

# ERASMUS + Erfahrungsbericht

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## **ZUR PERSON**

Fachbereich:	<b>Sportwissenschaft</b>
Studienfach:	<b>International Master of Performance Analysis in Sport</b>
Heimathochschule:	<b>Otto-von-Guericke-Universität Magdeburg</b>
Name, Vorname:	---
E-Mail:	---
Praktikumsdauer:	<b>15.01.2016 – 15.05.2016</b>

## **PRAKTIKUMSEINRICHTUNG**

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## **ERFAHRUNGSBERICHT**

### **1) Praktikumseinrichtung**

*Bitte beschreiben Sie kurz Ihre Praktikumseinrichtung.*

I have been working as a Performance Analyst of football mainly.

### **2) Praktikumsplatzsuche**

*Auf welchem Weg haben Sie Ihren Praktikumsplatz gefunden? Gibt es empfehlenswerte Links oder andere Tipps?*

I searched in internet, in the website of the company Sports Optimizers and sent them an email asking if it was possible to join them to do my internship. They replied me really fast with a positive answer.

### **3) Vorbereitung**

*Wie haben Sie sich auf das Praktikum vorbereitet (sprachlich, interkulturell, fachlich, organisatorisch etc.)? Gibt es empfehlenswerte Links oder andere Tipps?*

Before my arrival, the company asked me to do some little tasks which would help them to proof my skills and identify my weakness points in which they should invest time. Moreover, they sent me information about their daily tasks and long term projects. Both parts were ready to start learning from each other.

Regarding the language skills, I did not need any special training as the internship was in spanish and it is my mother language.

### **4) Unterkunft**

*Wie haben Sie Ihre Unterkunft gefunden? Gibt es empfehlenswerte Links oder andere Tipps?*

Concerning the accommodation, I was really lucky too. My company offered me accommodation. A flat near the center of the city, really well located and in good conditions.

However, there are plenty websites where it is possible to find cheap, good and well-located flats.

### **5) Praktikum**

*Bitte beschreiben Sie die während Ihres Praktikums bearbeiteten Aufgaben und/oder Projekte. Wie erfolgte die Betreuung und Integration? Wie waren die Arbeitsbedingungen? Gab es besonders positive oder auch negative Erfahrungen?*

First office day. I met my supervisor in the office. We organised the calendar of the first week divided in three sections, daily tasks, long term projects and master thesis project. I started learning how to use a video analysis software. Specially, Longomatch (video analysis software) which my company uses to analyse team sport games. They passed me their previous profiles and videos to test different options of the software. I also learnt how to create videos and track players using after effects software.

The following days, I continued with the video analysis software, player tracking (after effects) and video analysis of football games.

In the following five weeks, a part from the daily tasks (match analysis) I started planning and searching information about the long term projects of the company.

Own analysis school, tournament analysis, creation of player profiles to get sport scholarship and own football academy creation were the main focus in which I started working.

Once I learnt how to analyse different players in different positions by creating specific performance indicators, profiles and presentations, I started analysing team games. Both pre and post-game situations were analysed. In the pre-analysis, I focused mostly in set play strategy, opponent's statistics and tactical behaviours as well as identified the playing patterns of the most influential players. For the post-game analysis, I focused the attention in the actions that the coach was interested in, including recoveries, pressing, losses and other technical aspects. I only analysed the own team actions.

Moreover, I started learning and practicing how to use and edit the exported data of the video cuts. I created charts, pictures and tables of the actions and write individual reports of both individual players and teams.

In April, particularly in Easter holidays, I attend to two youth football tournaments where we supported the event by recording, managing, designing and analysing each game. My main tasks were to record and analyse the games using notational analysis. I recorded a total of eight games and analysed six.

In my last weeks, I also had the opportunity to practice some networking analysis. I analysed and identified passes between players in different game situations. Action development, creation and finalization were analysed. Moreover, I had some time to practice programming with Matlab. Although my company members do not have much knowledge of it, little by little we got positive results.

During the weekends was time to watch and attend to high level football matches as well as to the Valencia FC youth teams. I had the luck to live several times, an unforgettable experience with the analyst of the first men football team of Valencia FC recording and analysing their games.

Little by little I learnt a lot about different video capture options, video camera characteristics and different folder formats as the company remarks me the importance of a proper camera setting (calibration, positioning) to get good and objective data of the games.

## **6) Erworbene Qualifikationen**

*Welche Qualifikationen und Fähigkeiten haben Sie während des Praktikums erworben bzw. verbessert?*

First and the most important thing that I have learnt in my internship experience is the importance of a good plan before starting analysing any sport performance.

I have realized that it is essential to understand the environment and situation of the sport that is wanted to be analysed. A wide knowledge of that specific sport will allow a correct identification of the performance indicators and needs of the sport as well as a good interpretation of the happening events.

Moreover, it is important to know that the analysis changes from one sport to the other. Depending on the nature of the sport, including individual sports, contact sports, invasion sports and so on, the performance indicators will change. The necessity of a suitable analysis is clear.

Regarding the performance indicators, it is also important to know that they vary depending on the specific need, interest or situation that each event suppose. The interest of the athletes and coaches have a great importance when determining them too.

In my internship, the sport in which I have focused most is football. In football, players maintain and have different roles, positions and behaviours and it is essential to recognize them before choosing the desirable performance indicators.

Other important aspect when choosing the performance indicators and which I have learnt in this internship is the type of analysis that wanted to be than. There are three main analysis, including pre- match, post-match and live analysis. In each analysis, the amount,

specify and focus changes. For example, in the pre-match analysis, the indicators and analysis is mostly focused on identifying the strengths and weaknesses of the opponents and trying to adapt the team's actions and behaviours on these points. Analysts have to try to identify and determine the main factors that the team will need to take into account to be better than the opponent time. In addition, the set play strategy will take a great importance as well. In the post-game analysis, the analysis is based on the own performance. It is essential to identify if the aspects that the coach wanted to happen happened, if the actions worked in the previous training were performed and so on. Both in pre and post-match analysis is possible to focus in individual players and patterns too. Finally, I learnt that live analysis is the most complicate one. In this analysis, it is more important the quality of the action and events than the quantity. Precise and specific data to improve the second half performance is essential. It is better to show less data but show it in a clear way. The analyst often send information during the game to the coach were the coach is able to see what is happening throughout the game and make the possible changes.

Concerning the sample size and recording issues, I have learnt a lot as well. It is important to have enough matches and action to be sure that the data you will show to the coach and athlete is going to be relevant and objective. Statistical power helps a lot. About recording, it is important the angles, calibration, positioning in the camp or stadium. The recording changes depending on the analysis that wanted to be done. If the interest is focused in a player, it is important that that player and the ball appears in the video the whole game, not to lose any action that performs. In the case that the aim is to analyse the whole game, it is important that in the most of the time of the match, both defensive lines and the ball appears in the image. Sometime is hard due to the fact that the lines are really expanded. The zooming is important as well as sometime the ball is far from the camera and it is hard to identify actions. Furthermore, it is important to be sure that the connection, battery, memory and other stuff are in good conditions to record the whole game. Once everything is connected the computer software will synchronize alone and the live analysis is going to be possible.

After the games are recorded, performance indicators are determined and notational analysis is done, I have learnt that it is important to know how to analyse data but also how to interpret and show all this data both to the coach and athlete. They show me have to use and analyse big data in excel. After exporting all data collected with the notational analysis, we designed several mathematical functions and calculated the statistics of the events. They taught me how to create specific charts with this data too.

Once all data is collected, analysed and organised in a proper way, the analyst need to design a report. There are different ways to show it. Depending on the situation, writing or video reports are the most common ones. Video reports are composed with many video cuts, information charts and statistical information. They show me different applications to edit the video cuts and create the video that afterwards the analyst will show the coach and athletes. After effects for the tracking and Adobe Premier are the two main software I used. I learnt how to edit the images, music, videos and so on. The organisation and order of the images, charts and information is important. It is essential to show the information clearly.

Concerning the writing report, although the order and design of it is different, and more information will appear in it, similar charts and images will be used. Players' information, previous games information, different game parts and situations and specific events will be explained there.

Finally, I would like to say that the company did not just teach me the process of the performance analysis in football but also gave me the opportunity to practice, live and experience it by myself. I learnt a lot in a practical way and I could not be happier.

## 7) Sonstiges

*Gibt es noch etwas, das Sie anderen Studierenden mitteilen möchten?*

I think there is not much more to add. It has been awesome, I learnt a lot and had really good time in Valencia. I recommend everyone to come here.

## 8) Fazit

*Wie lautet das Fazit zu Ihrem Erasmus-Praktikum?*

I appreciate a lot the help that Erasmus-praktikum gives to the students providing some grant to study abroad. Moreover, in my case, this internship helped me improving, learning and practicing different aspects that a performance analyst should know and take into account. The opportunity of joining, interacting and learning from professional analysts and attending to professional football games provided me a closer and more realistic approach to the daily tasks that a football performance analyst has to do.



