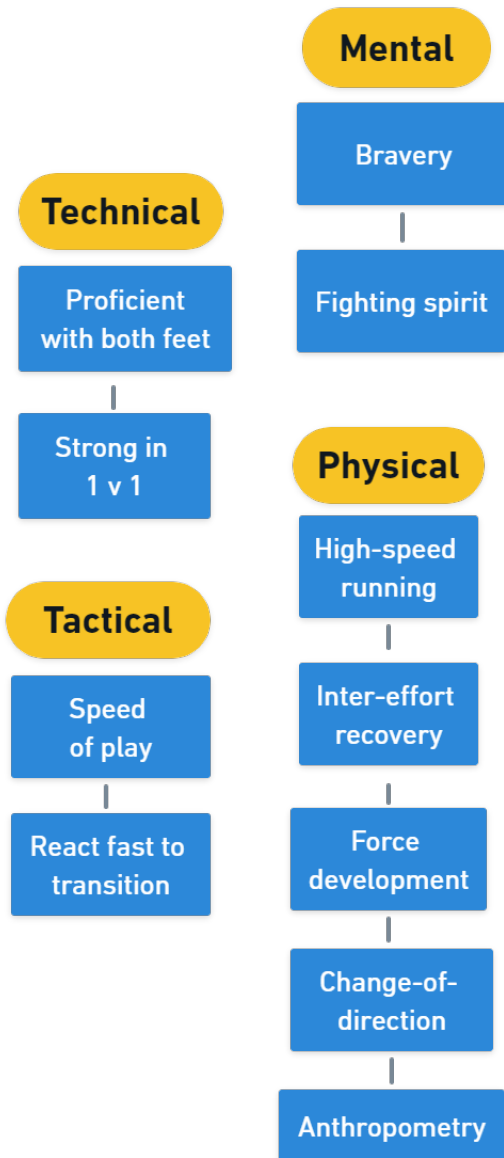
Pro-active, possession-based,
High-tempo style of play

Factors
Indicators
Qualities

Performance **DETERMINANTS**



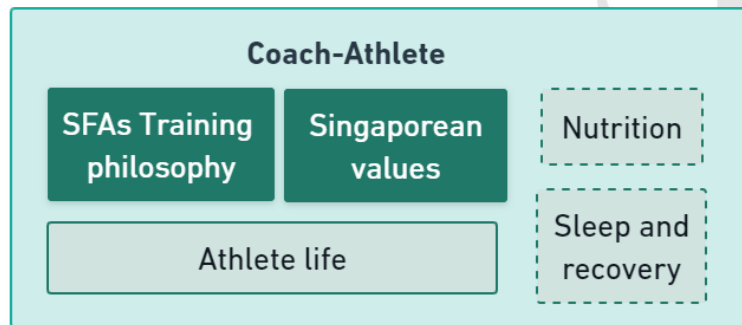
Performance **DETERMINANTS**



MEETING TODAY'S DEMAND OF PERFORMANCE

Performance indicators contribute
football performance

Training **STRATEGY**



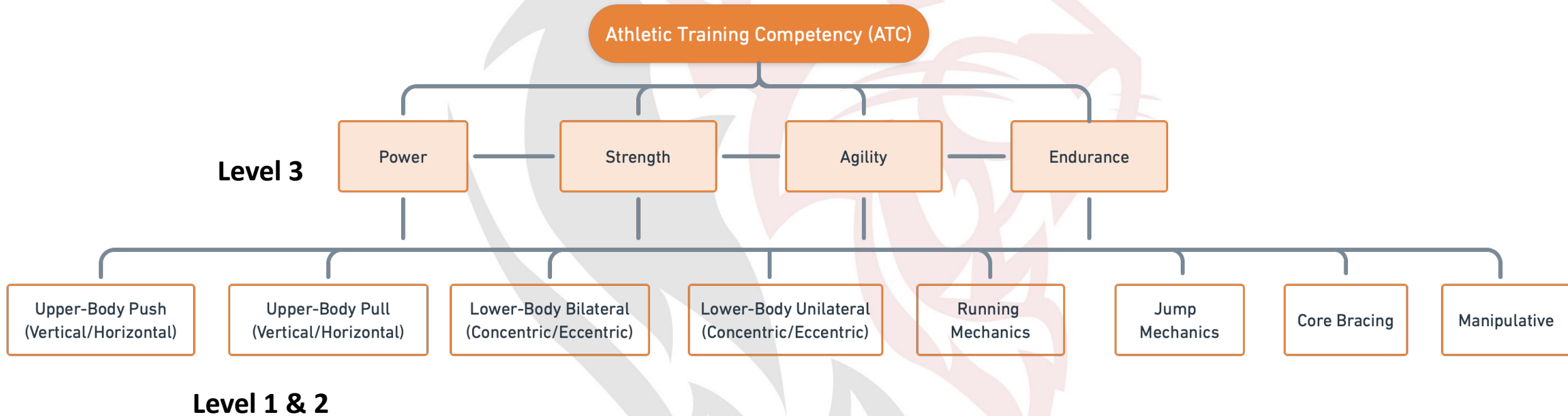
Education

COACH - ATHLETE EDUCATION

forms the core tenet of our training strategy

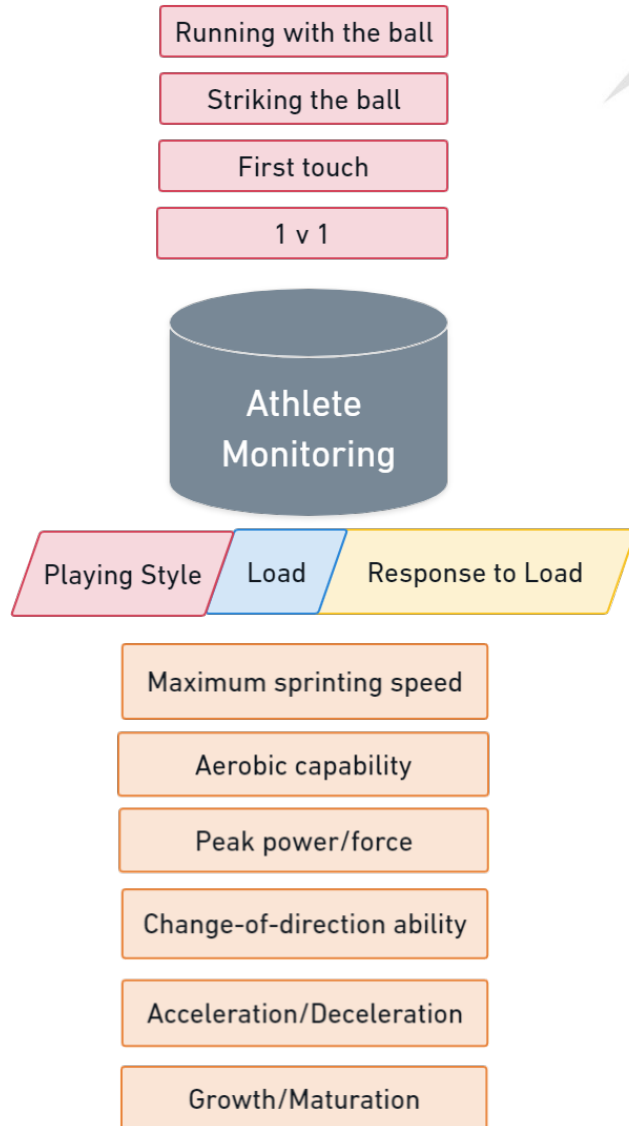
We deliver the **NATIONAL PLAYING PHILOSOPHY** and **ATHLETIC TRAINING COMPETENCY** on the pitch

ATHLETIC Training COMPETENCY



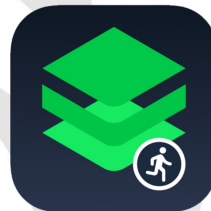
Adapted from Radnor et al., 2020

Athlete **MONITORING**

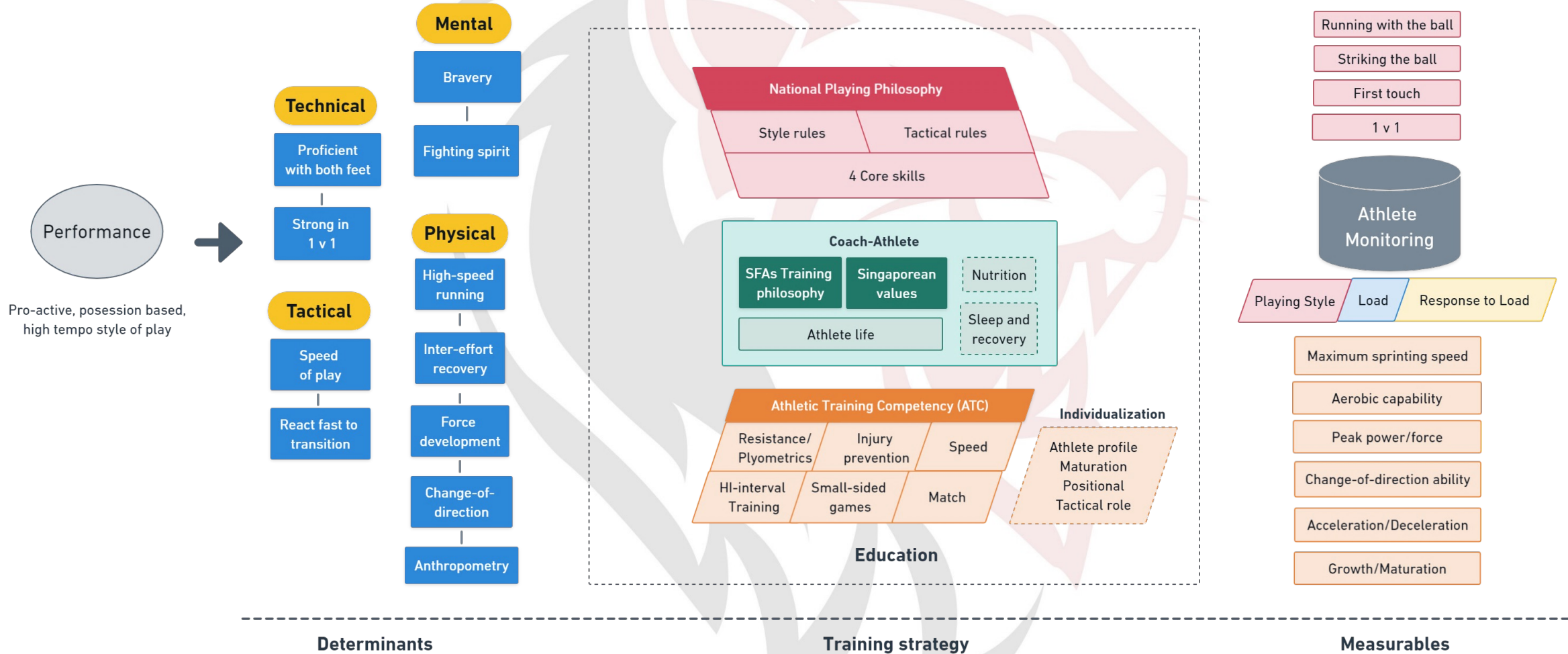


ATHLETE MONITORING

tracks the development of our players in the areas of technical abilities, playing styles, training load and fitness attributes



Guided by the **SFA PERFORMANCE MODEL**



SFA TRAINING PROGRAM



UNLEASH THE
ROAR!

Fitness Testing **PROFILE**



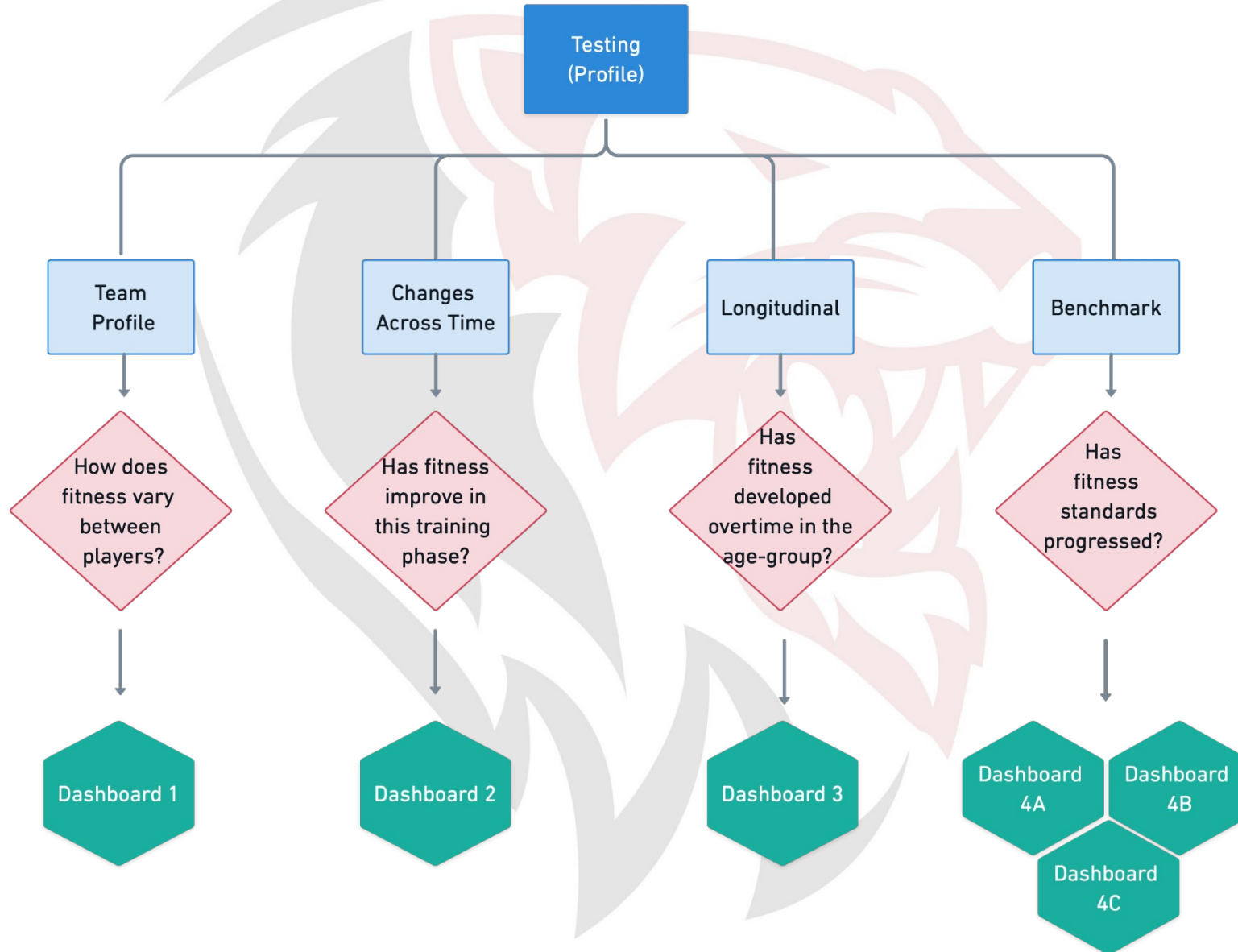
How does
fitness vary
between
players?

Has fitness
improve in
this training
phase?

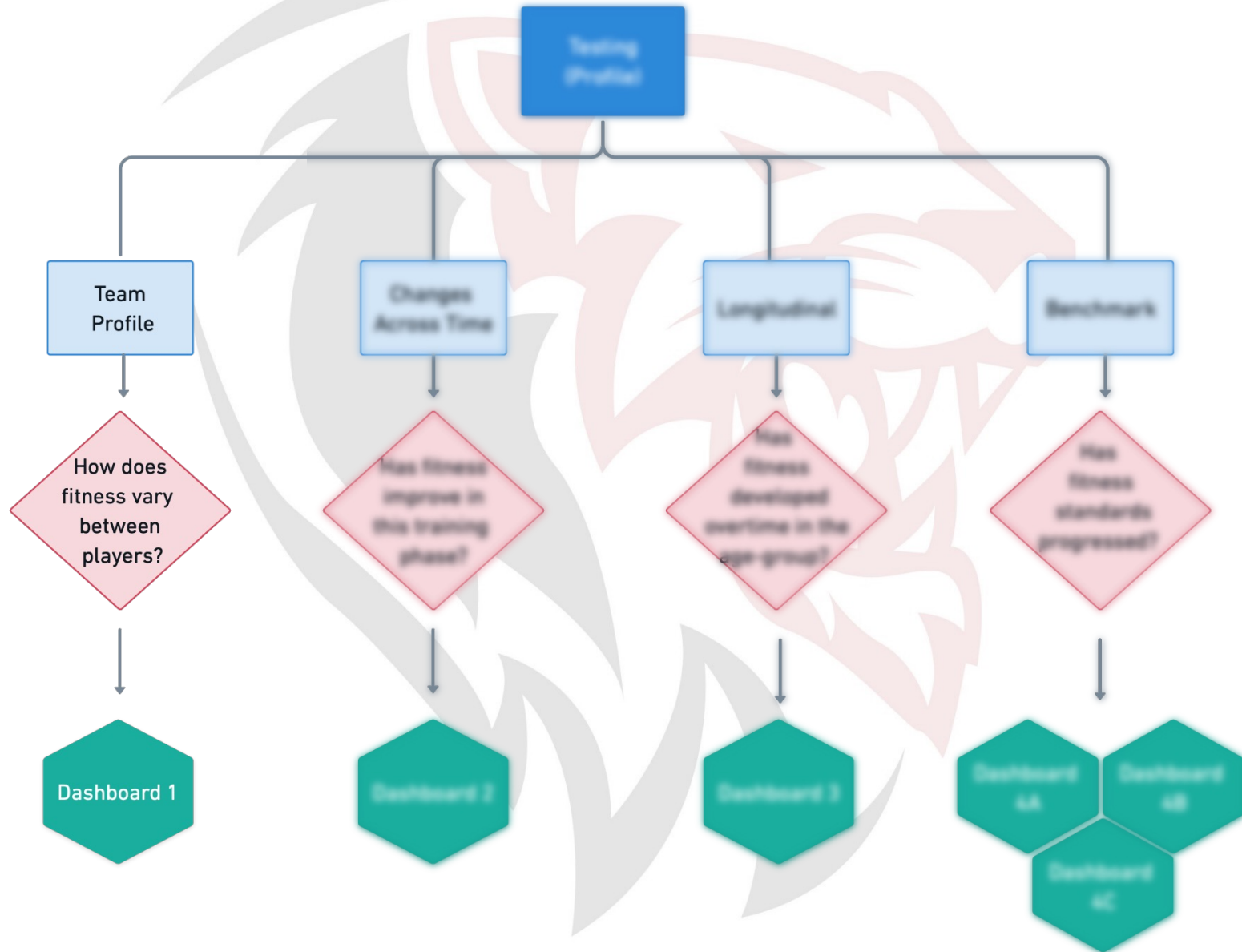
Has
fitness
developed
overtime in the
age-group?

Has
fitness
standards
progressed?

Fitness Testing PROFILE



Fitness Testing **PROFILE**



Fitness Testing Profile



School Football Academies Fitness Results



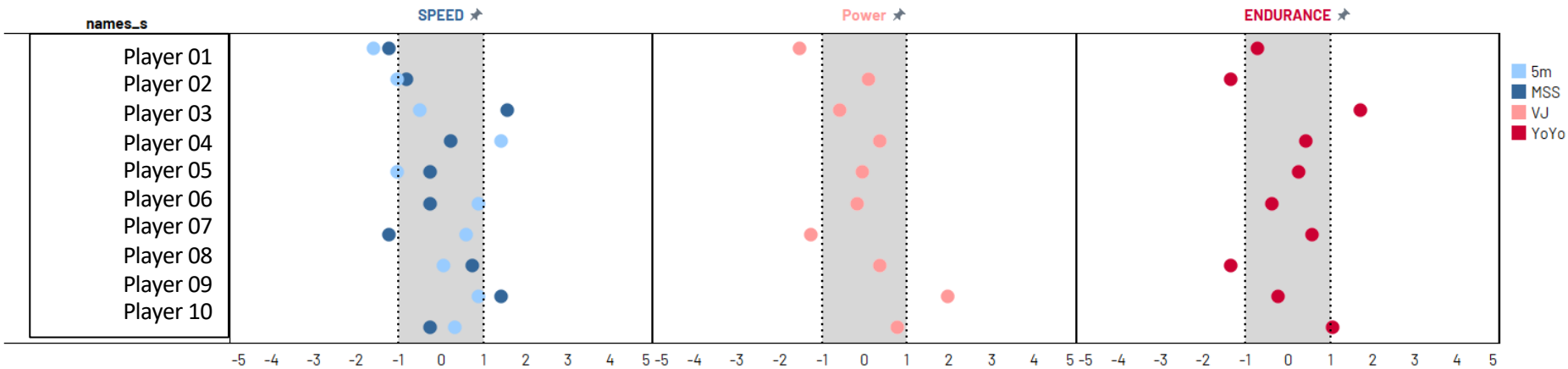
Within-Team Comparison

The graph compares the distribution of fitness within the team (Who is quicker/fitter etc.?) Analysis is based on the Z scores of each physical capacities
Player who scored above team average (+1 Z score) are on the right, while player who scored below team average (-1 Z score) are on the left.

Select Cohort
AES_2021

Select Date
5/8/2022

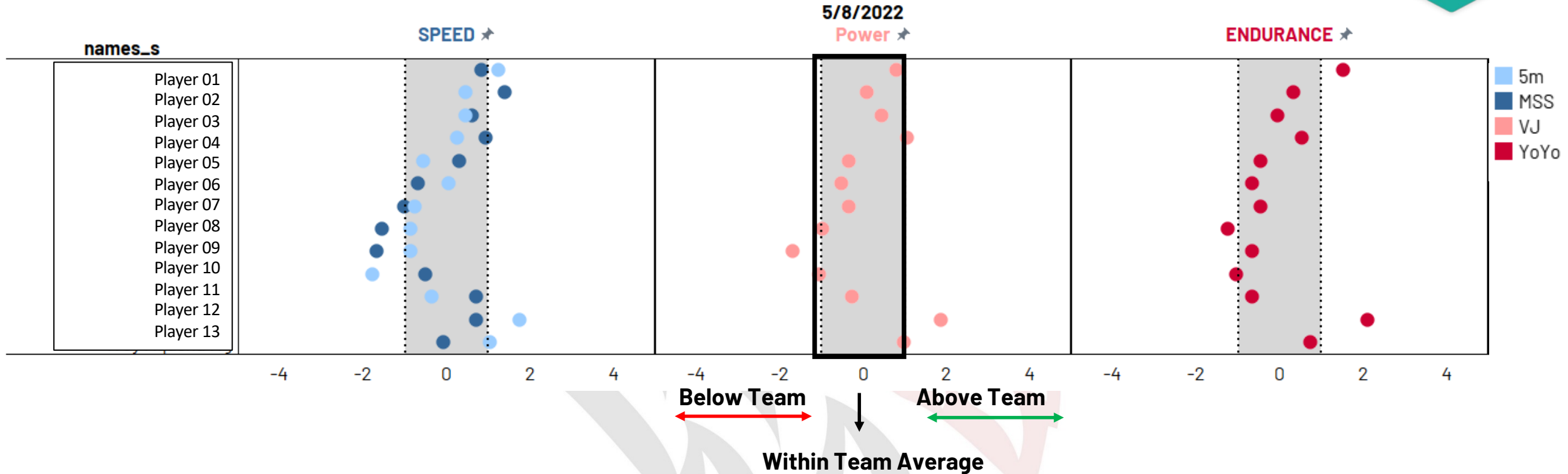
5/8/2022



names_s	Height (cm) ≡	Weight (kg) ≡	5m (s) ≡	MSS (km/h) ≡	VJ (cm) ≡	YoYo (m) ≡	YoYo (lvl) ≡
Player 01	161.0	56.1	1.15	24.7	41	520	14.02
Player 02	172.8	80.2	1.13	25.4	53	360	13.02
Player 03	163.3	48.6	1.11	29.3	48	1120	16.01
Player 04	167.0	51.1	1.04	27.1	55	800	15.01
Player 05	161.1	49.9	1.13	26.3	52	760	14.08
Player 06	154.0	41.3	1.06	26.3	51	600	14.04
Player 07	172.0	61.6	1.07	24.7	43	840	15.02

Within-Team PROFILE

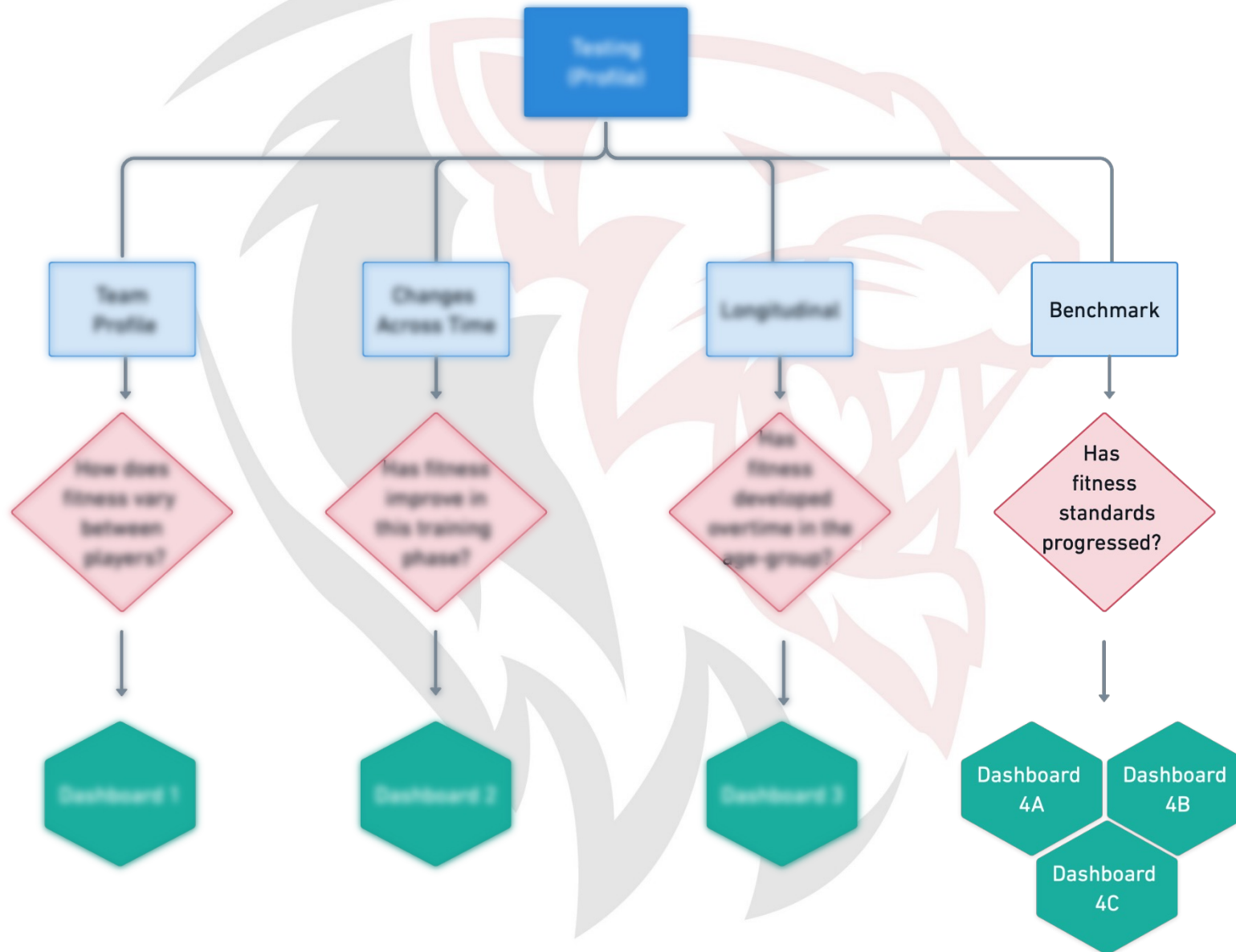
Dashboard 1



Spread of fitness within the team

- Compares the difference between the fittest and the least fit
- Results are standardized (Z score) to be compared across different types of test

Fitness Testing **PROFILE**



Fitness STANDARD

School Football Academies Fitness Benchmark

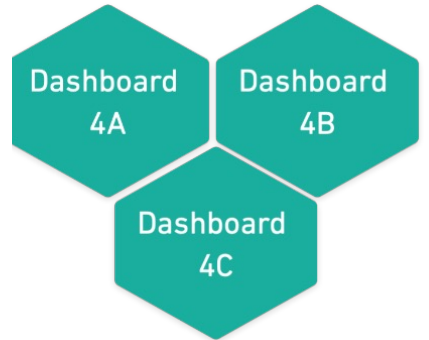
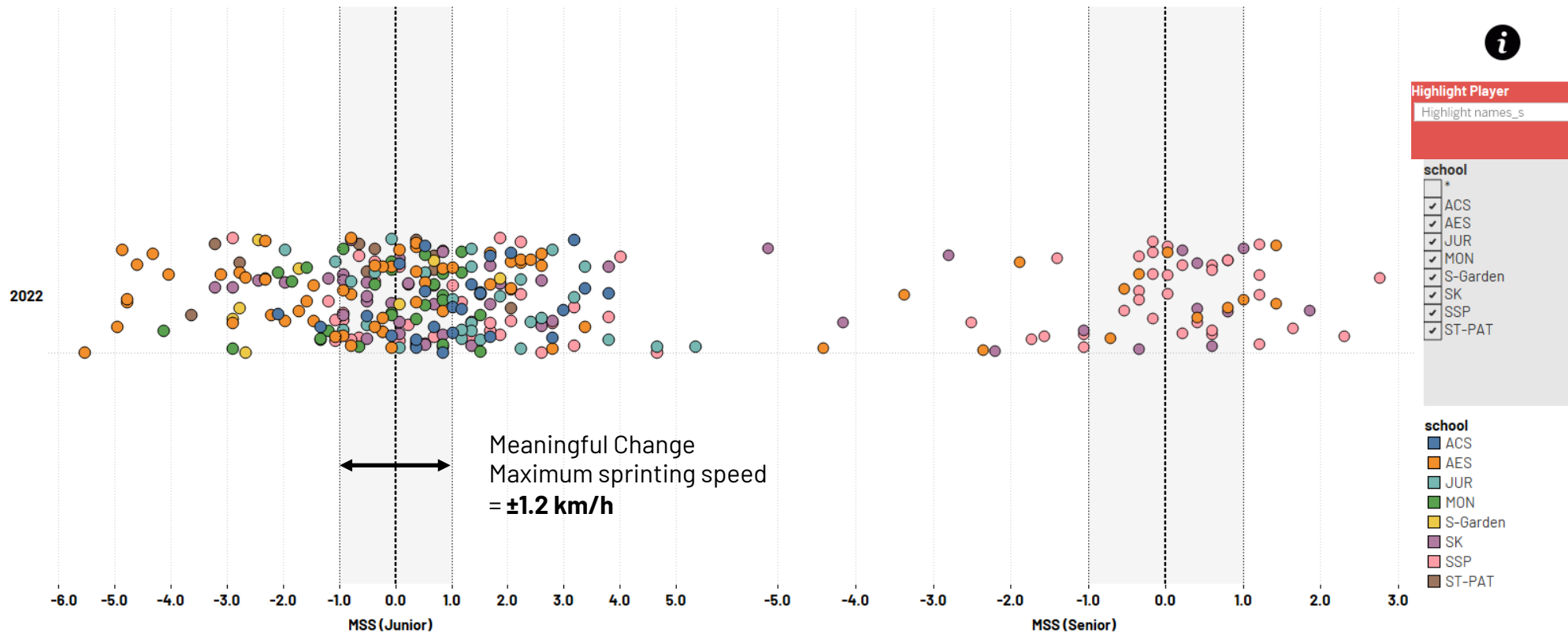


Normative Benchmark

This graph compares the individual's performance against international reference values (junior - U13/14 and senior - U15/U16)

Analysis is based on Z score using international normative values (Junior - 25.8km/h, Senior 29.0km/h)

Player who scored above international norms (+1 Z score) are on the right, while player who scored below international norms (-1 Z score) are on the left.



Fitness STANDARD

School Football Academies Fitness Benchmark

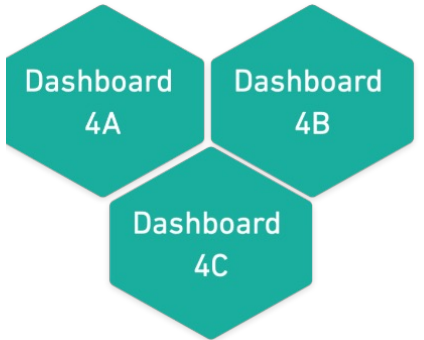
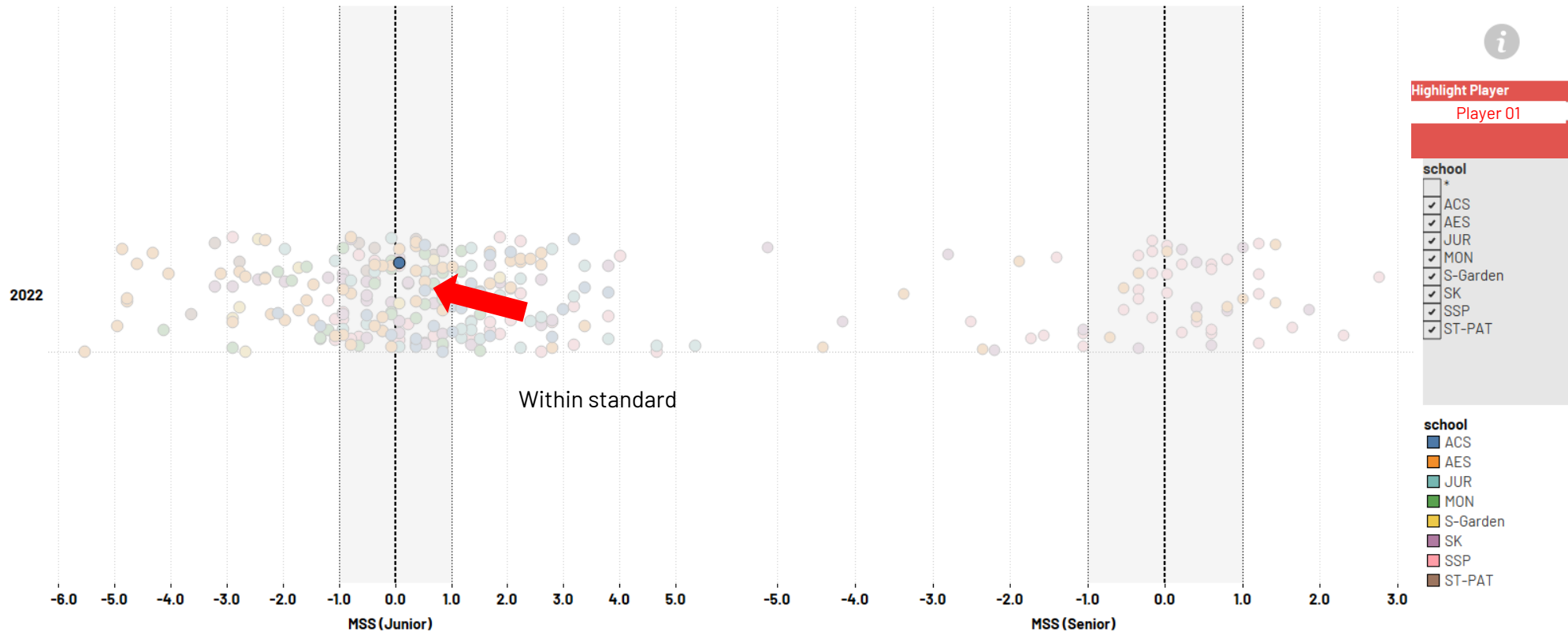


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Highlight Player

Player 01

school

- *
- ACS
- AES
- JUR
- MON
- S-Garden
- SK
- SSP
- ST-PAT



Fitness STANDARD

School Football Academies Fitness Benchmark

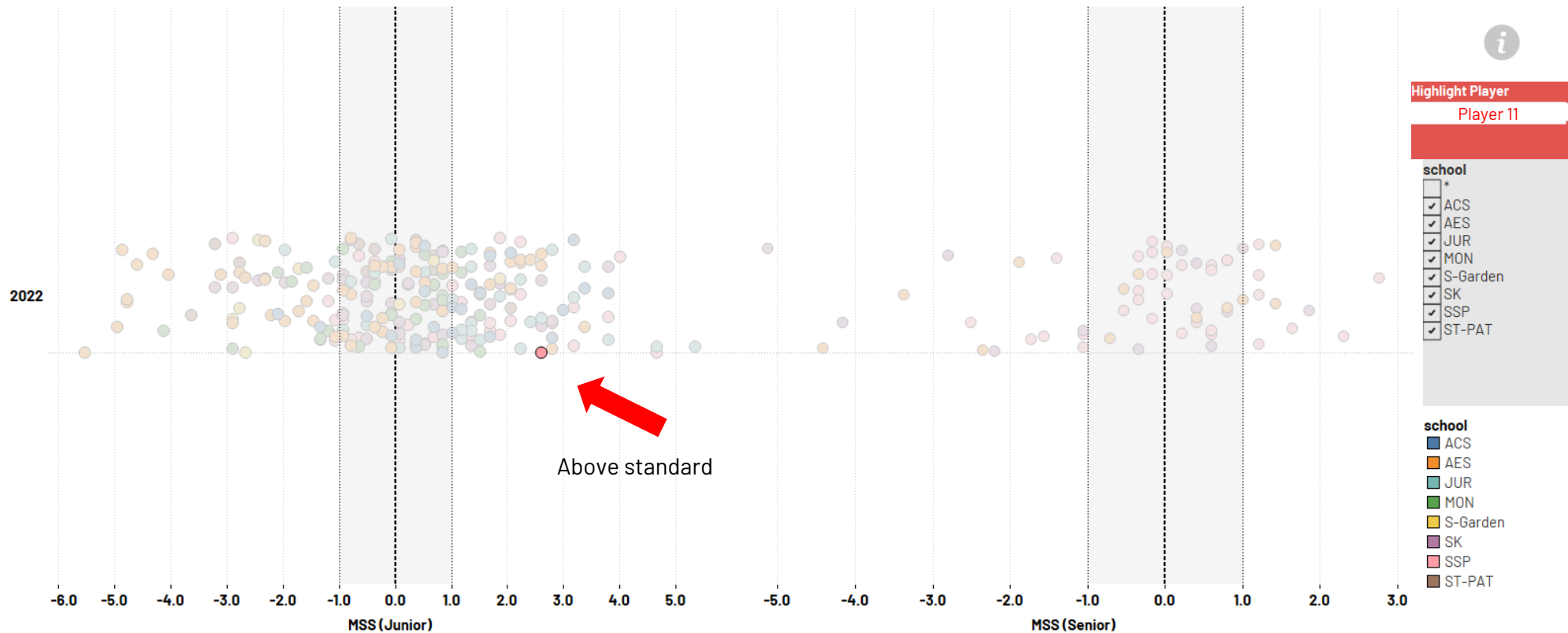


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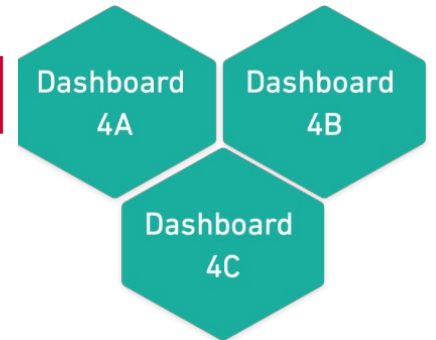
Highlight Player
Player 11

school

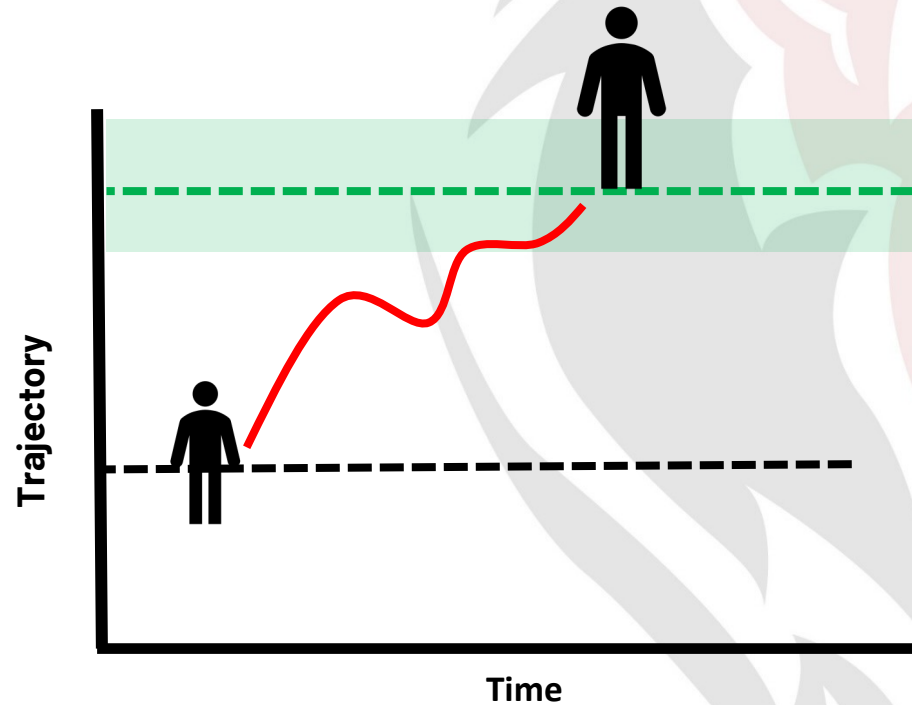
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school

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Fitness **STANDARD**

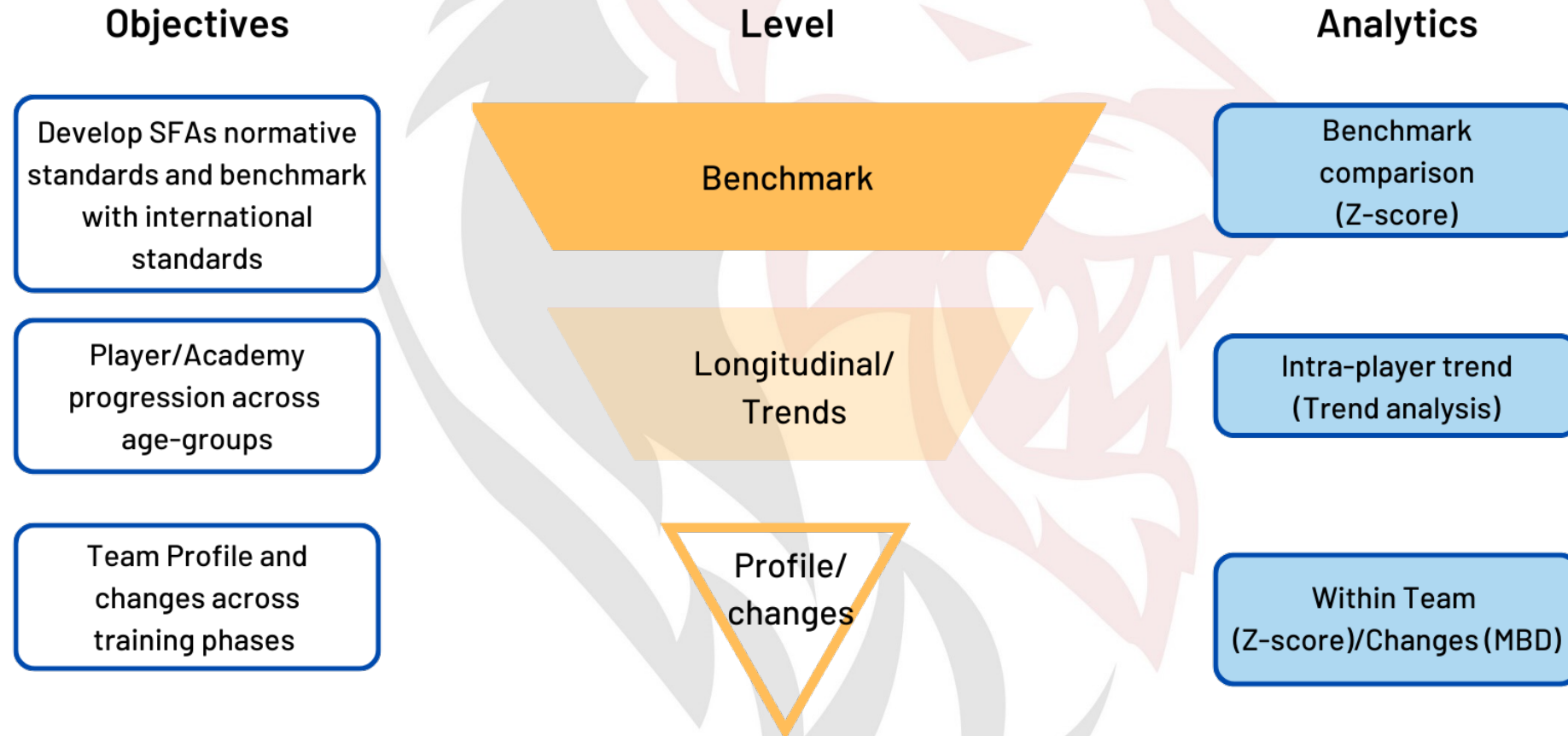


Target/Standard: Improvement by 1.4 to 2.6 km/h

**Current: MSS: 24.3 km/h
MSS (Z): -1.2**

- Benchmark against different cohorts (School, Clubs etc.)
- Maturation?

Fitness Testing **ROADMAPS**



Training **METHODOLOGY**

Pro-active, Possession-based, High tempo

	Possession/Block	Block 1	Block 2	Block 3	Block 4	Block 5
Principles	In Possession	Width and Depth	Combination Passes	Progression	Offensive Timing	Ending Offensive Situations
		Creation and occupation of space	Switch of Play	Play at different heights (no 2 players in one line)		
		Third Man		Dismark		
	Out of Possession	Compactness	Organized Pressure	Man marking and zonal marking	Defensive Timing	Resolve defensive situations
		Action-Reaction	Action-Reaction	Action-Reaction	Action-Reaction	Action-Reaction
Technical Objective	Running with the ball, Striking the ball, 1st Touch, 1v1s / Interception, Tackling					
Tactical Objective	In Possession	Width and Depth	Combination Passes	Progression	Offensive Timing	Ending Offensive Situations
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		Action-Reaction	Action-Reaction	Action-Reaction	Action-Reaction	Action-Reaction
System Objective	In Possession	4-3-3 (3-1-3)	Building Up	Positions & Functions (Per Player)	Positions & Functions (Per Line)	Attacking Set-pieces
	Out of Possession	4-4-1-1 / 4-4-2 (3-3-1)	Organized Pressing & Defending The Box	Positions & Functions (Per Player)	Positions & Functions (Per Line)	Defending Set-pieces

Training **METHODOLOGY**

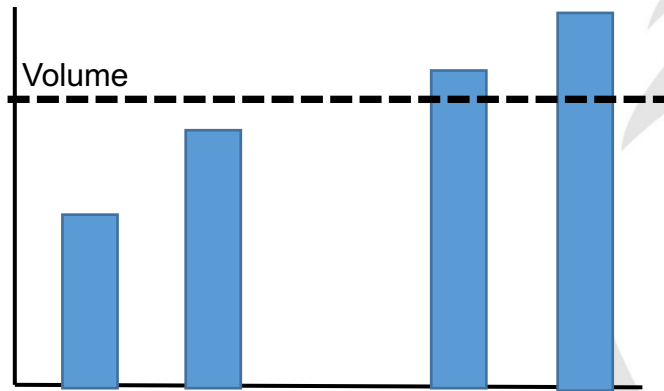
Pro-active, Possession-based, High tempo

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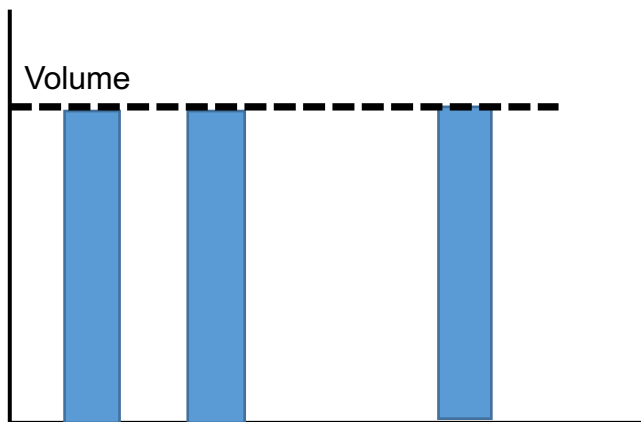
Physical

TRAINING PROGRAMMING

4 Days



3 Days



☰ Programming

Warm-up

Perform as part of warm-up

Microdosing

Perform exercise at high frequency but at low volume

Session

Dedicated session for performing exercises

Training **METHODOLOGY**

Pro-active, Possession-based, High tempo

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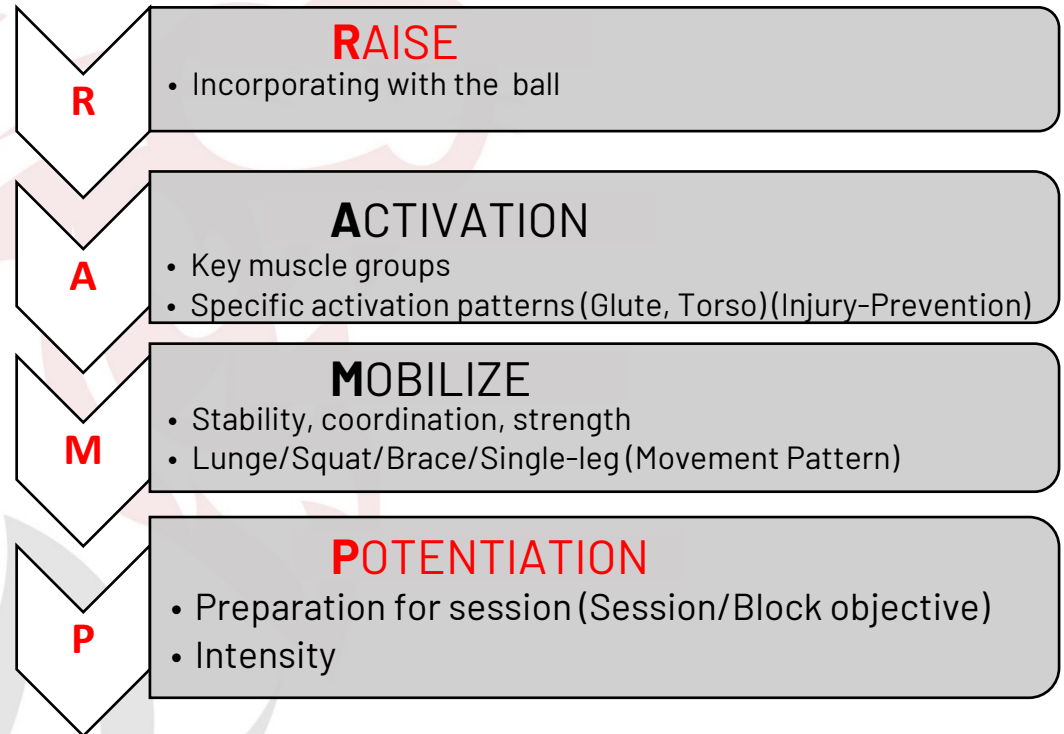
Physical

Physical	ATC LVL 1	R.A.M.P (Raise Activation Mobility Potentiation)
	Warm-Up	

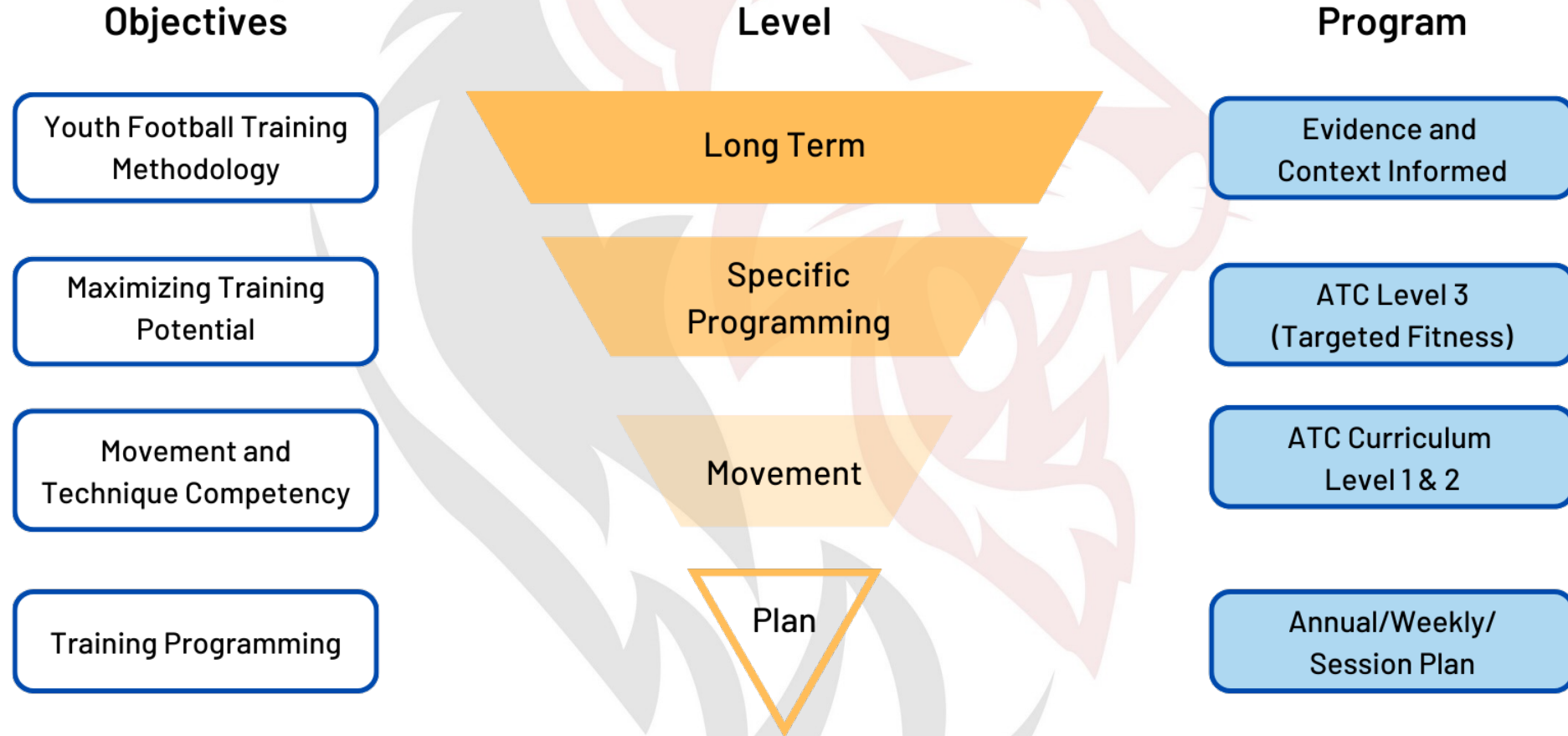
Warm-Up **APPROACH**



Sharing of ideas and approach among coaches

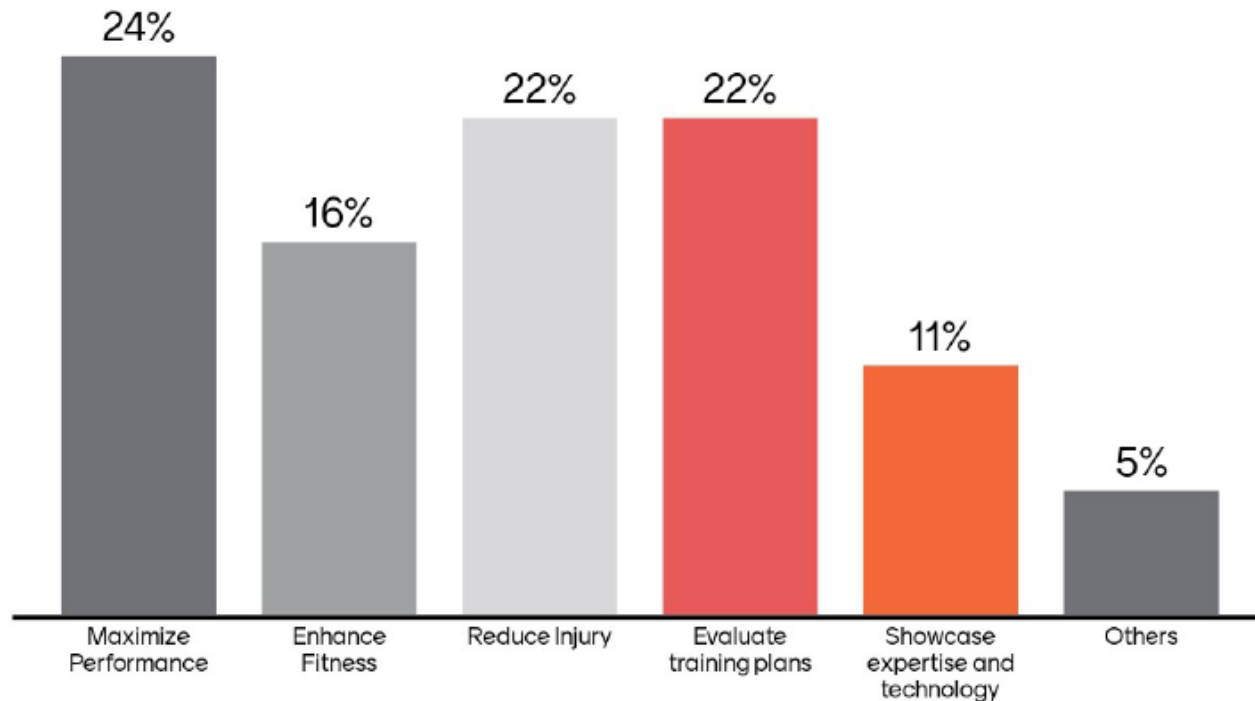


Physical Preparation **ROADMAP**



Load **MONITORING**

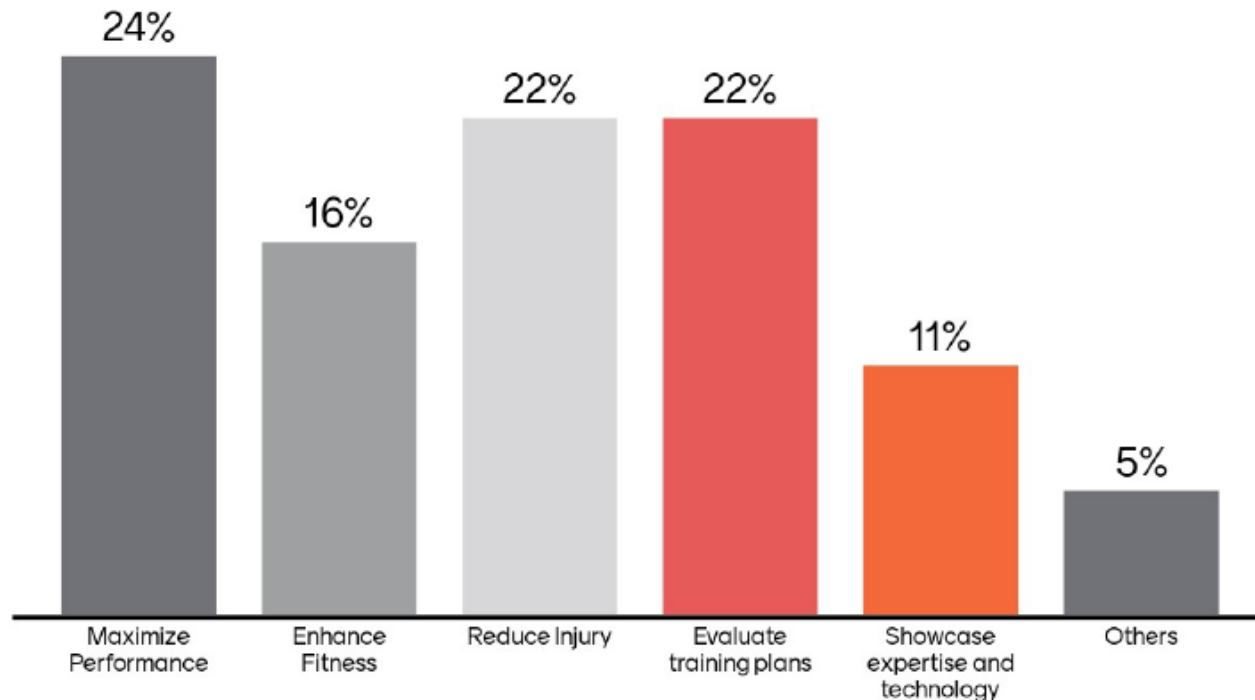
What are your objectives in monitoring training load?



Poll of 15 SFA coaches

Load **MONITORING**

What are your objectives in monitoring training load?



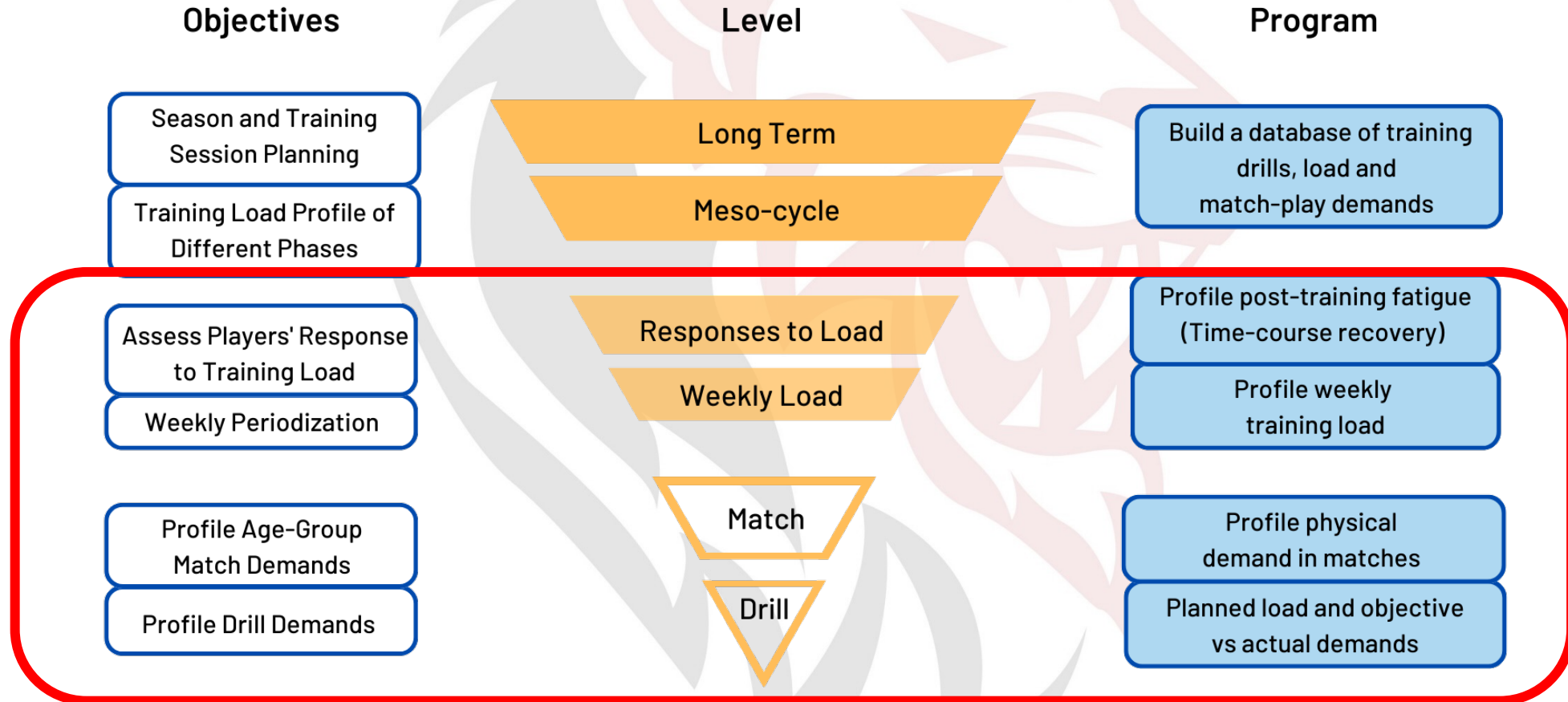
Poll of 15 SFA coaches

Get the optimal performance of our players checking if what we want to achieve is what we really achieve.

what you plan meet the objectives

Video of the specific drill that was conducted

Training Monitoring **ROADMAP**



MATCH Profile

Match Comparison



Overview of match running demands

This report compares the running demands with previous matches (Absolute/Relative).

The grey shaded area represents the standard deviation of selected matches that shows the variation of performance of selected metrics.

The bars represents team average data who completed full match, with the scatter dots representing individual performance (Absolute).

Events

- Match_1st-Half
- Match_2nd-Half
- Match_Full

Select Metrics

TD

Select Metrics (rel)

TD min

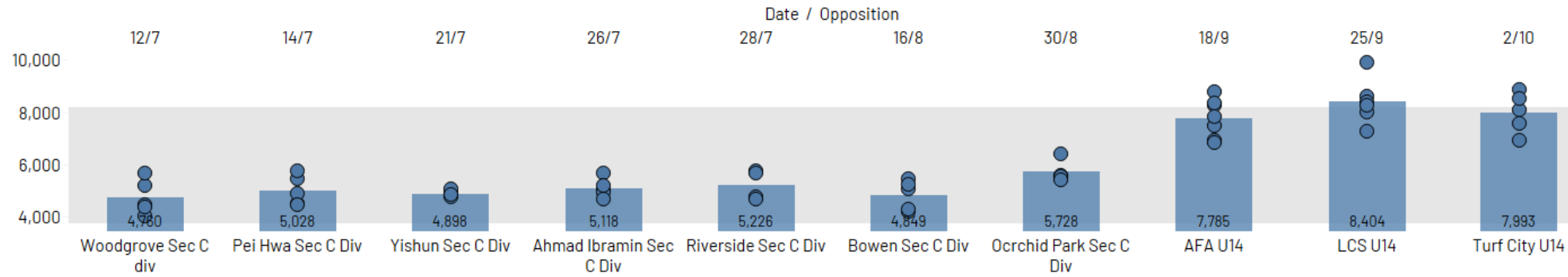
Opposition

Multiple values

Highlight Athlete

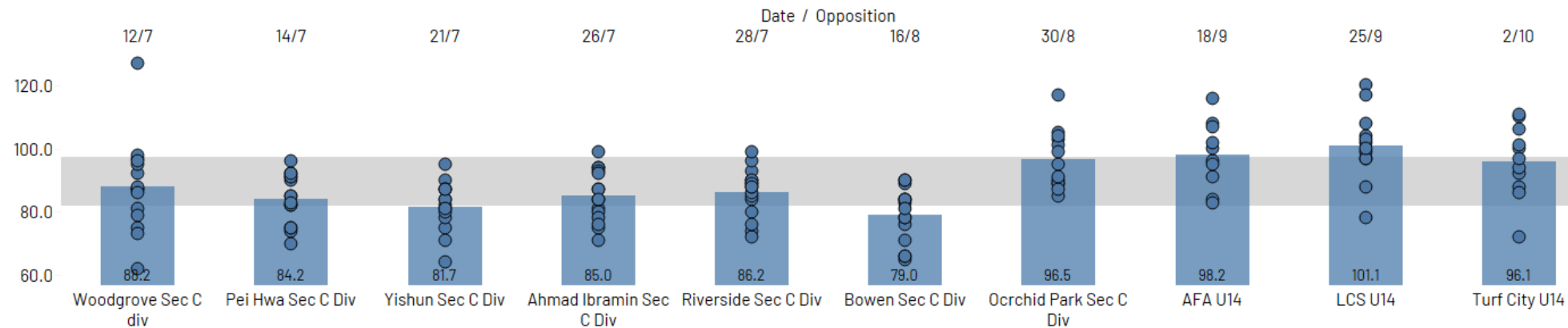
No items highlighted

TD



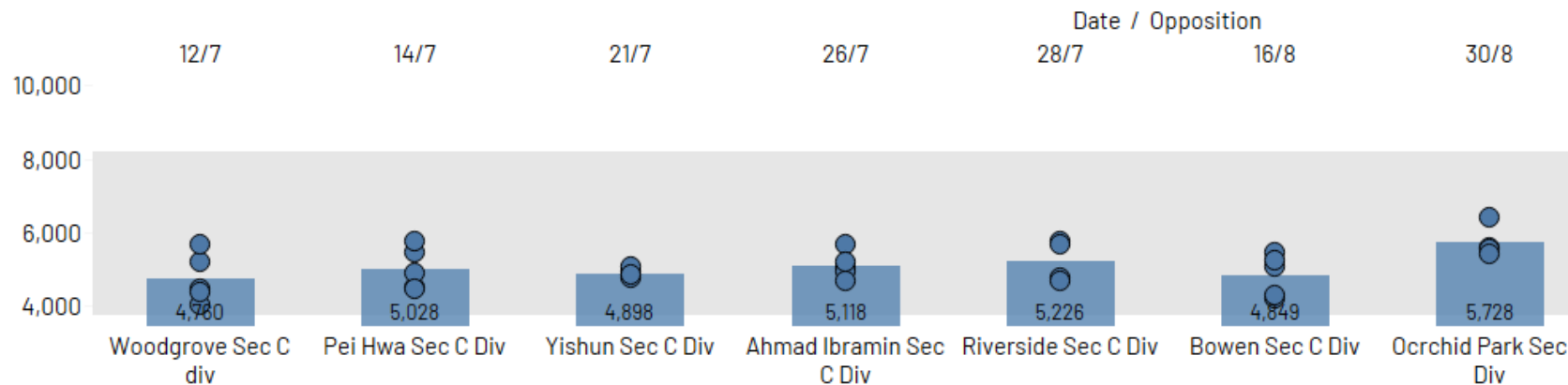
*Only players who completed the full halves (1st/2nd) or the full match are displayed for absolute data

TD min

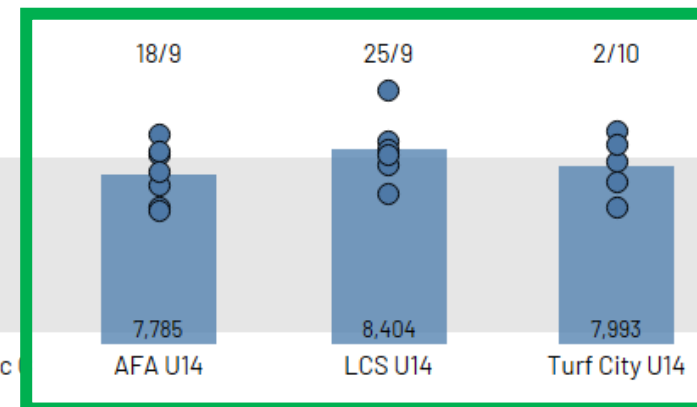


MATCH Profile

TD

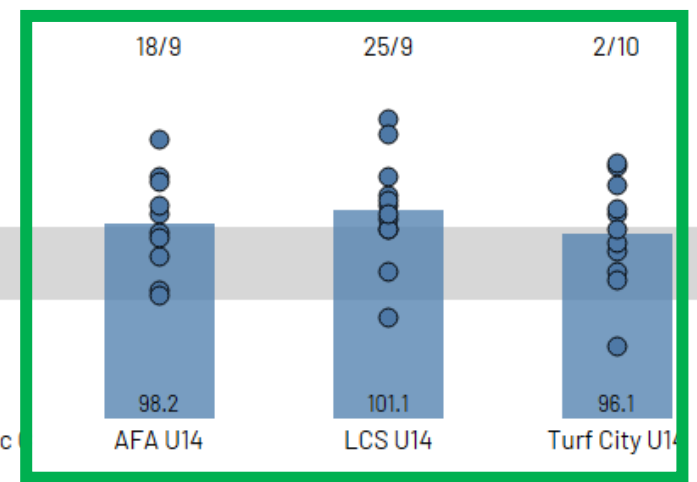
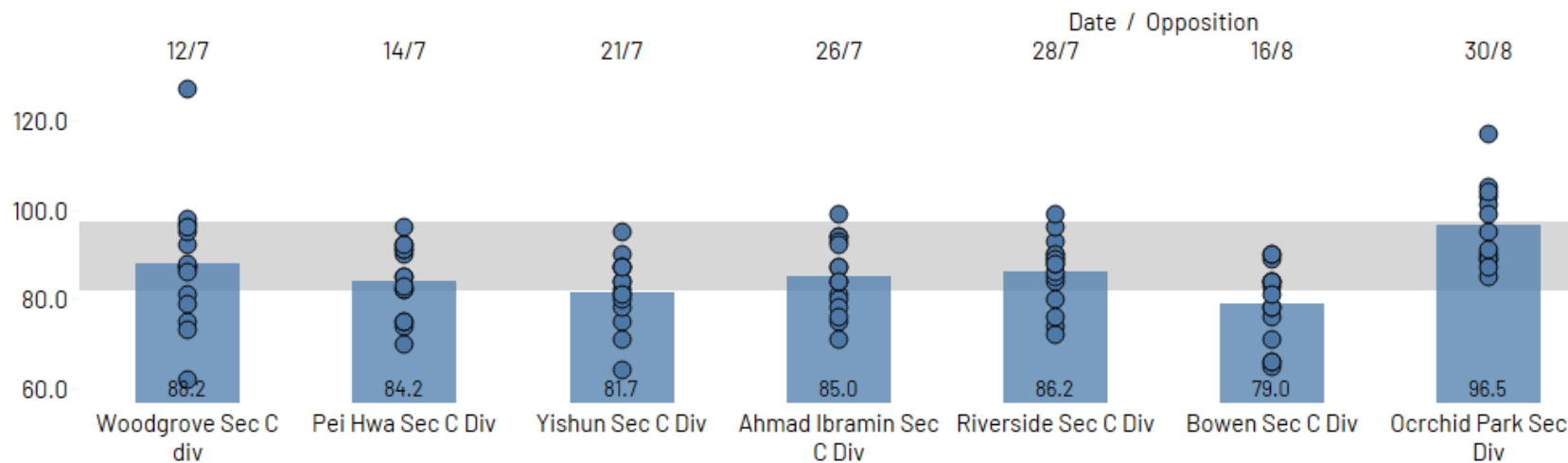


Youth Football Context



*Only players who completed the full halves (1st/2nd) or the full match are displayed for absolute data

TD min



Unpacking **INSIGHTS**

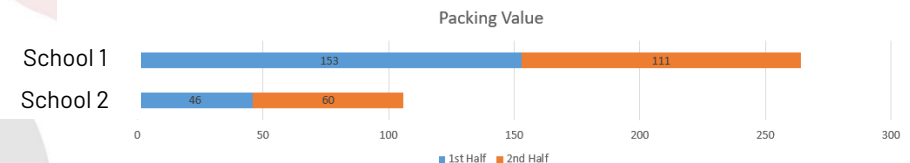
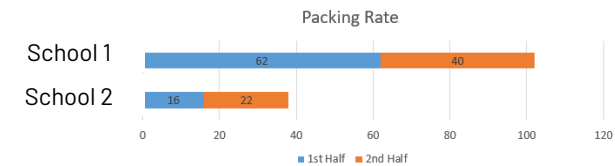
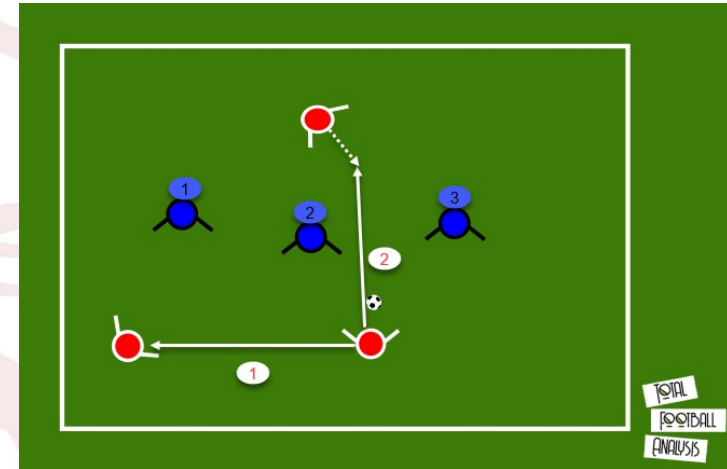
Question: To quantify the quality of offensive actions

Hypothesis: Following a successful pass, there should be fewer opponents between the ball and the goal

Packing Value: the amount of players taken out of the game by a **PASS**

Packing Rate: the number of times you outplay the opponent

➤ **Low number of packing actions (breaking lines).**



Scientific approach to answer coaches' question

Thank You

