Maximising Sport Science In League One

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A Barnsley team will dominate possession and control the game by effective
distribution from the back and bursting quickly through the thirds with pace
on the flanks and through the middle. We will play with a keeper/sweeper
and an organised and mobile high defensive line. Our defenders will support
the quick counter by bringing the ball out through defined exit routes to allow
our midfield to get up with and beyond the strikers to create attacking
overloads. Out of possession we will adopt suffocating pressing systems
based on identifying triggers and hunting in packs to recover the ball high up
the field within 6 seconds of its loss. We will react quickly to this transition
and create and take the earliest opportunity to shoot on goal.
Use speed down the flanks and forward areas to exploit space and create 2v1's

Coach/educate players to understand how we exploit other formations weaknesses

Mix up passing length use "out"ball effectively

Place changing

To get on front foot and disrupt the oppositions back line through quality passing (long and short) and willing runners - reaches

Up, set, through 3rd man runners

Counter quickly - fast gk distribution

Freedom in attack robots in defence

Dominate possession

Create numerical advantages by passing quickly and showing energy energy to burst forward

Midfield rotations

Individual brilliance

Recognise triggers in possession to quickly come out of shape and maximise opportunity to create overloads

Where possible, play out from the back using pre designed exit routes - then advancing through the thirds

Recycle the ball, looking for opportunities to impose our strengths on the oppositions weaknesses

Dominate 1v1
Out of possession

- Use/identify triggers to press
- Play with a sweeper keeper
- Defending crosses, protocol & recovery Zones
- OOP/dead ball protocol - Drop on last/first step - Hockey stick
- Win ball back high (when possible), look to get a shot off within 7 secs
- Use compact shape to counter attack with dynamism
- Quick reaction to transition (be the best in league)
- Have protocol for when our formation's weaknesses are exposed i.e. opposition switch of play against our diamond, we become 1-4-4-1-1
- Not PLAY but USE the offside tactic
- 10/11 faces behind ball
- Squeeze & suffocate opposition by hunting in packs (high)
- Play high line (where possible)
- Dominate 1v1
- If zone 14 is infiltrated, back line close up & defend the cross
- Coach pressing systems Diamond - show one way/split & show into bodies
- 6 second frenzy - when we lose possession to react & hunt the ball down for 6 seconds & win it back
Working Science into a Philosophy

Aim:
To link the wellbeing and physical development of each player into a playing philosophy that includes:

✓ Intensity
✓ Reaction Time
✓ Transition
✓ Concentration
✓ Recovery

Practiced by:

✓ Short sessions (Mean 65 ± 16 minutes)
✓ Quick changes between games and rules
✓ Continuous short recovery breaks

Monitored by:

✓ Live HR Coding - Physiological (Objective)
✓ Session-RPE – Physiological/Psychological (Subjective)
Before.....

- Wellness data (1)
- Urine sample – 4.2% dehydration effects
- HR data by 7.4% (2)
- Meeting on training
- Work around the physical exposure to be completed in the technical and tactical session and meet the demands of the game (3,4,5)
- i.e. Supplement training with hamstring conditioning – extensive sprints (5)
- Or explosive repeated actions (6,7)
During...

- Live monitoring
- When is enough, enough?
- Interlink extra physical needs with technical/tactical needs and specific positional demands. Stimulating for player and easier adherence

- Maximising resources in a top league one club within the financial constraints means being able to draw on skills such as;
  A. Knowing your players
  B. Using soft skills
  C. Experience and knowledge of players previous week(s)
After...

Reports generated to/in excel to plot:

- Exertion and Team Exertion vs sRPE (AU) (8)
- Individual Max HR vs Average HR vs Player RPE vs Coach RPE (9,10)
- Weekly Intensity (11)
- RPE System for cumulative load (12,13)
‘Simple Monitoring, Effective Monitoring’

- Show the player and feedback
- Player ‘buy in’ for the right reasons
- ‘Buy in’ created by support of coaches
- Consistent routine, creatures of habit
- Record as much as you can, report what you need to be effective

Performance

Injuries

REF: @YMLSportScience
Supplementing Physical Demands

- Strength Tuesdays (14,15)
- Power Thursdays (14,15)
- Every training day performance enhancement, develop a robust athlete.
Injury Rates

- 46% reduction from last season on days lost through injury (up to current day and not including illnesses)
- Overview of injury audit
References


Thank you

Any Questions?