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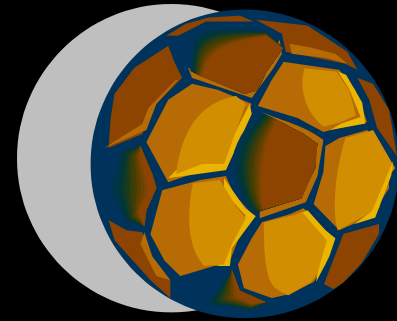
SPORTSCLINIC Thessaloniki, SPORTSCLINIC Nicosia

Επιστ. Συνεργάτης Ιατρικής Σχολής Ιωαννίνων (Ο.Α.Κ.Ι)

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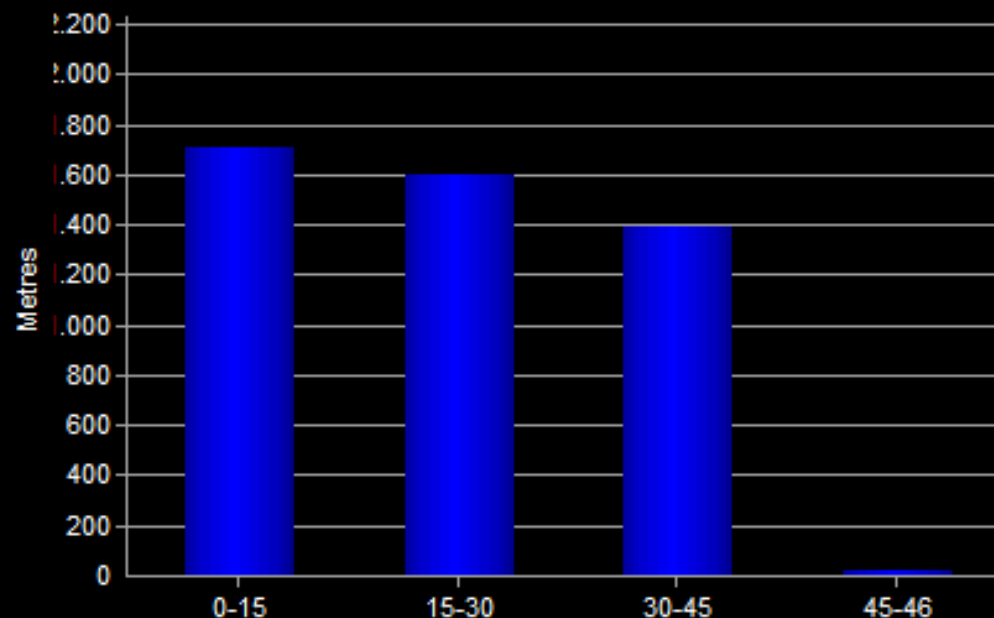


ΦΥΣΙΚΑ ΧΑΡΑΚΤΗΡΙΚΑ SL ΣΕ
ΣΧΕΣΗ ΜΕ ΤΑ ΞΕΝΑ
ΠΡΩΤΑΘΛΗΜΑΤΑ

Inter Milan	1st Half	1st Half	Valencia
1 Francesco Toldo	2009 m	3070 m	1 Santiago Canizares
2 Marco Filippini	5403 m	4769 m	2 Marco Caneira
6 Maxwell	5371 m	5323 m	3 Emiliano Moretti
7 Luis Figo	5917 m	4603 m	4 Ivan Helguera
8 Zlatan Ibrahimovic	3489 m	4602 m	5 Carlos Marchena
9 Julio Cruz	4719 m	5186 m	6 David Albelda
14 Ibrahim Maaroufi	5900 m	5271 m	7 David Villa
16 Ivan Fatic	5419 m	5872 m	8 Ruben Baraja
19 Francesco Ellzoni	6152 m	5810 m	11 Jaime Gavilan
23 Marco Materazzi	4762 m	5265 m	17 Joaquin
31 Aparecido Cesar	6236 m	5846 m	21 David Silva
10 Adriano	1109 m	0 m	22 Javier Arizmendi
12 Soares Julio Cesar	0 m	0 m	14 Juan Mata
15 Olivier Dacourt	0 m	0 m	10 Miguel Angulo

Team Total With GK	56486 m	55617 m	Team Total With GK
Team Total	54477 m	52547 m	Team Total
Player Mean	4952 m	5255 m	Player Mean

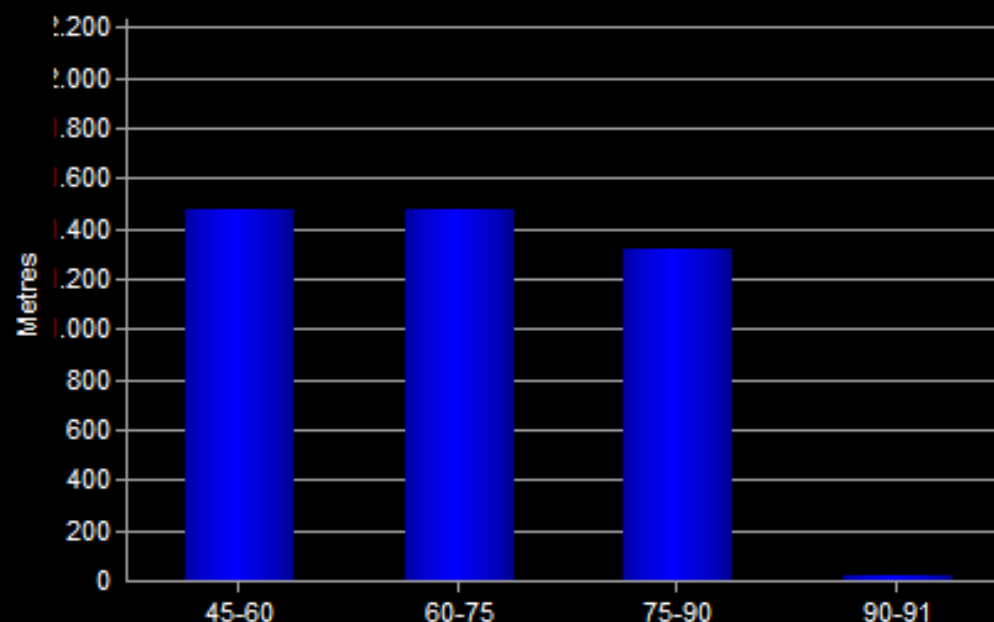
Distance Covered 1st Half



Time	Distance
0-15	1706 m
15-30	1602 m
30-45	1392 m
45-46	19 m
TOTAL	4719 m

Inter Milan
 1 Francesco Toldo
 2 Marco Filippini
 6 Maxwell
 7 Luis Figo
 8 Zlatan Ibrahimovic
 9 Julio Cruz
 14 Ibrahim Maaroufi
 16 Ivan Fatic
 19 Francesco Ellzoni
 23 Marco Materazzi
 31 Aparecido Cesar
 10 Adriano
 12 Soares Julio Cesar
 15 Olivier Dacourt

Distance Covered 2nd Half



Time	Distance
45-60	1476 m
60-75	1474 m
75-90	1313 m
90-91	16 m
TOTAL	4279 m

Inter Milan

Valencia



1ST/2ND H

MATCH

CUSTOM TIME

SPEED

SPEED PROFILE

DISTANCE

NUMBER

TIME SPENT

ALL

WITH POSS.

WITHOUT POSS.

BALL OUT OF PLAY

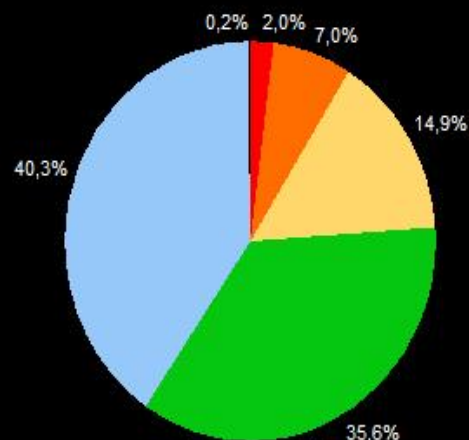
Individual

Ind Vs Ind

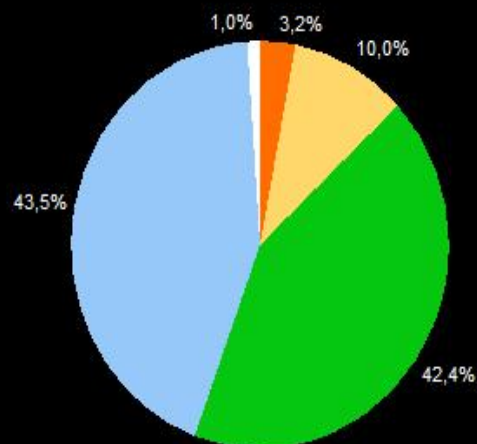
Team

Team Vs Team

2D



Speed	Percent
Standing	0.2%
Walk	40.3%
Jog	35.6%
Run	14.9%
HS Run	7.0%
Sprint	2.0%



Speed	Percent
Standing	1.0%
Walk	43.5%
Jog	42.4%
Run	10.0%
HS Run	3.2%
Sprint	0.0%

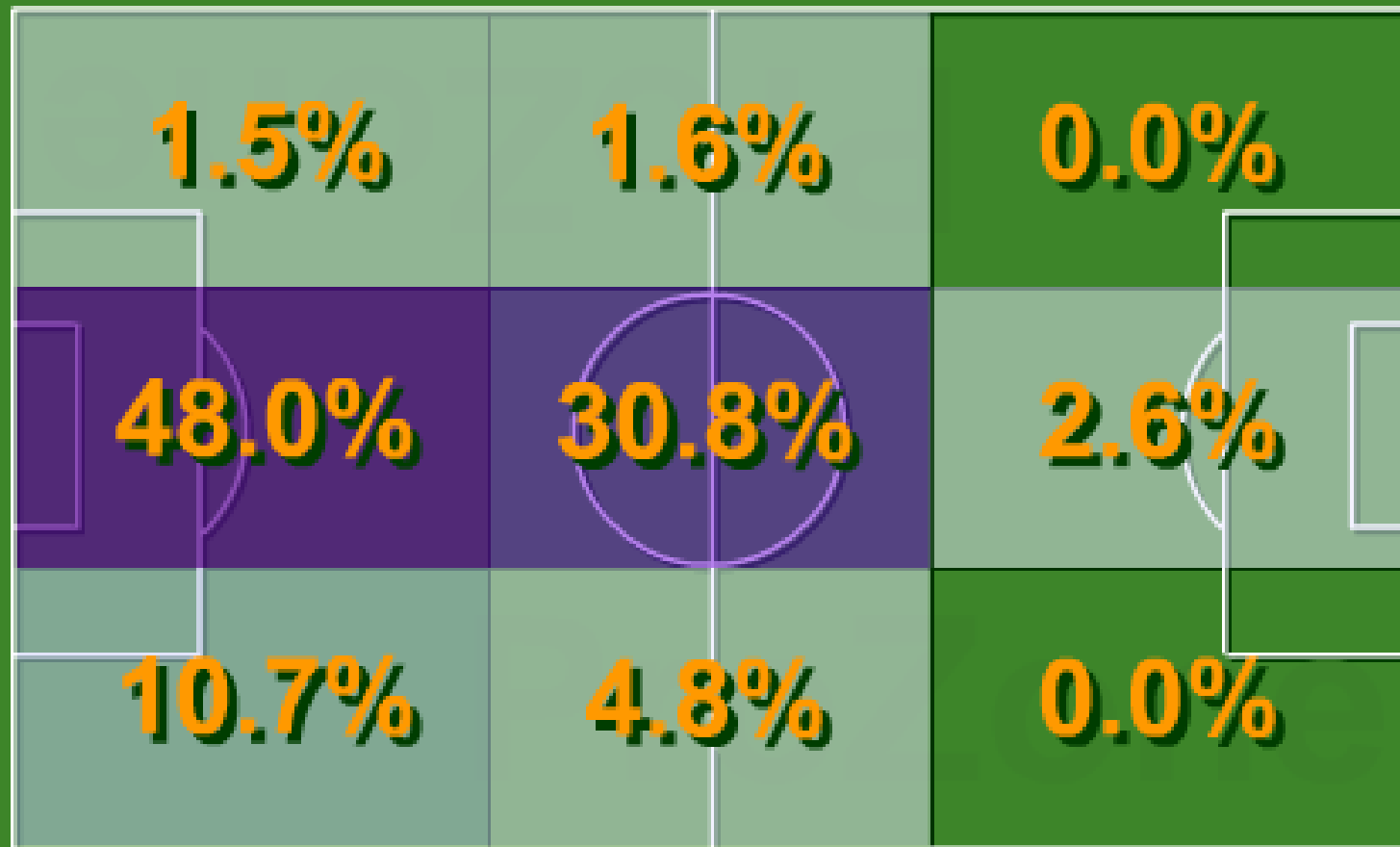
St Etienne

16 Jeremie Janot
 2 Cedric Varrault
 4 Efstathios Tavlavidis
 7 Dimitri Payet
 8 Ilan
 10 Kevin Mirallas
 11 Geoffrey Dernis
 12 Blaise Matuidi
 21 Mouhamadou Dabo
 25 Paulo Machado
 26 Moustapha Bayal Sall
 18 Bafetimbi Gomis
 17 Yohan Hautcoeur
 28 Yohan Benalouane

Olympiakos

St Etienne

Direction Of Attack →



60.1%

37.3%

2.6%

Marco Materazzi

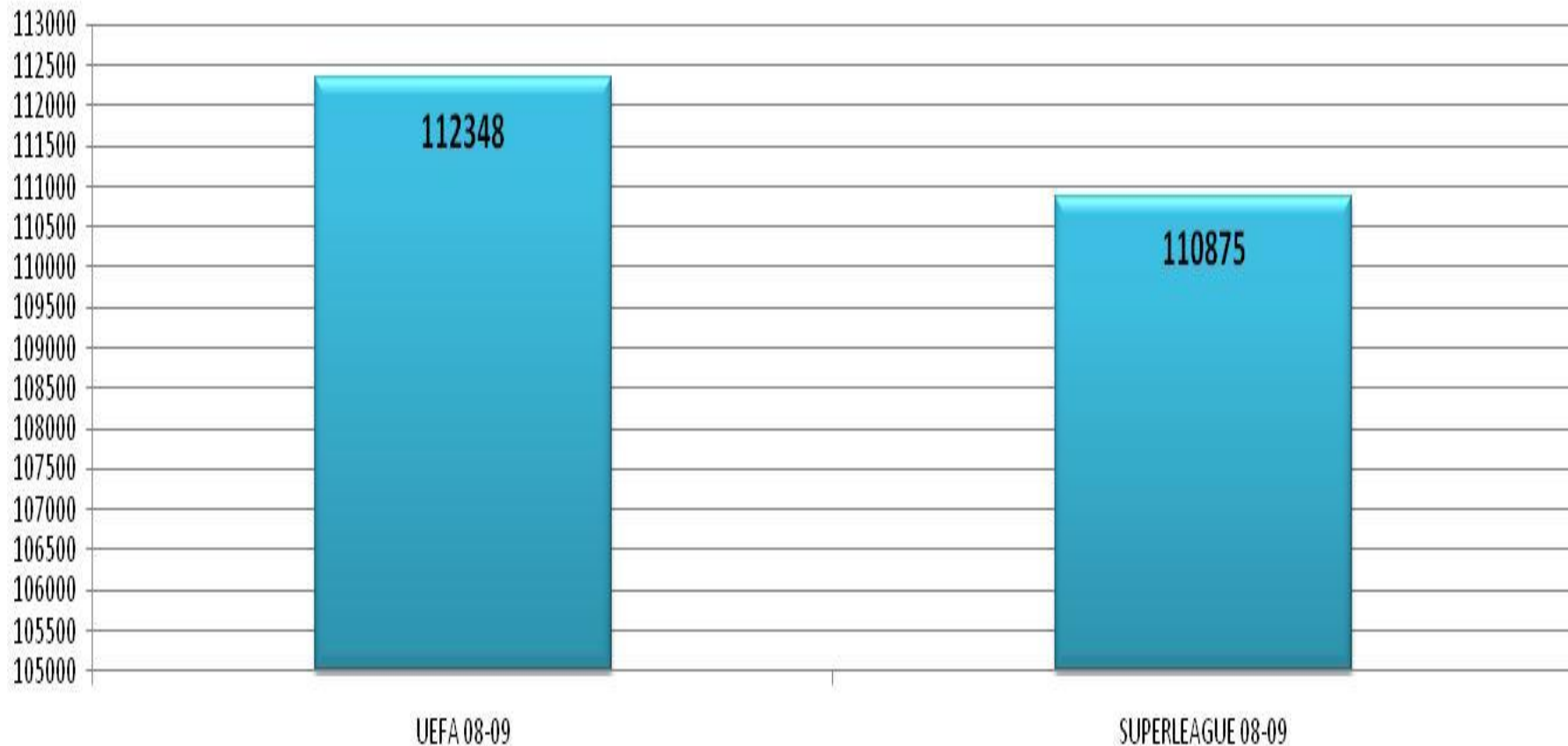


Match Parameters

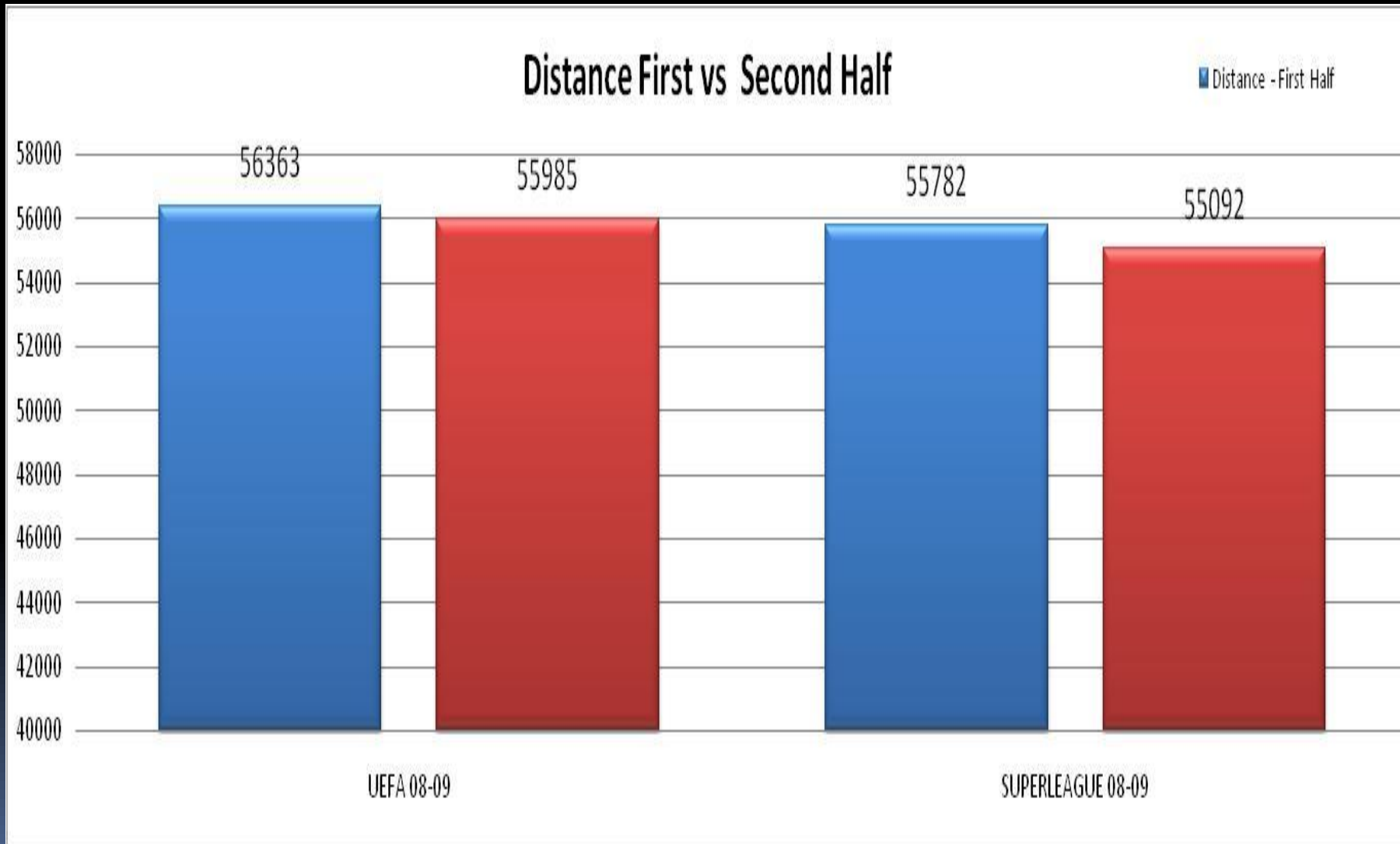
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- 40. Successful passes per half or per section
 - 41. Unsuccessful passes
 - 42. Successful crosses per half or per section
 - 43. Successful/Unsuccessful Pass Receiving
 - 44. Successful/Unsuccessful Headers
 - 45. Distance covered in each sprint, HSR, MR
 - 46. Number of Sprints, MR etc in a game
 - 47. Sprint, HSR, Runs, Jogging during Attack or Defense
 - 48. Direction of Dribbling
 - 49. Preferred players for passing etc

TOTAL DISTANCE COVERED

Total Distance Covered

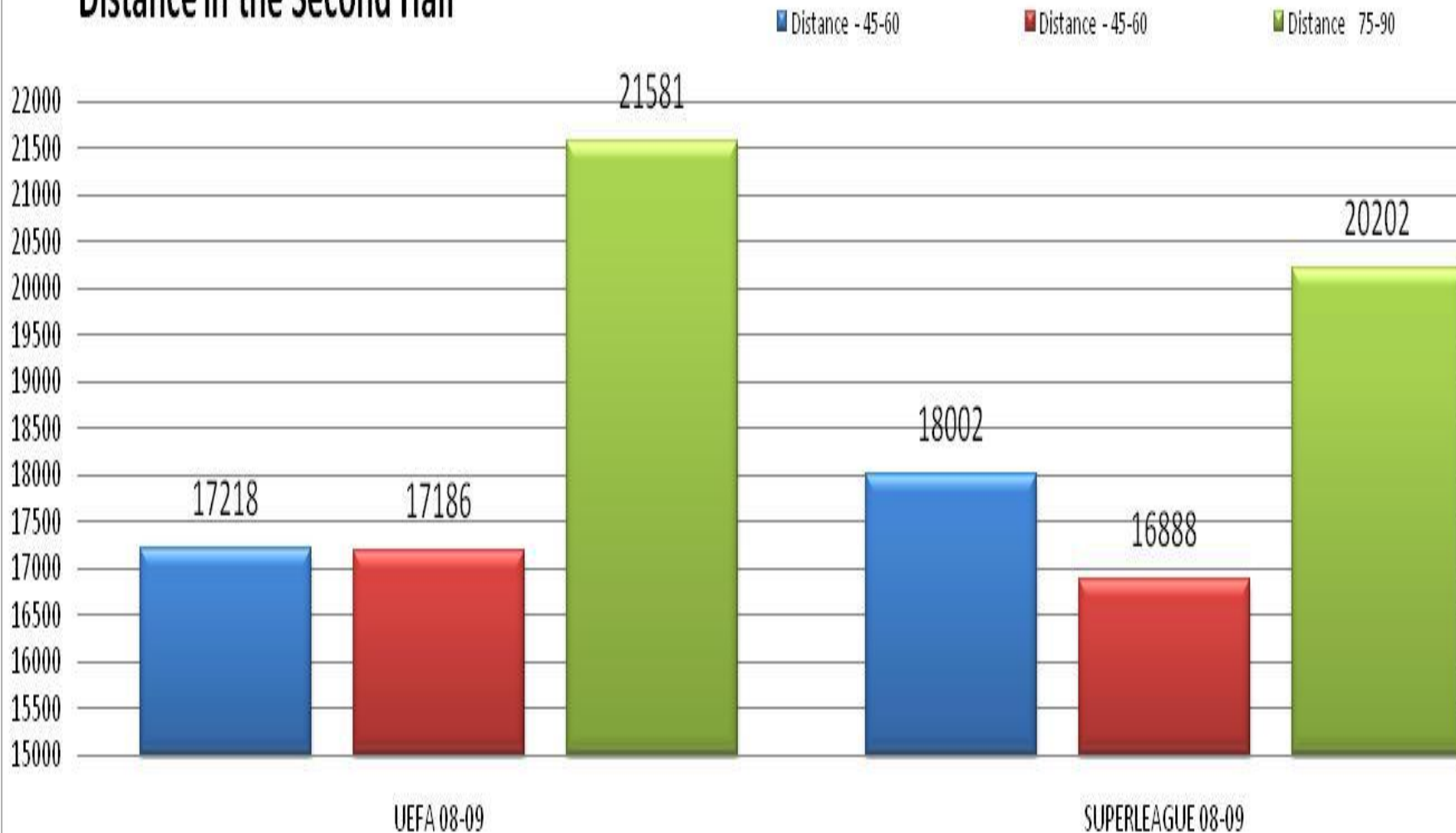


DISTANCE COVERED PER HALF



2nd HALF QUARTER DISTRIBUTION

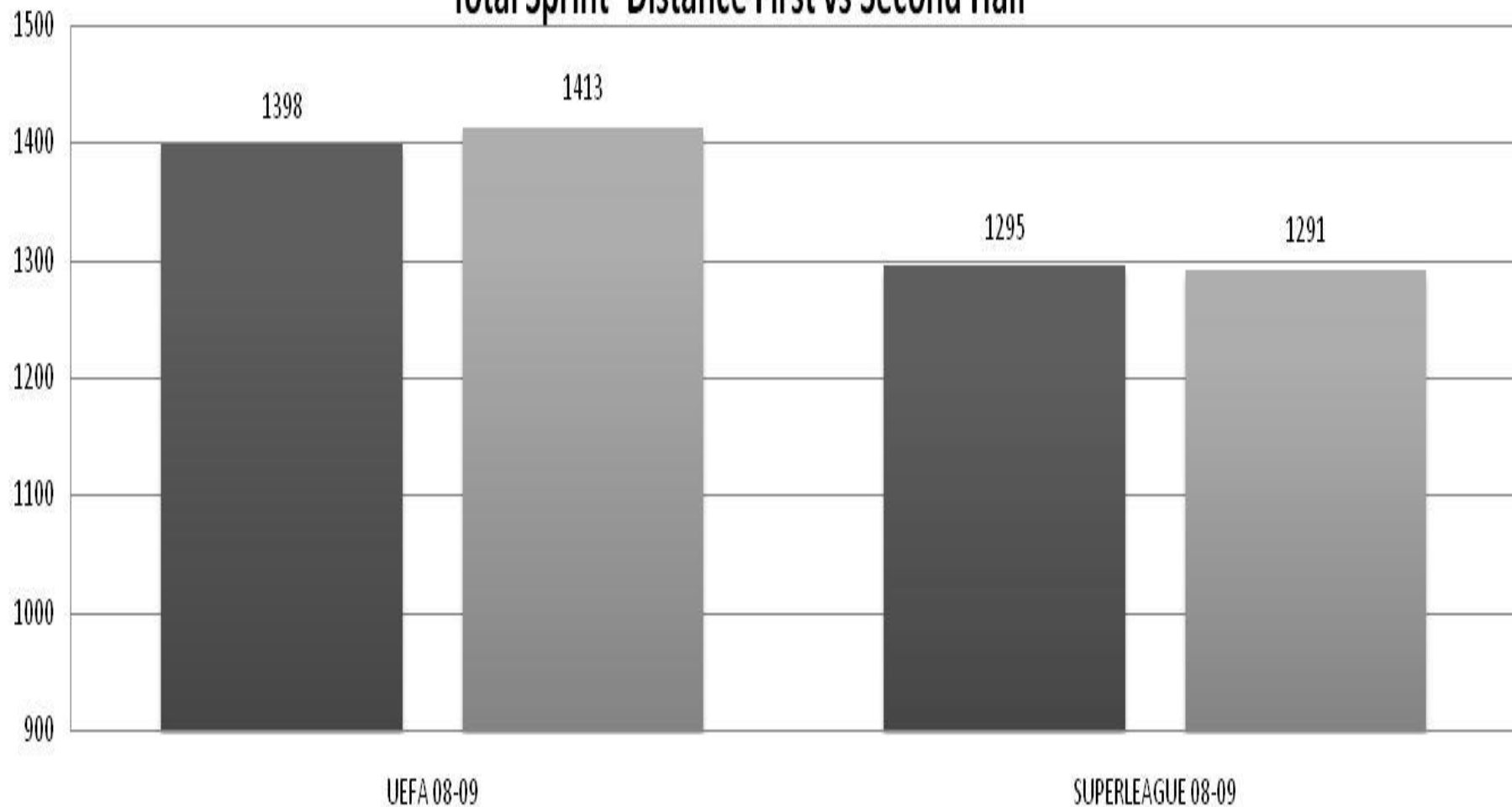
Distance in the Second Half



SPRINT DISTANCE

Total Sprint Distance First vs Second Half

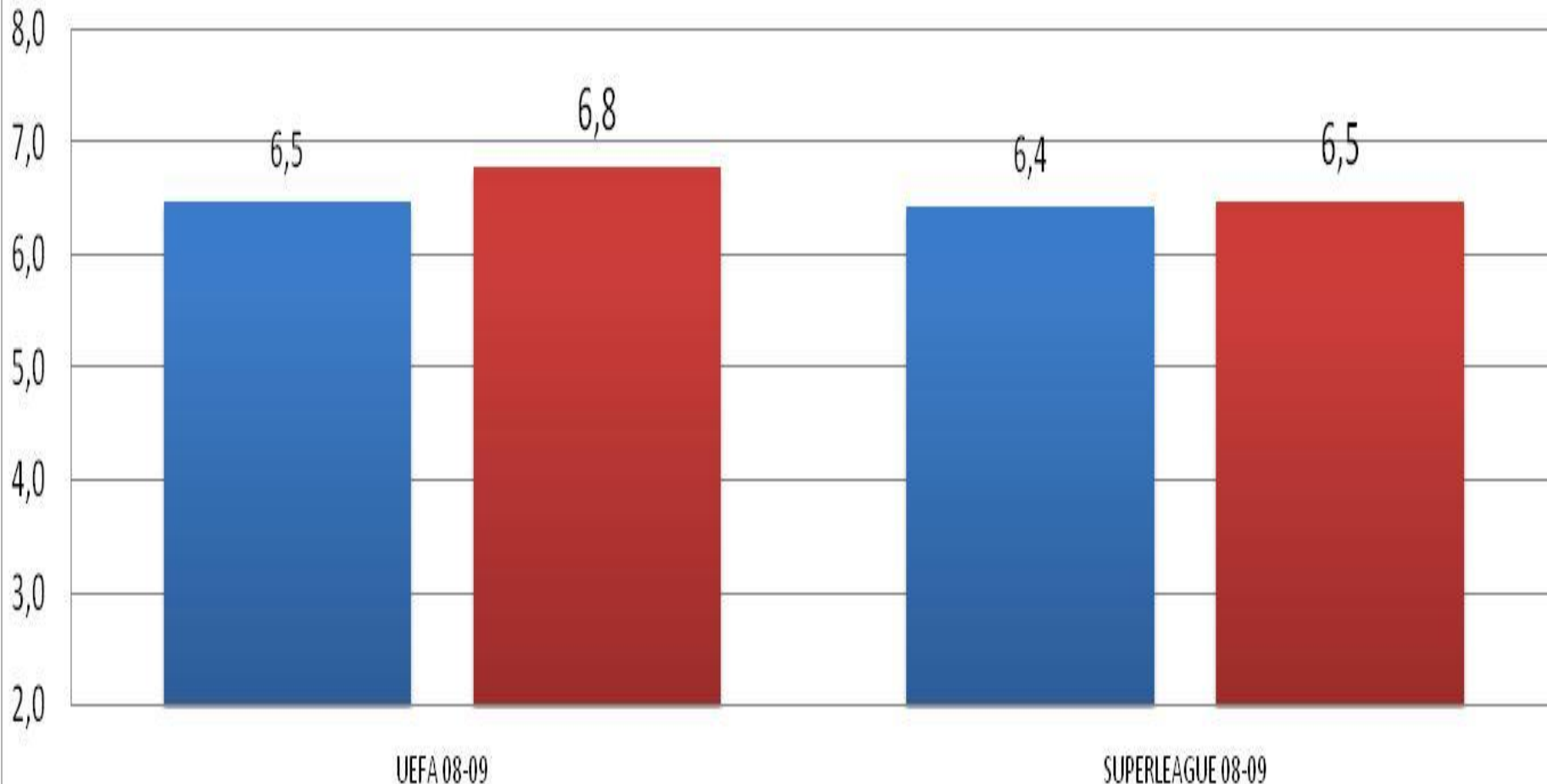
■ SPINT Dist - FIRST HALF



SPRINT DISTANCE PER HALF

Total sprint distance per effort in First vs Second Half

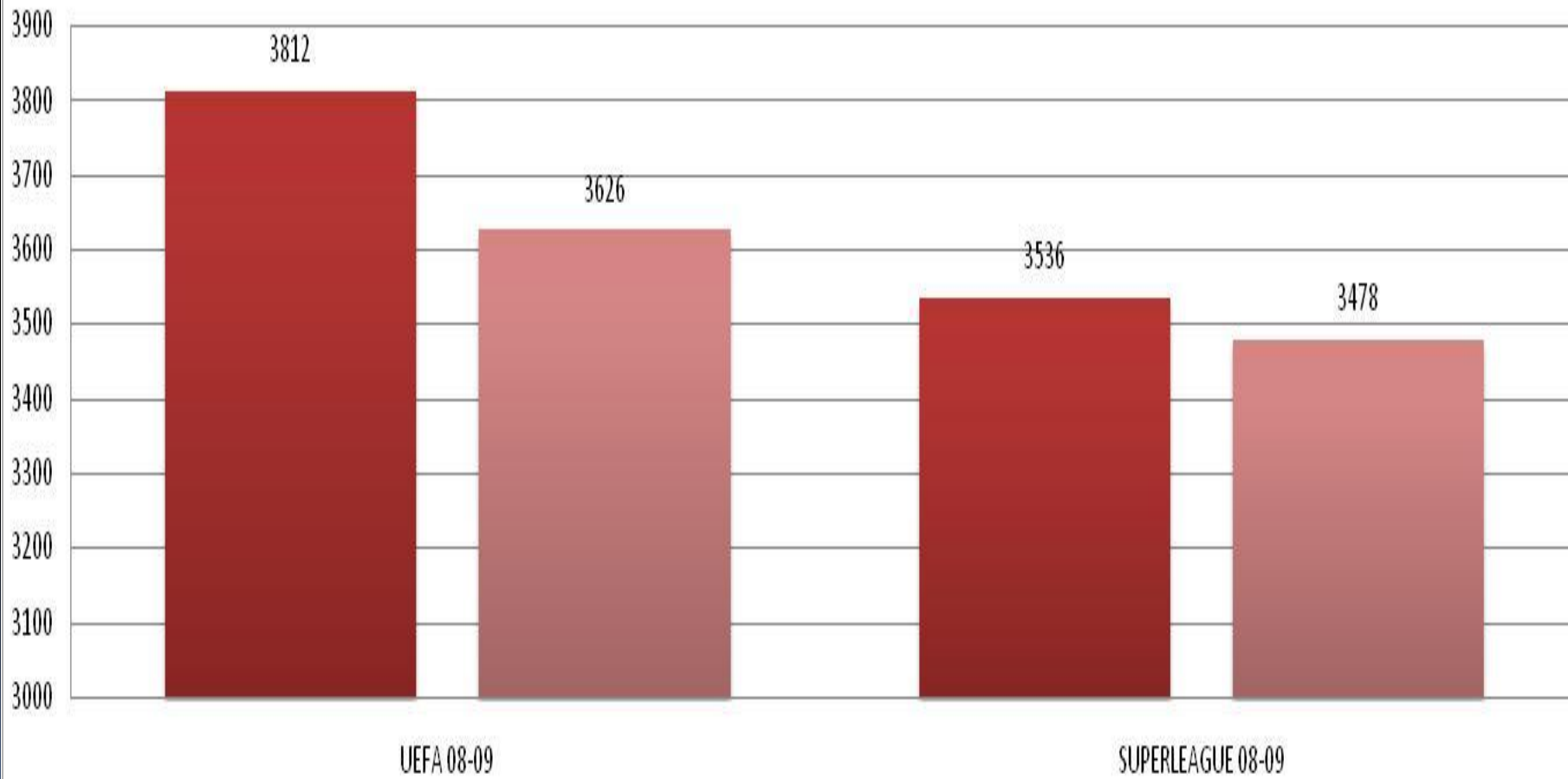
■ SPINT Distance - FIRST HALF



HIGH SPEED RUNS

Total High Speed Distance First vs Second Half

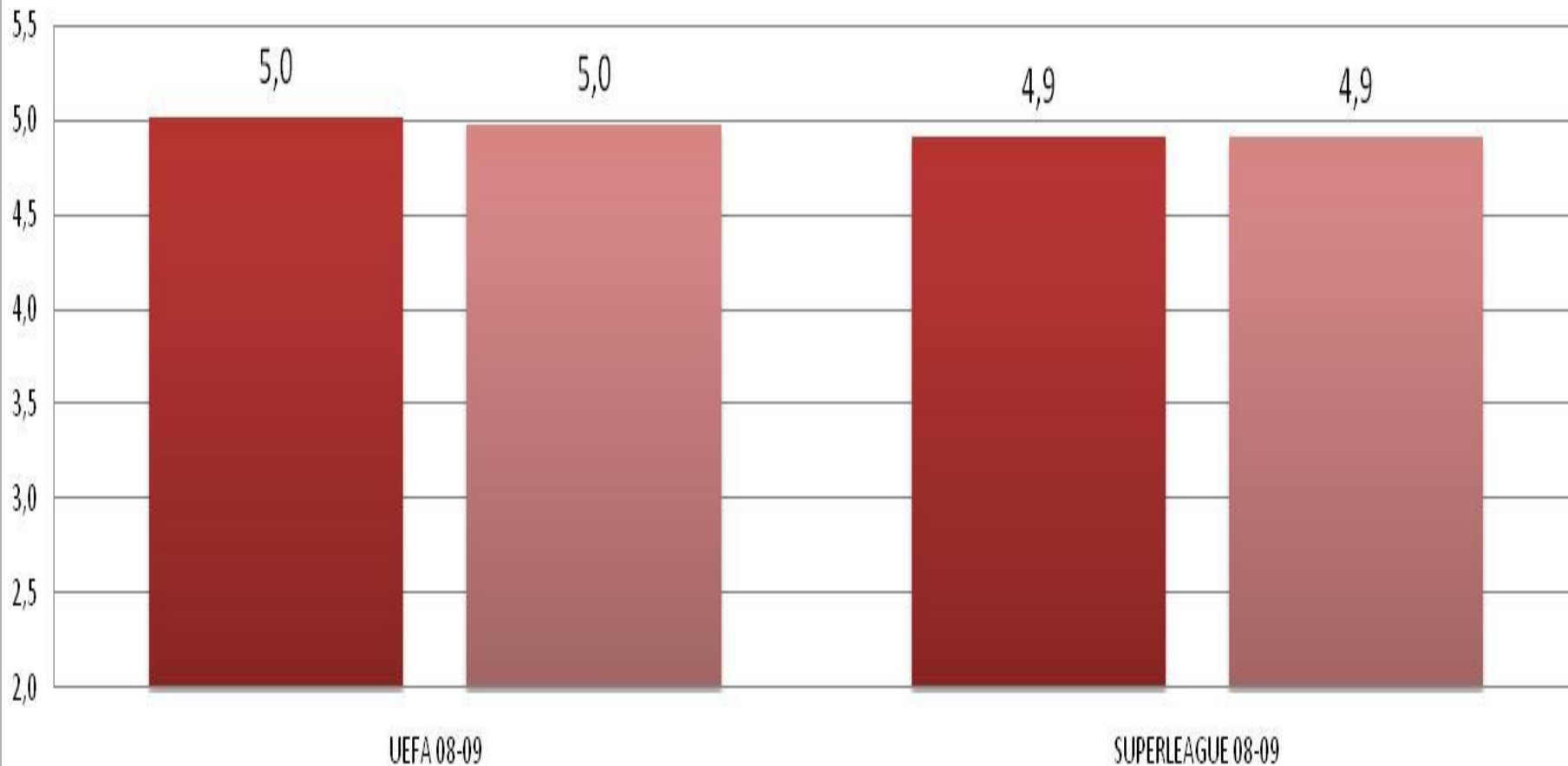
■ HS RUNS Dist - FIRST HALF



TOTAL HS DISTANCE PER EFFORT

Total high speed distance per effort in First vs Second Half

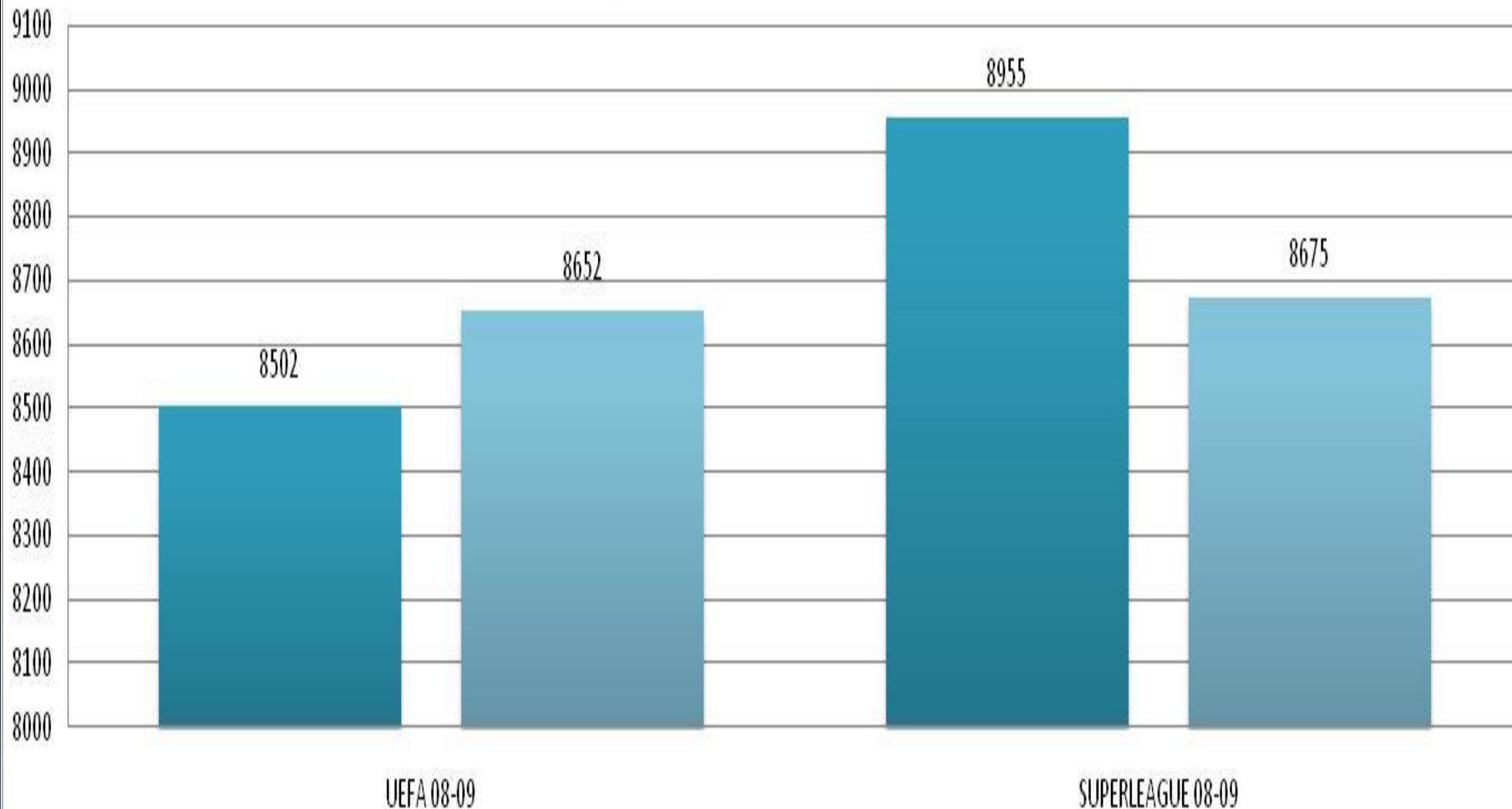
■ HS RUNS Distance - FIRST HALF ■ HS RUNS Distance - SECOND HALF



Medium Distance Runs

Total Medium Speed Run Distance First vs Second Half

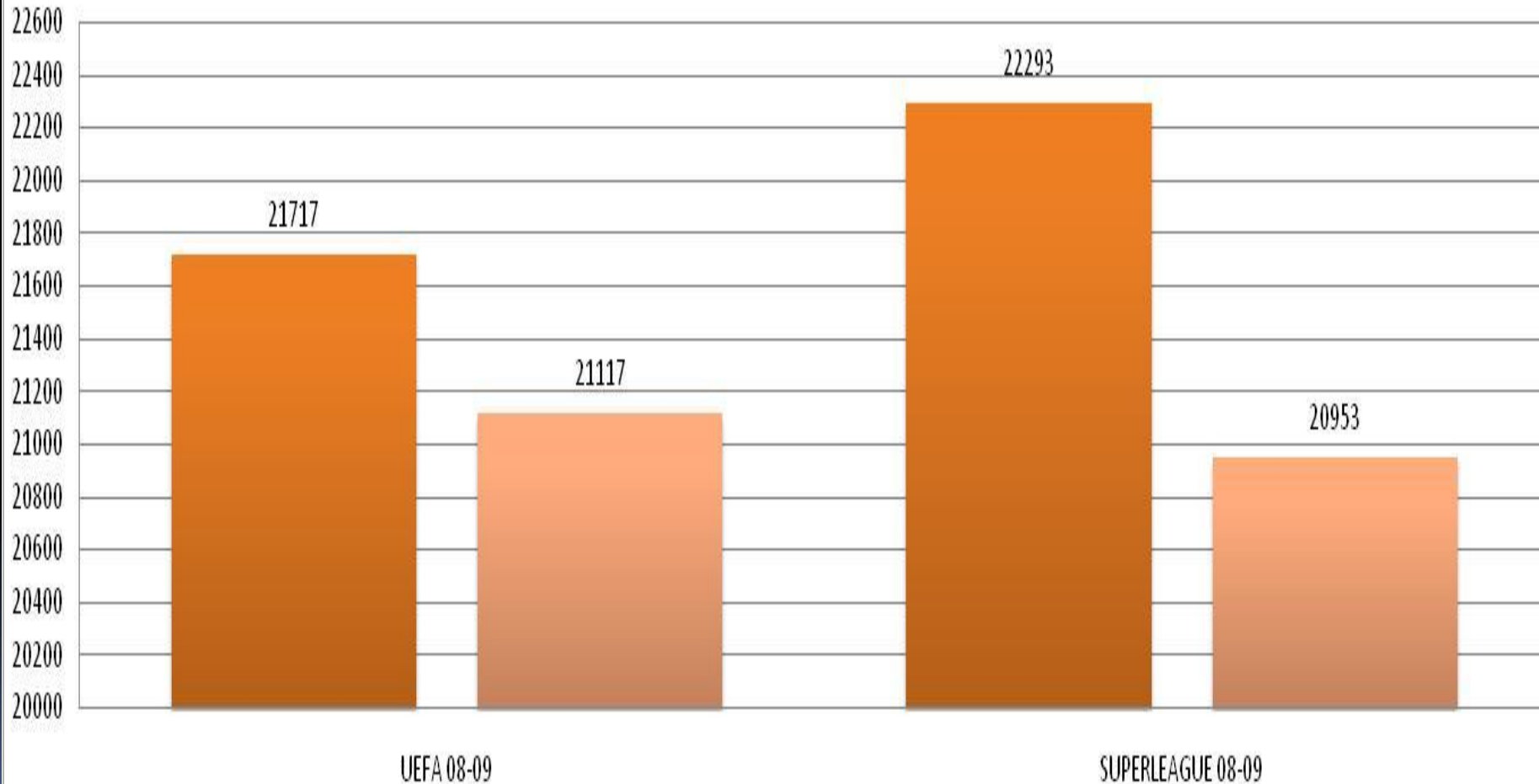
■ RUN Dist FIRST HALF



Jogging Speed

Total Jogging Speed Distance First vs Second Half

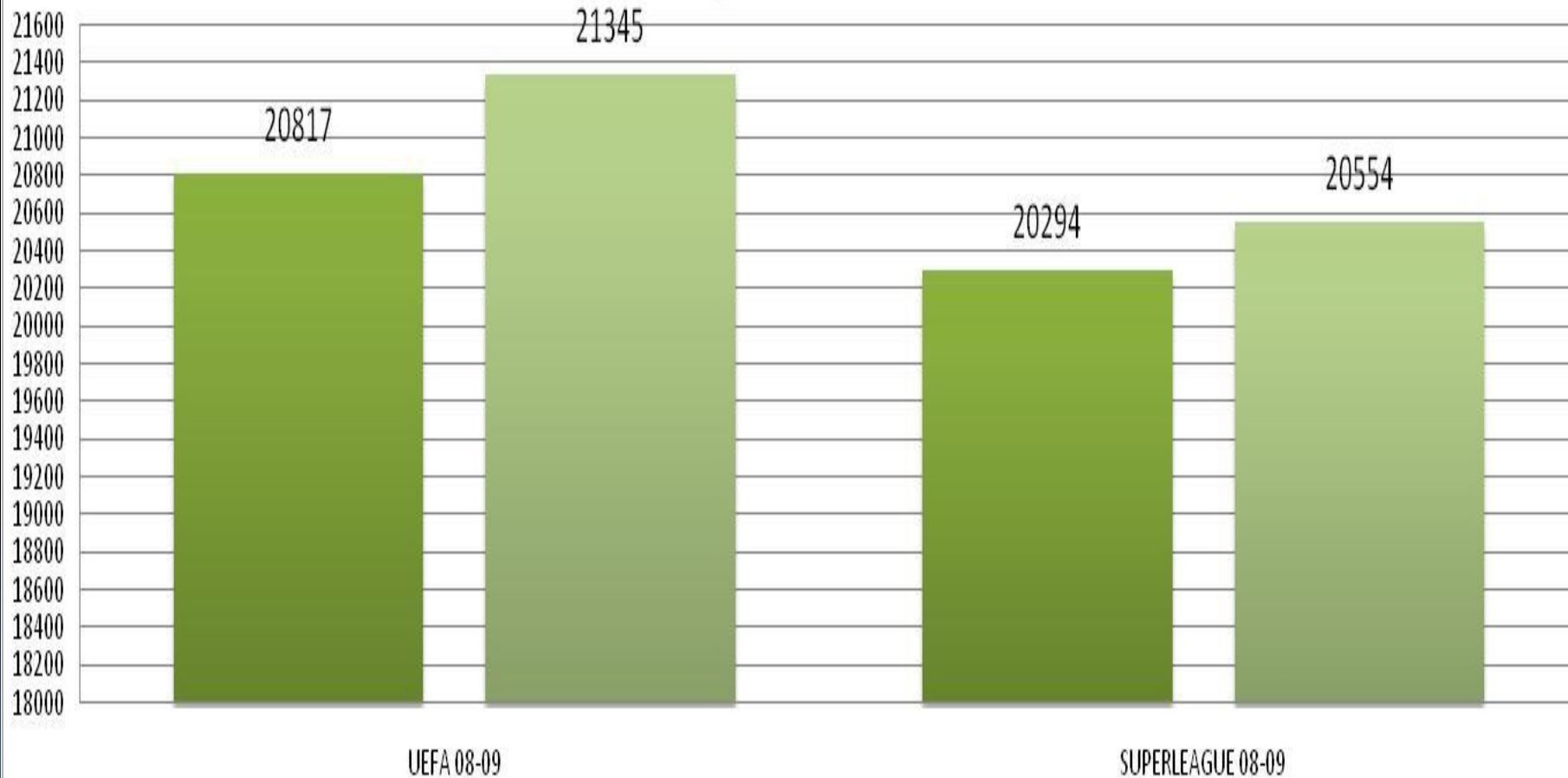
JOG Dist FIRST HALF



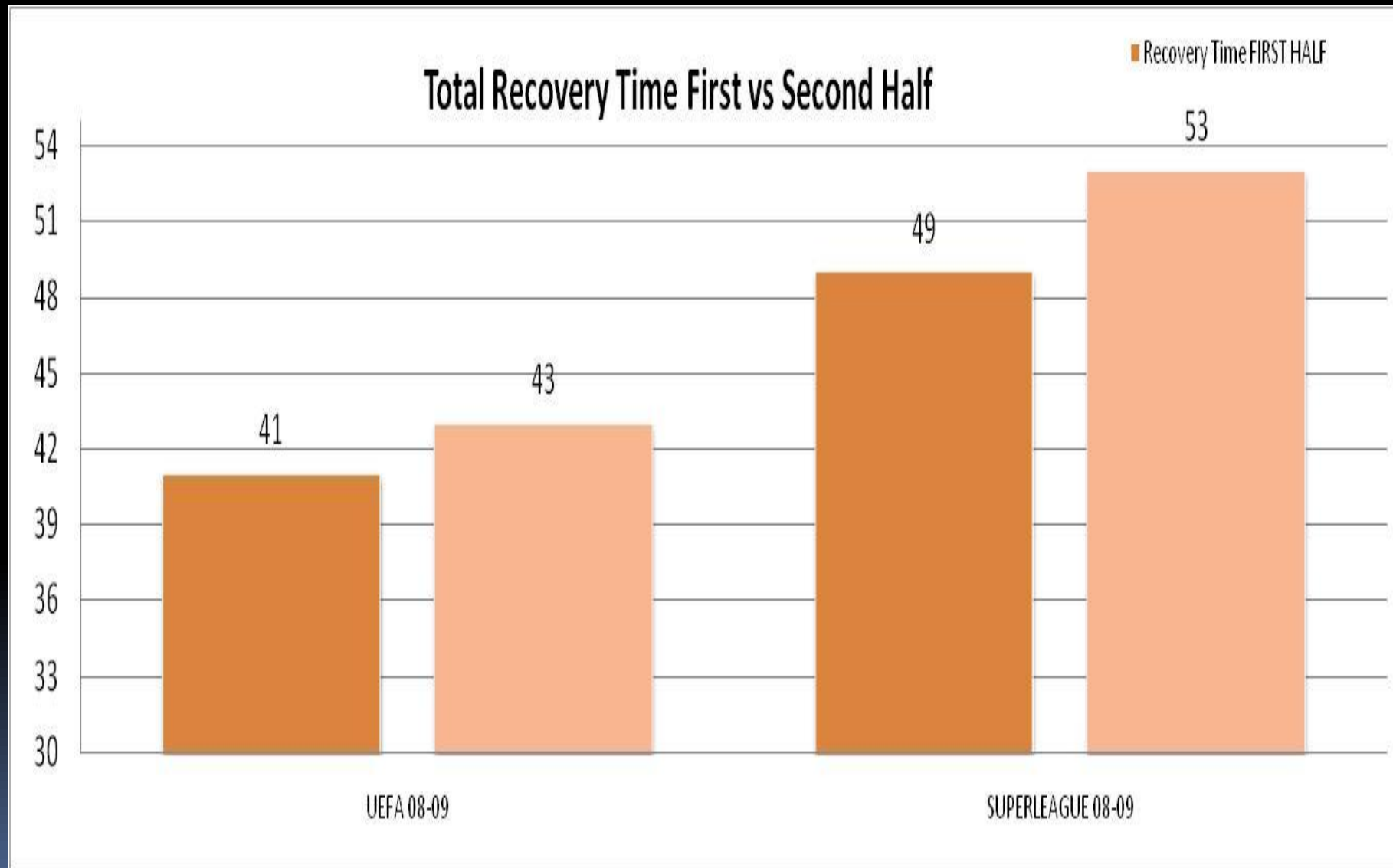
WALKING DISTANCE

Total Walking Distance First vs Second Half

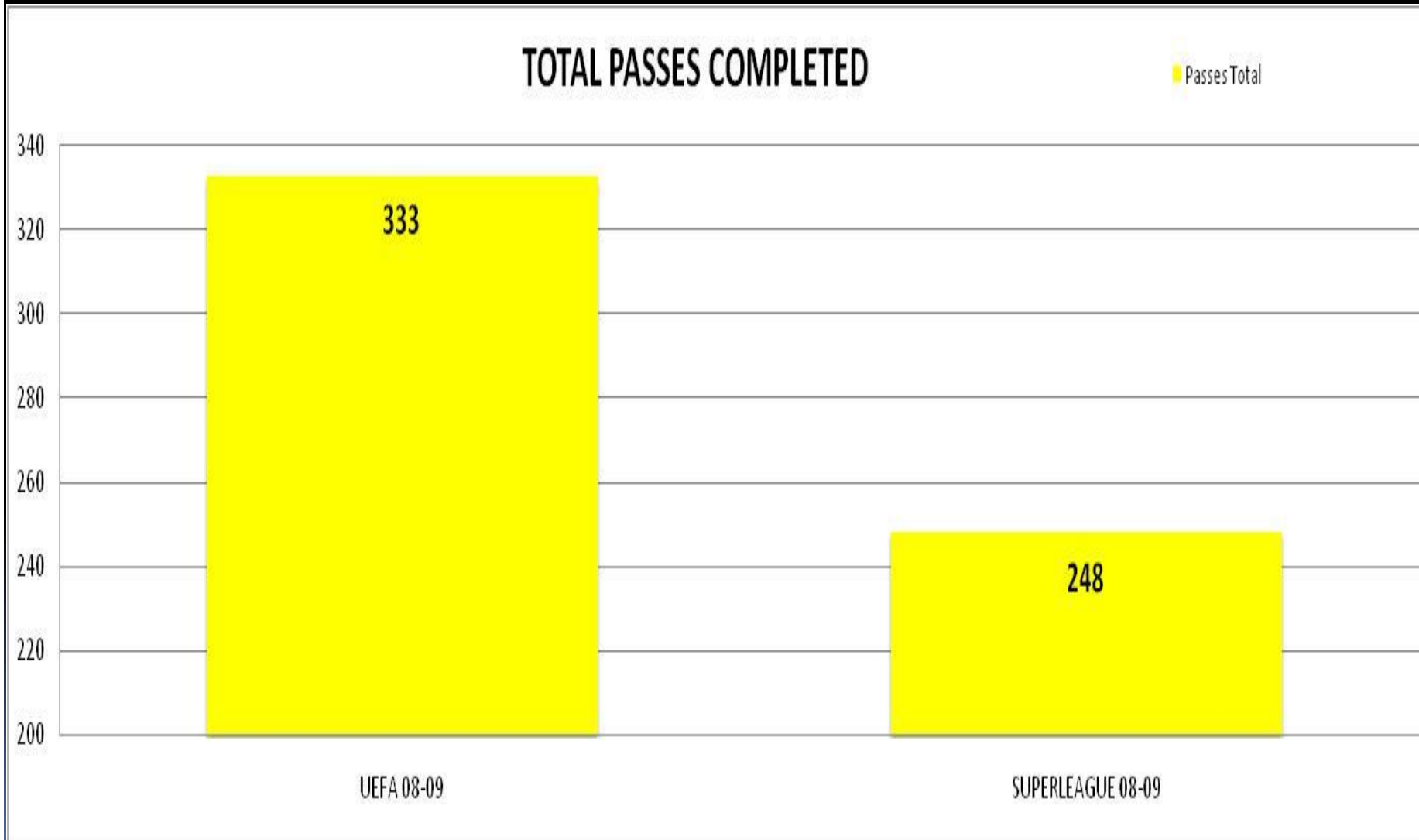
■ WALK Dist FIRST HALF



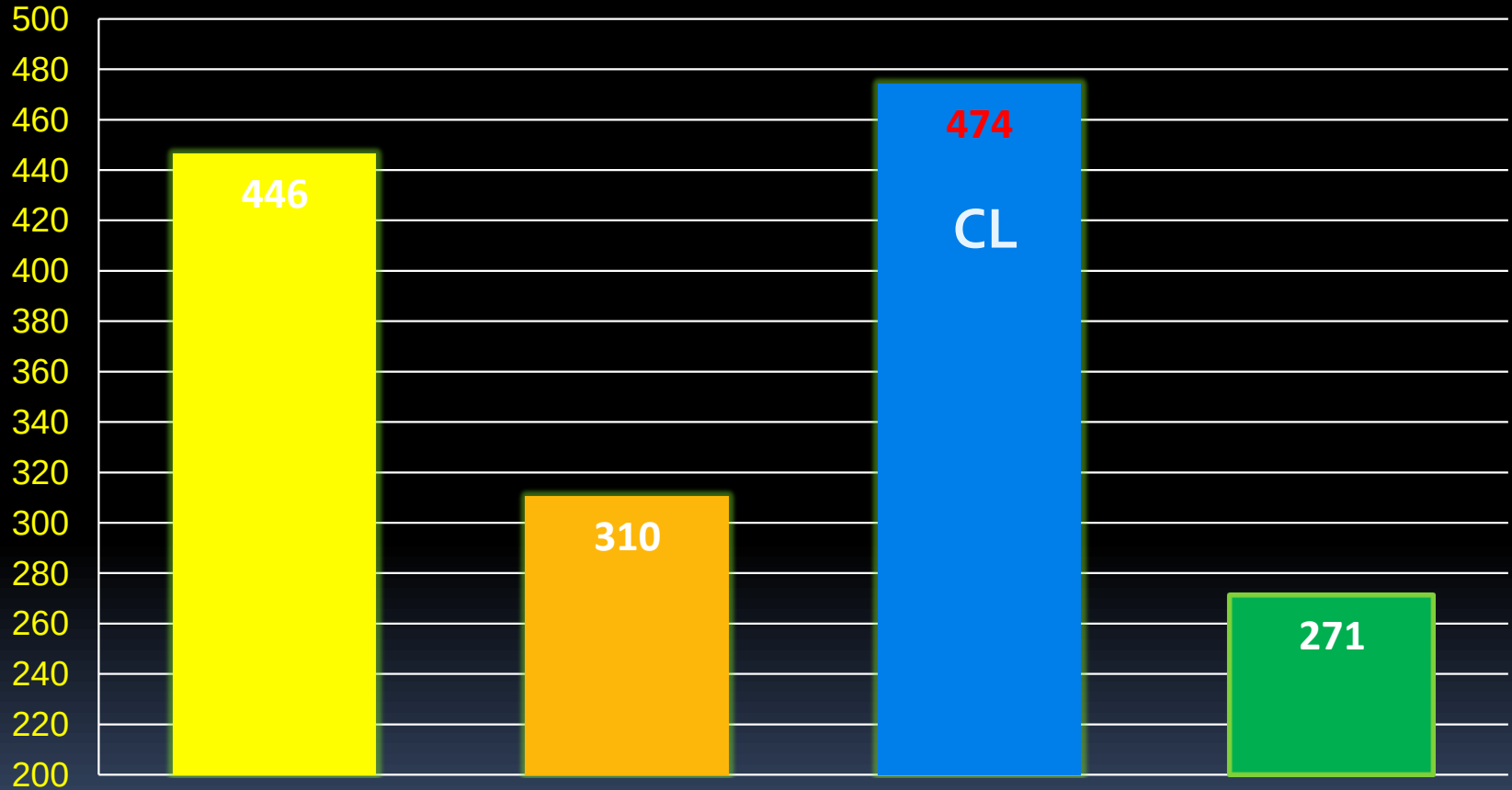
RECOVERY TIME / HALF



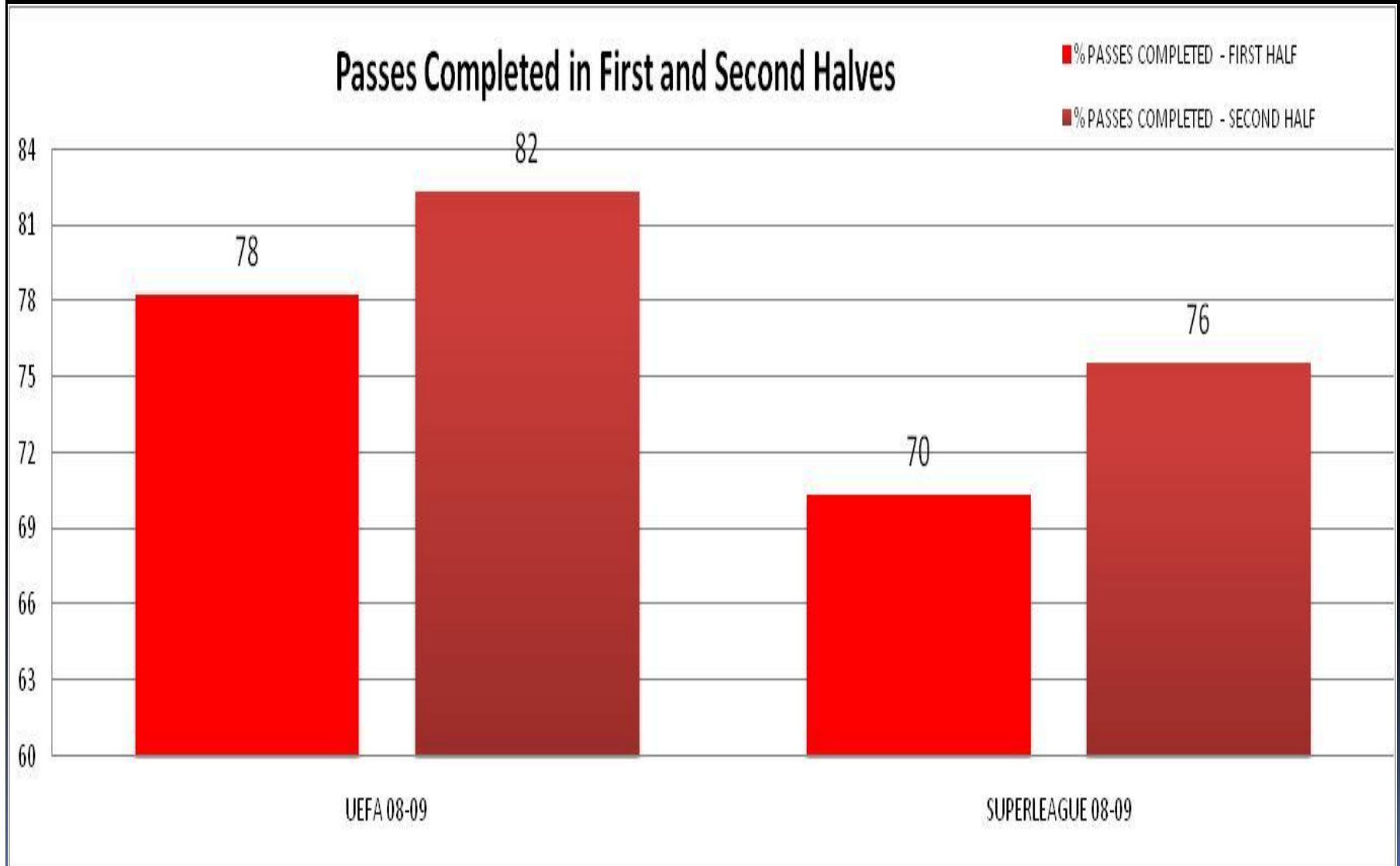
TOTAL NUMBER OF PASSES COMPLETED



Total Passes Completed

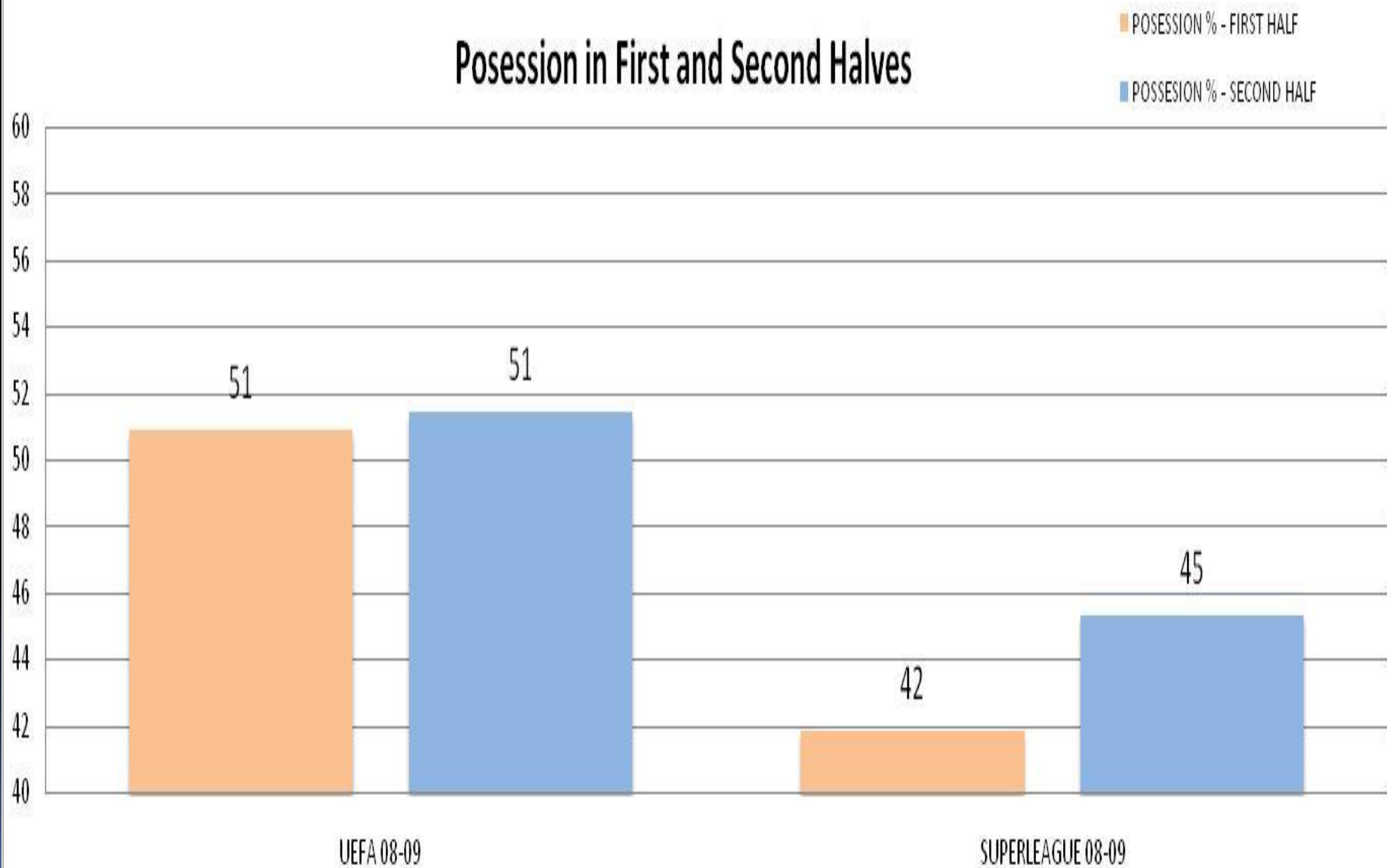


% PASSES COMPLETED PER HALF



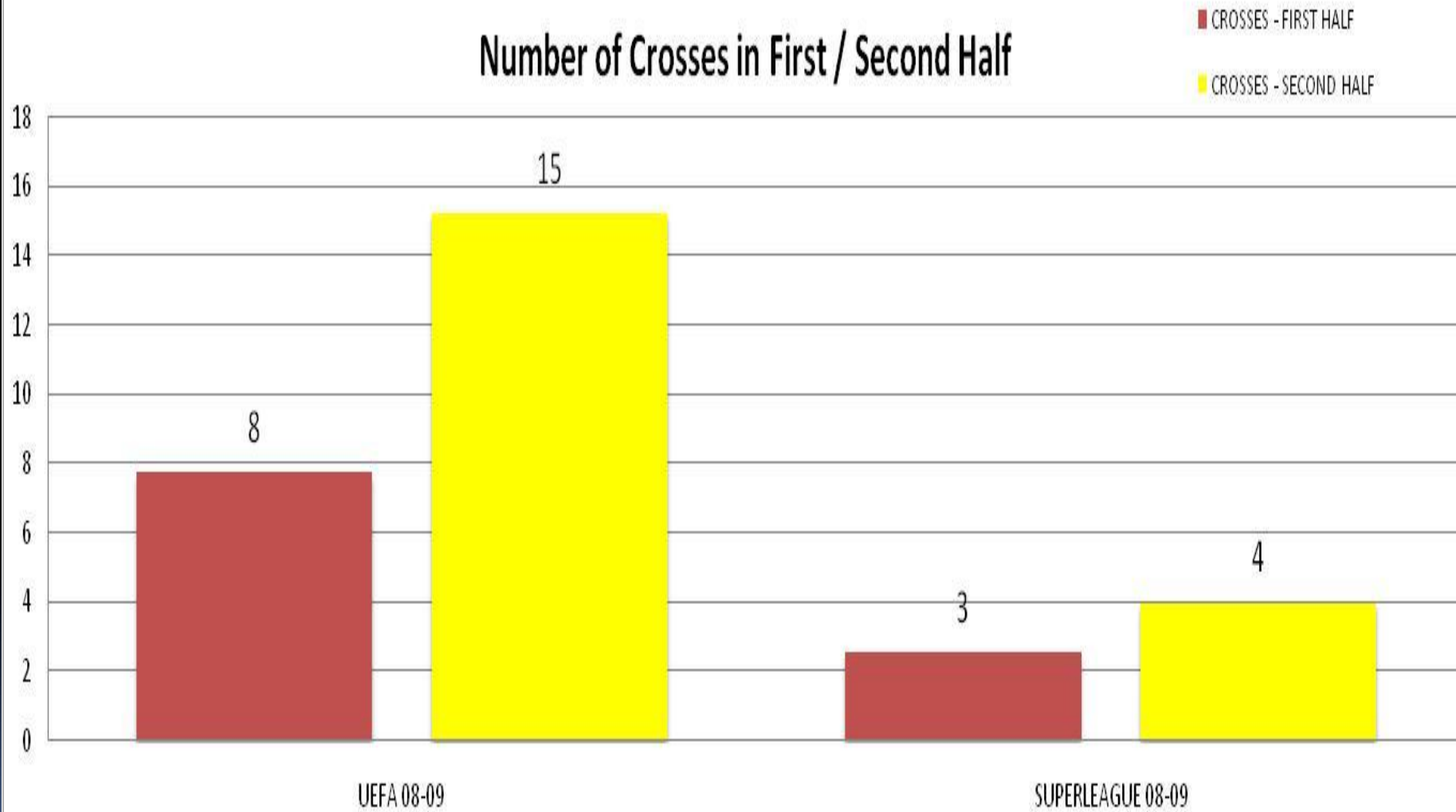
POSSESSION PER HALF

Possession in First and Second Halves



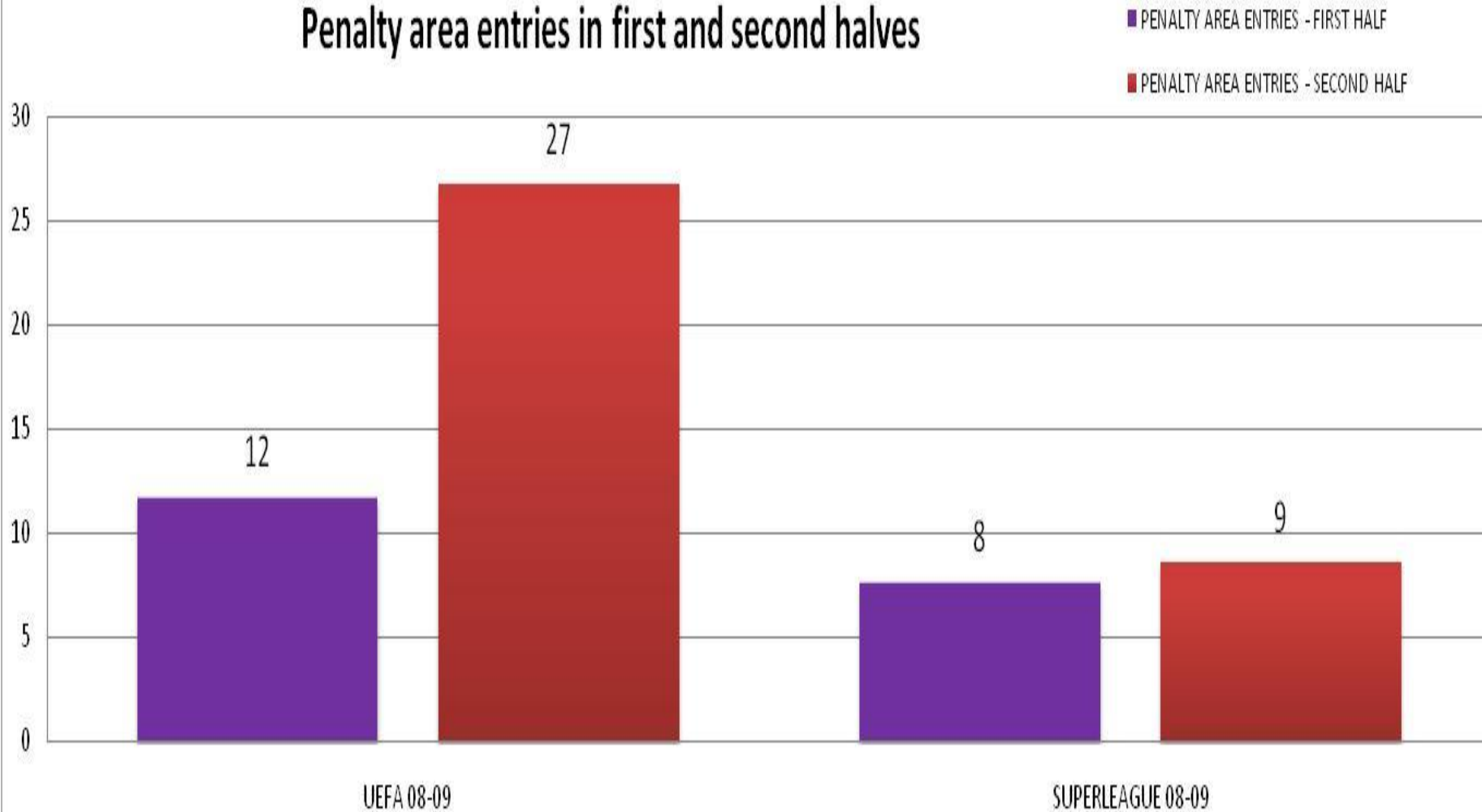
CROSSES PER HALF

Number of Crosses in First / Second Half



PENALTY AREA ENTRIES

Penalty area entries in first and second halves





SECRETS OF CHAMPIONS LEAGUE

4 – No speed, no success

- Speed includes:
 - Transition speed,
 - Tempo control,
 - Quick technique,
 - Fast combinations,
 - Reaction time and
 - Swift solutions in front of goal



5 - Creativity

- The majority of goals from open play are crafted from the wings.
 - A significant number also came from CENTRAL AREA as a result of quick combination moves
 - The above need: Intelligence, vision, and defense-piercing passes of the midfielders
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#7 - Counter -attacking teams are lethal

- 27% of goals in open play came from some form of fast break last season, with teams tearing through defenses caught with their pants down.
- Speed of transition play is much quicker today and most counters involve a group of 4 or 5 players flooding forward.

9 – A team needs 11 Defenders

- No longer can 4 players be relied upon to defend alone.
- The main trend is for teams to retreat into their own half of the field to form a condensed block and aggressively press the ball.
- In the modern game, everybody in the team works to regain the ball.

#12 - Possession is everything

- The CL finalists, averaged 62 % and 55% of possession DURING THE CL TOURNAMENT.
- Some very successful midfielders have an average passing success of 85-95% in CL

#13 – Score at the right time

- The 15 min between 61-75th minute in the game are the most prolific goalscoring part of the match
- Also 1-15min and 76-90min have high scoring rates, proving that teams are looking to catch their opponents off guard.

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- ΔΙΑΦΕΡΕΙ ΜΟΝΟ Η SL?
 - ΣΕ ΠΟΙΑ ΗΛΙΚΙΑ ΔΗΜΙΟΥΡΓΟΥΝΤΑΙ ΟΙ ΔΙΑΦΟΡΕΣ?
 - ΓΙΑΤΙ ΔΗΜΙΟΥΡΓΟΥΝΤΑΙ ΟΙ ΔΙΑΦΟΡΕΣ?
- 

VO2max

Team	VO2max	Ref
Rosemburg	67.7	1998, Wisloff et al
Spanish League	65.5	2001 Casajus
Portugese	59.7	1993 Puga et al
German National Team	62.0	1981 (Hollman et al.
Spanish 18-20yrs	64,0	2004-2008 SportsClinic
Serie A, Premier League	63,3	McMillan

ΜΕΣΟΙ ΟΡΟΙ

ΠΑΡΑΜΕΤ.	15-16 (78)	17-18 (83)	14-15 (18) B.E.	U-17 (11) Celtic
VO ₂ max ml/kg/min	59,4 (49-69)	57,9 (44-66)	65,3 (±5,0)	63,4 (±5,6)
12km/h Lactate	3,2	3,0 (2,2)		
14km/h Lactate	4,9	4,7 (4,0)		
OBLA veloc	12,4km/h (8,5-14,5)	12,6 km/h (9,5-14,8)		

VELOCITY	LT GREECE	LT GBR
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12	3,2	1,8
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14	4,9	2,9
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V4/1000m	4,32	4,08
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ΣΥΜΠΕΡΑΣΜΑΤΑ

- 1. Διαφέρουμε σε ταχύτητα, κίνηση με υψηλό ρυθμό (>AT) - NT
- 2. Αμυντικογενές σε σχέση με επιθετικό ποδόσφαιρο
- 3. Διαφορές δημιουργούνται μεταξύ 15-18 ετών
- 4. Πρόγραμμα 2-3 ετών ή συνέχεια ετών καλών γυμναστών
- 5. Στόχευση στις αδυναμίες
- 6. Φ.Κ. Δεν διατηρείται από τους αγώνες. Συγκεκριμένα στοιχεία χρήζουν έμφασης και εντός της αγωνιστικής περιόδου



ΣΥΝΕΡΓΑΣΙΕΣ



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