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Vierumäki - The Sport Institute of Finland

Coaching seminar

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Introduction

World Cups

Men and Women-Anthropology

Men & Women- „Psychology”





**FIFA WORLD CUP**  
**Qatar 2022**  
 كأس العالم لكرة القدم  
 FIFA WORLD CUP

2023.- 15%

75% win  
 10% lost

	Groups	Finals	G + F
N	120	52	172
AS	2.5	3.25	2.7
Min	0	0	0
Max	8	7	8



x

2019.- 8%  
 2023.- 20%

>75'

2019.- 28%  
 2023.- 22%

„First goal”

71% win  
 9% lost

	Group	Finals	G + F
N	116	38	164
AS	2.41	2.37	2.5
Min	0	0	0
Max	9	6	9



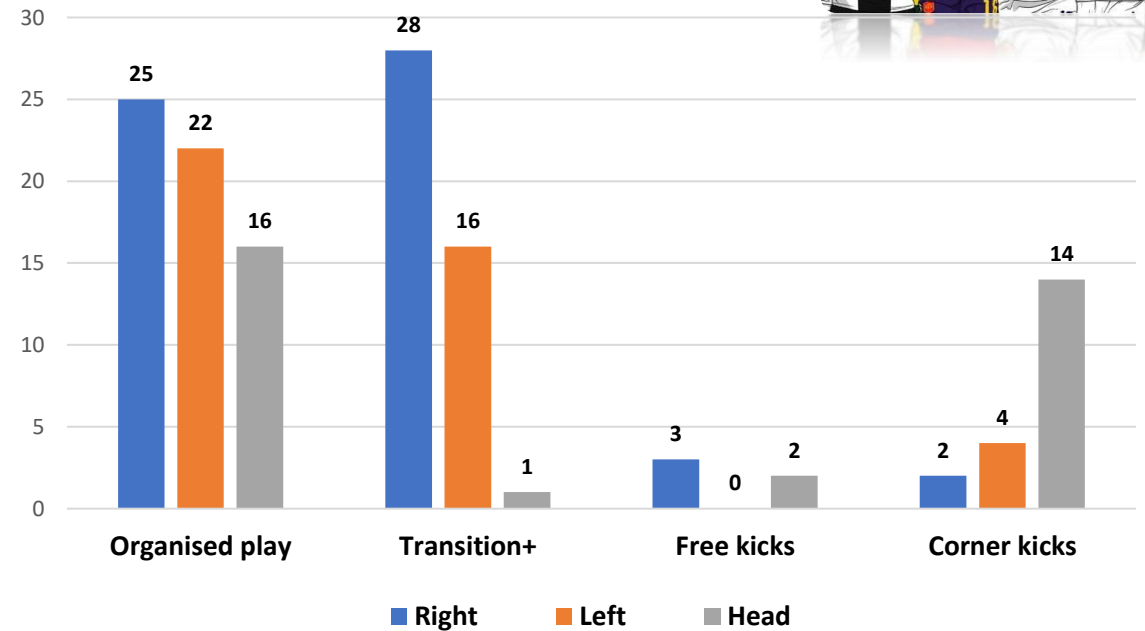
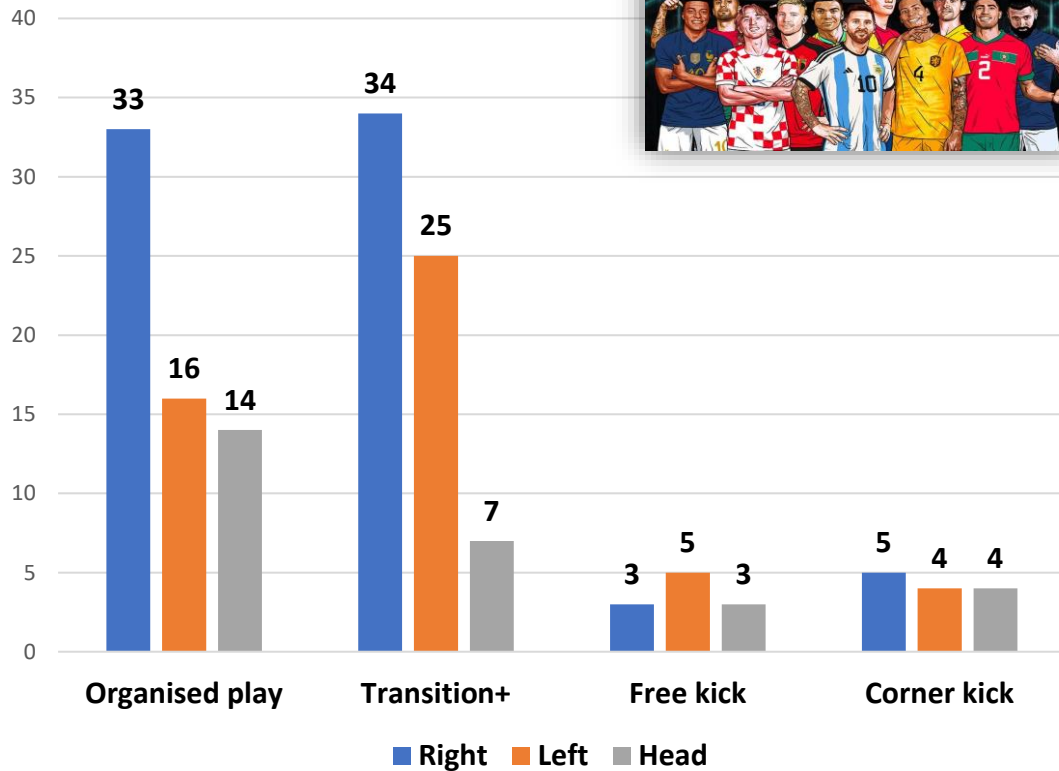
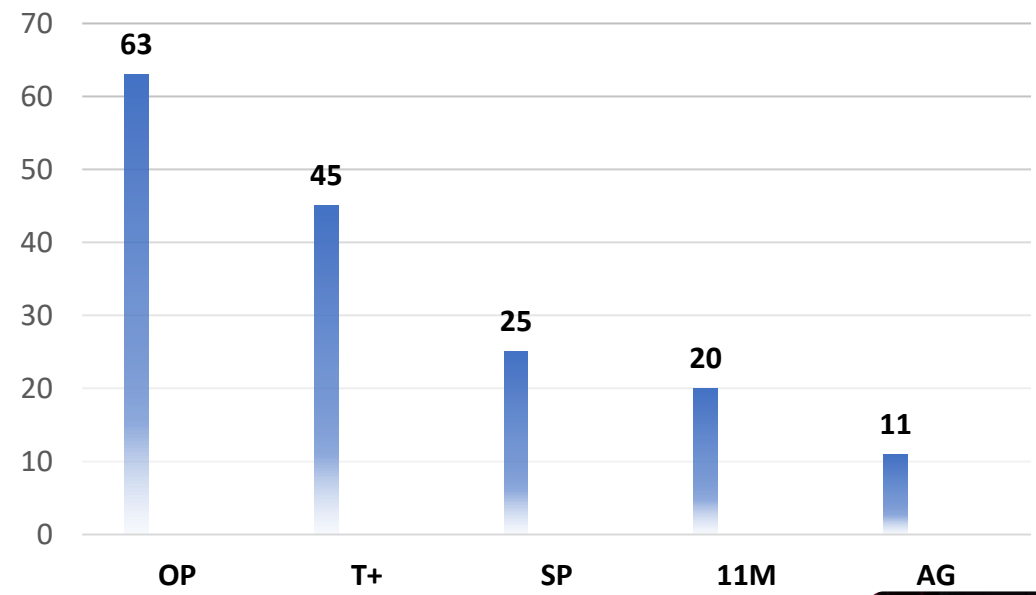
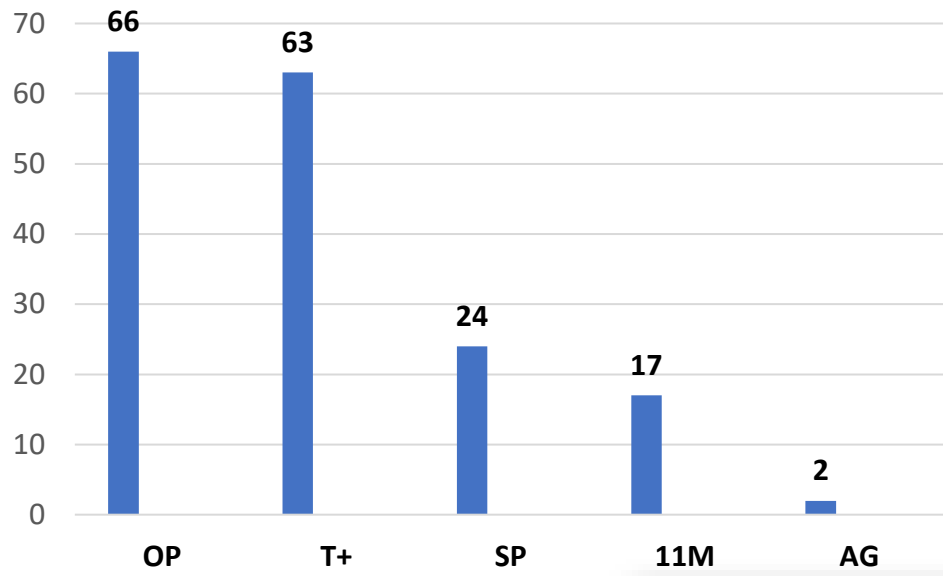
**FIFA**  
**WOMEN'S**  
**WORLD CUP**

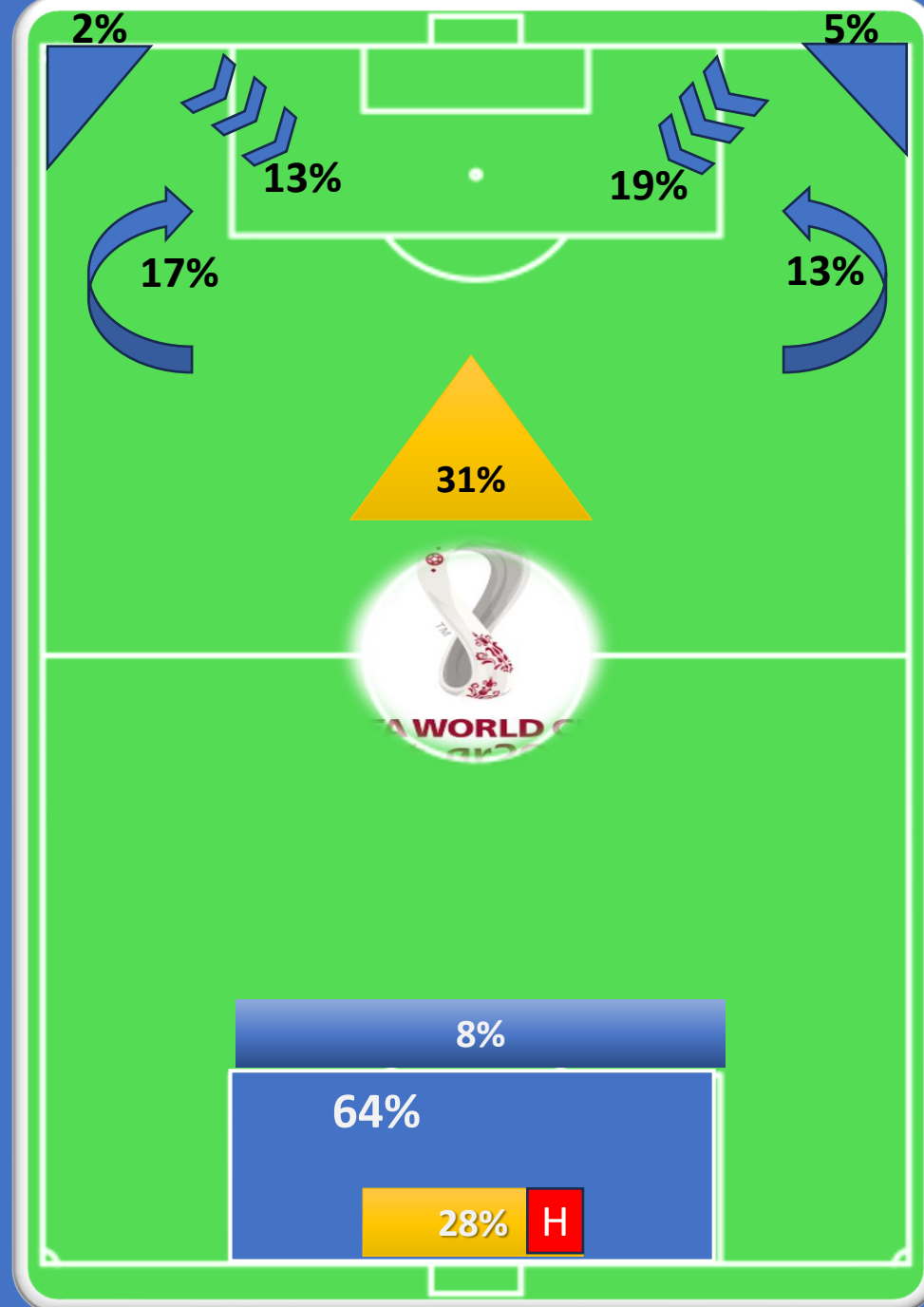
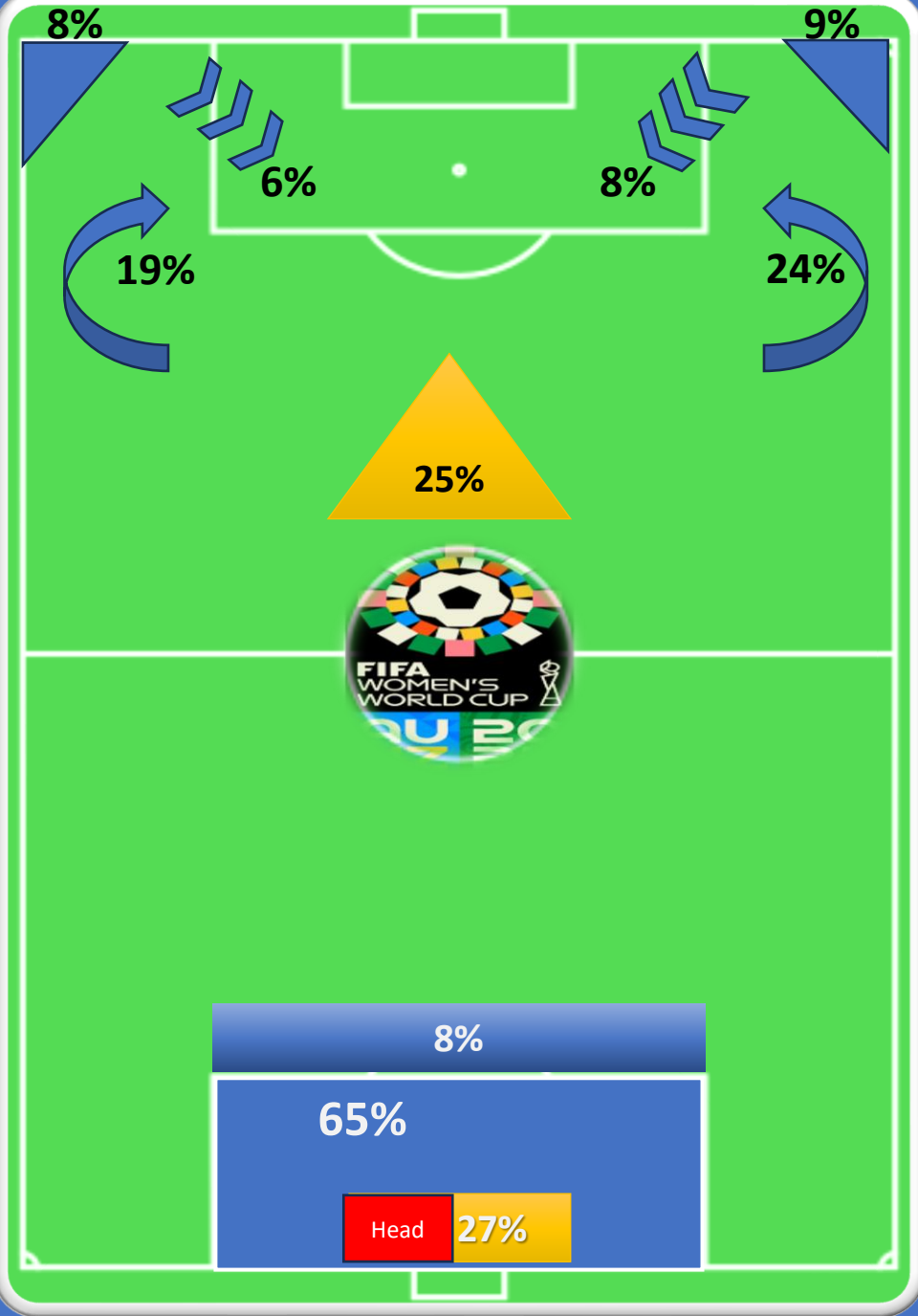
**AU** **20**  
**NZ** **23**

**US** **53**  
**W** **50**

- 1 touch finishing (62.5%)
- 2 touch finish (19.2%)
- > two touches finalisation (18.3%)









	GROUP	FINAL	Σ	
1.	SPAIN	8	10	18
2.	ENGLAND	8	5	13
3.	SWEDEN	9	5	14
4.	AUSTRALIA	7	3	10
5.	JAPAN	11	4	15
6.	NETHERLANDS	9	3	12
7.	FRANCE	8	4	12
8.	COLUMBIA	4	2	6
	SOUTH AFRICA	6	0	6
	NORWAY	6	1	7
	USA	4	0	4
	DENMARK	3	0	3
	NIGERIA	3	0	3
	MOROCCO	2	0	2
	SWITZERLAND	2	1	3
	JAMAICA	1	0	1
	GERMANY	8		8
	BRASIL	5		5
	ITALIA	3		3
	ZAMBIA	3		3
	CHINA	2		2
	PORTUGAL	2		2
	CANADA	2		2
	N. ZEALAND	1		1
	PANAMA	3		3
	ARGENTINA	2		2
	PHILIPPINES	1		1
	IRELAND	1		1
	COSTARICA	1		1
	S KOREA	1		1
	VIETNAM	0		0
	HAITI	0		0



	GROUP	FINAL	Σ	
1.	ARGENTINA	5	10	15
2.	FRANCE	6	10	16
3.	CROATIA	4	4	8
4.	MOROCCO	4	2	6
5.	ENGLAND	9	4	13
6.	PORTUGAL	6	6	12
7.	NETHERLANDS	5	5	10
8.	BRASIL	3	5	8
	SWITZERLAND	4	1	5
	N KOREA	4	1	5
	JAPAN	4	1	5
	AUSTRALIA	3	1	4
	USA	2	1	3
	POLAND	2	1	3
	SPAIN	9	0	9
	SENEGAL	5	0	5
	GERMANY	6		6
	CAMERUN	4		4
	EQUADOR	4		2
	URUGVAI	2		2
	MEXICO	2		2
	BELGIUM	1		1
	TUNISIA	1		1
	IRAN	4		4
	GANA	5		5
	SAUDI ARABI	3		3
	COSTARICA	3		3
	SERBIA	5		5
	DENMARK	1		1
	WALES	1		1
	CANADA	2		2
	QATAR	1		1

WC	G+	G-	Shots	ST	Block	Pass	Pass +	%	Foul	YC	RC	Duel W	Clear	Interc	GK	OfS	%GS
Argentina	2,2	1,1	14,3	6,7	2,4	618	532	85	14,3	2,4	0	9,9	16	7,4	1	4,4	15
France	2,3	1,1	14,6	5,4	4,3	523	440	83	9,7	1,1	0	12,6	14	10,9	2,7	3,1	15,7
Croatia	1,1	1	11,3	3,8	2,6	593	508	85	12,9	1,1	0	12,1	20	7,6	3,6	1,6	10,13
Morroco	0,8	0,7	8,7	2,6	2,1	378	305	79	13,7	1	0,1	11,3	22,3	9,7	1,4	2,7	9,83
<b>ALL</b>	<b>1,3</b>	<b>1,3</b>	<b>11</b>	<b>3,9</b>	<b>2,8</b>	<b>480</b>	<b>397</b>	<b>80</b>	<b>12</b>	<b>1,7</b>	<b>0,02</b>	<b>9</b>	<b>18</b>	<b>8</b>	<b>2,7</b>	<b>2,6</b>	<b>11,8</b>
W	2,3	0,6	12,5	5	2,8	485	406	80	12	1,7	0,02	9	19	8,2	2,7	2,8	18,4
L	0,6	2,3	10,4	3,1	2,8	480	396	80	12,6	2	0,02	9	17	7,7	2,9	2,6	5,8



WC	G+	G-	Shots	Target	Block	Pass	Pass +	%	Fouls	YC	RC	DuelW	Clear	Interc	GK	OfS	%GS
A vs SA	1	2	15	6	3	596	508	85	7	0	0	7	9	9	0	10	7%
A vs MEX	2	0	5	2	0	528	446	84	15	1	0	5	16	7	1	2	40%
A vs POL	2	0	23	12	4	868	800	92	11	1	0	9	8	5	0	9	8%
A vs AUS	2	1	14	5	2	695	610	87	8	0	0	8	18	7	1	3	14%
A vs N	2	2	14	5	4	602	499	82	18	8	0	13	19	6	0	2	14%
A vs CRO	3	0	9	7	1	399	333	83	15	2	0	9	21	8	3	1	33%
A vs FRA	3	3	20	10	3	635	525	82	26	5	0	18	21	10	2	4	15%
<b>Overall</b>	<b>2,2</b>	<b>1,1</b>	<b>14,3</b>	<b>6,7</b>	<b>2,4</b>	<b>618</b>	<b>532</b>	<b>85</b>	<b>14,3</b>	<b>2,4</b>	<b>0</b>	<b>9,9</b>	<b>16</b>	<b>7,4</b>	<b>1</b>	<b>4,4</b>	<b>15</b>
Min	3	3	23	12	4	868	800	92	26	8	0	18	21	10	3	10	7%
Max	1	0	5	2	0	399	333	82	7	0	0	5	8	5	0	1	40%



WWC	G+	G-	Shots	Target	Block	Pass	%	Fouls	YC	RC	DuelW	Clear	Interc	GK	OfS	%GS
Spain	2,6	1	22,6	7,4	6,7	652	82	9	0,6	0	12,3	14	10	1,7	1,3	11,5
England	1,9	0,6	13,7	5,7	2	564	81	10	0,9	0,1	11,8	17,4	9,6	2,4	1,1	13,9
Sweden	2	0,6	12	4,4	4	433	73	14	0,7	0	12,4	21,3	10,3	3,4	1,3	16,6
Australia	1,4	1,1	14,1	4,4	4,3	391	71	7,7	0,7	0	11,7	26,4	6,3	2,8	1,7	9,9
<b>ALL</b>	<b>1,3</b>	<b>1,3</b>	<b>12,6</b>	<b>4,2</b>	<b>3,1</b>	<b>415</b>	<b>70</b>	<b>10</b>	<b>0,9</b>	<b>0,04</b>	<b>12,6</b>	<b>20,5</b>	<b>10,4</b>	<b>2,9</b>	<b>1,7</b>	<b>10,6</b>
W	2,4	0,4	18	6,8	3,9	474	74	10,7	0,9	0,02	12	17,3	9,4	1,9	2,2	15,5
L	0,4	2,4	8,3	2,4	21,5	328	60	8,4	0,8	1	13	23	11	4	1,4	4,8

WWC	G+	G-	Shots	Target	Block	Pass	%	Fouls	YC	RC	DuelW	Clear	Interc	GK	OfS	%GS
Spain-CR	3	0	46	12	18	595	81	8	0	0	7	9	7	0	4	6,5%
Spain-Z	5	0	22	13	3	718	87	7	0	0	10	22	7	2	2	23%
Spain-Japan	0	4	10	2	3	897	87	12	2	0	15	7	7	1	0	%
Spain-Swiz	5	1	26	10	7	676	87	15	0	0	5	8	7	1	1	19%
Spain-Neth	2	1	28	8	8	675	75	7	1	0	24	15	18	3	1	7%
Spain-SWE	2	1	13	2	4	518	78	6	0	0	11,64	12	10	2	1	15%
Spain-ENG	1	0	13	5	4	485	81	9	1	0	13,72	24	15	3	0	8%
<b>Overall</b>	<b>2,6</b>	<b>1</b>	<b>22,6</b>	<b>7,4</b>	<b>6,7</b>	<b>652</b>	<b>82</b>	<b>9</b>	<b>0,6</b>	<b>0</b>	<b>12,3</b>	<b>14</b>	<b>10</b>	<b>1,7</b>	<b>1,3</b>	<b>11,5</b>
Min	0	0	10	2	3	485	75	6	0	0	5	7	7	0	0	%
Max	5	4	46	13	18	897	87	15	2	0	24	24	18	3	4	23%



	WWC	WC	+ WWC	+ WC	-WWC	-WC
<b>G+</b>	1,3	1,4	2,4	2,3	0,4	0,6
<b>G-</b>	1,3	1,4	0,4	0,6	2,4	2,3
<b>Shots</b>	12,7	11,4	18	12,5	8,3	10,4
<b>ShotsT</b>	4,2	4	6,8	5	2,4	3,1
<b>Block</b>	3,1	2,8	3,9	2,8	21,5	2,8
<b>Pass</b>	418	483	474	485	328	480
<b>%pass</b>	70	80	74	80	60	80
<b>Fouls</b>	10	12,3	10,7	12	8,4	12,6
<b>YC</b>	0,9	1,9	0,9	1,7	0,8	2
<b>RC</b>	0,004	0,02	0,02	0,02	1	0,02
<b>DuelW</b>	12,8	9	12	9	13	9
<b>Clear</b>	20,9	18	17,3	19	23	17
<b>Interc</b>	10,4	7,9	9,4	8,2	11	7,7
<b>GK</b>	2,9	2,8	1,9	2,7	4	2,9
<b>%GS</b>	10,6	11,8	15,5	18,4	4,8	5,8

- **More passes**
- **More accurate passes**  
with a higher accuracy indicating a higher volume of play and a better technical quality
- **Longer passes**
- **Higher velocity of passes**
- **Shoots from longer distances**
- **More high intensity**
- **Higher speed dribbling**  
with and without the ball (higher explosive capacity, intermittent endurance, sprint performance, and jump height)

### M

Differences between men's and women's football are rooted in play accuracy, time to recover ball possession, and the typical performance quality of the players

### W

- **More free kicks, duels, others on the ball** (i.e., accelerations, clearances, ball touches)
- **Regain ball possession faster**  
either a better capability to recover the ball or a lower capability to retain it
- **Higher average number of goals** scored per match
- **More distance at lower speeds**
- **More fragmented game**
- **Fewer fouls than men's**
- **More loyal game**





## Muscle mass

Women have less muscle mass compared to men (Janssen et al.) and are thus not equally as strong (Miller et al.):

- 1) Women use a larger percentage of their total energy to move the ball around, whether on or off the ground.
- 2) Women use relatively more energy moving themselves around:

### **Consequently, this WILL:**

- ✓ Lower the tempo of the game
- ✓ Induce fatigue relatively earlier in the game
- ✓ The quality of play would deteriorate proportionally toward the end of the game (Krustrup et al., 2010)
- ✓ The ball will be moved a relatively shorter distance per pass
- ✓ Each pass requires a higher percentage of a female player's maximal force. This will come at the expense of accuracy!



1.

Passing efficiency

2.

1.

Breaking opponent's defensive lines

2.

2.

Duels won

3.

1.

Possesion in last 1/3

1.

High press duration

Getting ahead on the scoreboard

#

2.

3.

30/2

3.

3.

1.

- Possession in the opponent's half has been shown to be an indicator that is positively associated with performance in football (Casal/2017). The reduction of time and space for deciding and executing in the opponent's half, in which the density of players is greater, proved to be a criterion that differentiates the winning and losing teams

**Successful teams will have:**

More ball progressions

More receptions after offers in behind

More breaking of opponent's defensive units

More attempts at goal and greater attacking efficiency

Centre forwards higher completion of defensive unit line breaks

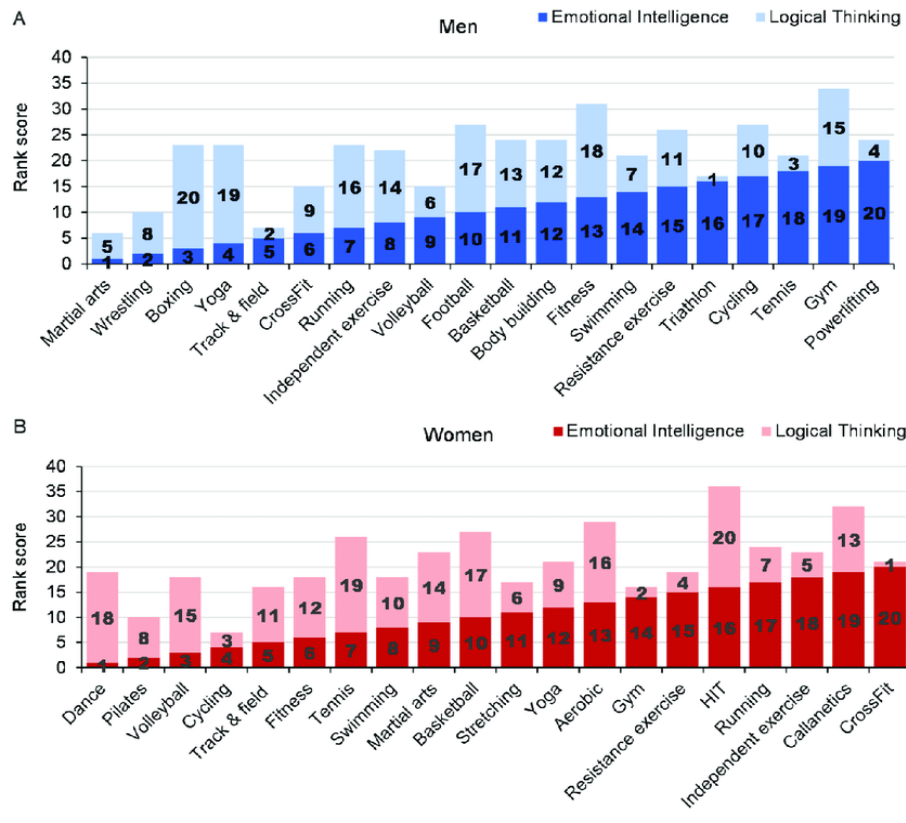
More step-ins (7x) per game

More counter attacks

More ball progressions in counter-attack phases (4.25/3.81s)

42 counter-attacks resulting in attempts at goal- 11 goals

/12 counter-attacks resulting in attempts at goal, none of which resulted in a goal being scored.



**EMOTIONAL INTELLIGENCE**

**MEN**

**WOMEN**

**Authors**

Boys are always perceived as stronger person compared to girls, as a result their emotional needs are often neglected and more attentions are paid to the emotional needs of the girls.

More **assertive, masterful** and **aggressive**

Better in **asertiveness** and **self- confidence**

„Better leaders”

Motivate a team better through their natural tilt towards self-confidence and enthusiasm.

More **empathic, perceptive, adaptable, socially skilled**

More **aware of their emotions**

Childhood socialization process: more education to manifest emotions in milder ways

More **nurturing, obedient, responsible, affectionate, caring, contented** and more concerned for the wellbeing of others.

Good guide of new teammates and healthy environment

Bar- On, 2000.

Abdullah et al., 2004.



**Profile**

Self-confidence, extroversion, leadership, dominance, emotional maturity, social poise

Self-image (desirable feminine image)

Sensitivity

Lawther, 1972.





	<b>MEN</b>	<b>WOMEN</b>	<b>Authors</b>	<b>Conclusion</b>
<b>MOTIVATION MOTIVATION</b>	<b>Challenge</b> <b>Competition</b> <b>Social aspect</b> <b>Strength</b>	<b>Extrinsic motivation considering body, weight control and good appearance</b>	<b>Kilpatrick et al., 2005</b> <b>Egli et al., 2011</b>	
	<b>Meet and interact/</b> <b>Have fun</b> <b>Achieving good results and victories/</b> <b>Enjoying competing with others</b>	<b>Relaxation and forgetting the worries</b>	<b>Nemčić and Sedar, 2016.</b>	Certain values in life are not always achieved through victories, great results and achievements  activity they chose for their free time is a way to get experience, socialization, learning, developing abilities and whole being
<b>COMPETITIVE MODES IN SOCIAL LIFE</b>	Use of highstakes physical aggression/ fighting	Aggression through indirect/ relational tactics- gossiping	Benenson, 2013; Campbell, 2002	
<b>EGO/TASK ORIENTATION</b>	EGO: <b>perceiving success as winning</b>	TASK- <b>perceiving success as improvement</b>	White and Duda	Male athletes report greater ego-orientation than female athletes
<b>SINGLE- SEX ROAD RACE</b>	Competitive race	Non- competitive	Garratt, Weinberger and Johnson, 2013.	Men were significantly more likely than women to select the competitive race

	MEN	WOMEN	Conclusion	Authors
<b>VALUES</b>	Rivalry and competition  More importance to power, hedonism, achievement and self-direction values	Equality and fairness  Empathic concern, nurturance, caring for others, and tending to the needs of other people	Girls assign greater priority to self-transcendence values (universalism, benevolence), which emphasize concern for the welfare of others	Knight and Chao/  Schwarz and Rubel, 2005.

<b>HELPING</b>		<p>More often inclined to help fallen player in a goal scoring position</p> <p>Females tend to express greater empathic concern and sensitivity to distress in others and this is evident in both sports and non-sports contexts</p>	<p>Players are more inclined to help in a winning than in a losing position</p> <p>/more inclined to help when the score difference was large</p> <p>/more inclined to help teammates than opponents</p> <p>Younger players were more willing to help than the elder ones</p>	<p>Van Lange et al., 2018.</p>
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<b>FAIR- PLAY</b>	<p>Boys are more prone to compete with others, seeking to obtain greater outcomes than others</p>	<p>Females appear to show a greater inclination to follow cooperative heuristics and to avoid antisocial behavior.</p> <p>Girls favor more strongly equality so that the self and other are equally well-off ("fair share").</p>	<p>Female athletes tend to show a greater tendency to adhere to fair play norms by respecting the rules of the game and behaving cooperatively during competition</p> <p>Females tend to show lower tolerance toward, and tendency to engage in, antisocial behaviors during competition (injurious behavior, intimidation of opponents and cheating behavior)</p>	<p>Kavussanu and Ring, 2016.</p>
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	MEN	WOMEN
<b>COACHING</b>	Social support and autocratic behavior	Positive feedback and situational consideration
	Goal setting, mental preparation, and competition strategies	Positive leadership behaviors (intellectual stimulation, charismatic stimulation and individual consideration)
	Task and ego motivational climates	Coaches should neither ignore nor insult ideas and opinions
	Focus more on receiving/ giving direct instructions, constructive feedback and rewards	Should promote open communication, provide positive guidance and encouragement, and show trust and respect.

Females perceived higher levels of satisfaction when their coaches exhibit a lower degree of autocratic behavior but higher degrees of positive feedback, social support, training and instruction.

Witte, 2011.  
Koh and Wang, 2015.  
Rodrigues et al., 2020.

Hyun- Duck and Bautista Cruz, 2022.  
Kim and Cruz, 2016.



HVALA!  
KIITOS!



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