PHYSICAL ANALYSIS

OF THE FIFA WOMEN'S WORLD CUP FRANCE 2019™

INTRODUCTION

The FIFA Women's World Cup™ is the largest women's sporting tournament in the world, showcasing some of the best athletes on the planet. France 2019 saw unprecedented interest in the tournament, with viewership, attendances and digital engagement reaching record heights across the globe. With 52 matches in 30 days, FIFA reported broadcast audiences of over 1 billion, over 1.1 billion views on the tournament's official digital channels and over 1.1 million attendees – all records for the competition.

Despite this continued growth in women's football, there is still a lack of scientific literature on female athletes generally, and whilst a wealth of data exists regarding the physical demands of men's football, this is still sparse for the women's game.

An understanding of the demands of match play is vital to develop a systematic training model and programmes that reflect and are specific to the physical loads players will complete during games. In conjunction with the technical, tactical and psychological preparation of players, specialised physical preparation can make the difference in success at the elite level.

METHODOLOGY

The characteristics of a total of 552 players from 24 countries were recorded pre-tournament. Nevertheless, only 436 of those players clocked up any official playing time according to the data provider.

Just like at Canada 2015, matches at France 2019 were analysed using a multi-camera computerised tracking system. All player movements were captured by three high-definition cameras operating at 20Hz.

SPEED **ZONES**

New thresholds adapted to the women's game

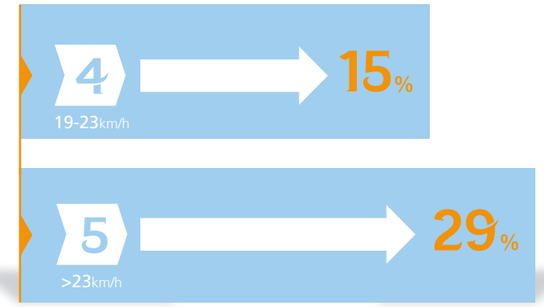
Team analysis

WOMEN'S WORLD CUP FRANCE 2019™

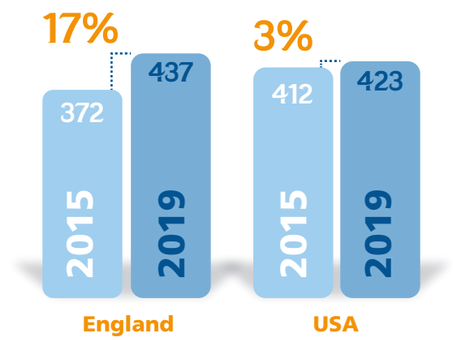
Comparison of actual **playing time** and **match duration** at recent FIFA Women's World Cups

FIFA Women's World Cup	Actual playing time (min:ss)	Match duration (min:ss)	Actual playing time (%)
2007	53:40	94:23	57
2011	56:21	95:07	59
2015	53:21	95:02	56
2019	54:41	97:43	56

DISTANCES IN ZONES 4 AND 5
Increase from 2015 to 2019



SEMI-FINALISTS
No. of >19km/h efforts from 2015 to 2019



SEMI-FINALISTS
Increase from 2015 to 2019

SEMI-FINALISTS
Physical loads in repeated games

The USA, the Netherlands, Sweden and England were able to complete

high physical loads in repeated games,

and regardless of the round of the game, which suggests that they were able to sustain their physical capacity, as a team, across their seven matches.

GROUP STAGE: SPEED ZONES

4 19-23km/h

5 >23km/h

All six of the teams that covered the

least distance at >19km/h were eliminated

in the group stage, suggesting that the teams that covered a greater amount of ground at >19km/h were more successful.

5 >23km/h

12% increase in distance from group stage to knockout stage

8% increase in efforts from group stage to knockout stage

GROUP STAGE: R1 Round 1, R2 Round 2, R3 Round 3

KNOCKOUT STAGE: R4 Round of 16, R5 Quarter-finals, R6 Semi-finals, R7 Final

Efforts in both Zone 4 and Zone 5 peaked with **six days** between games.

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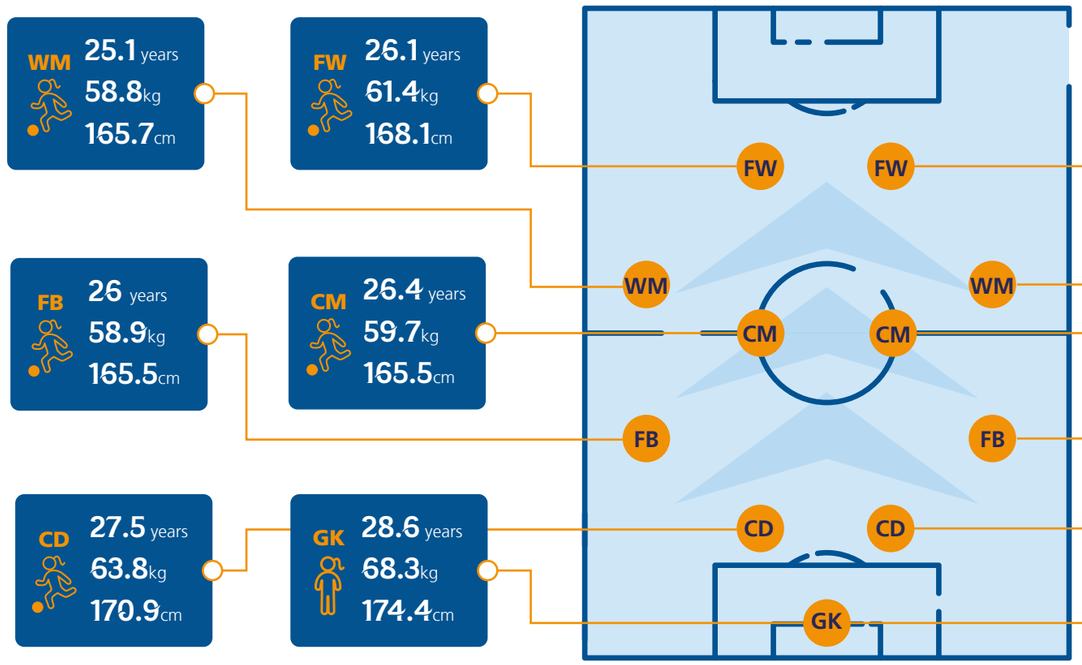
Positional analysis

WOMEN'S WORLD CUP FRANCE 2019™ FIFA

AVERAGE PER POSITION | 2019

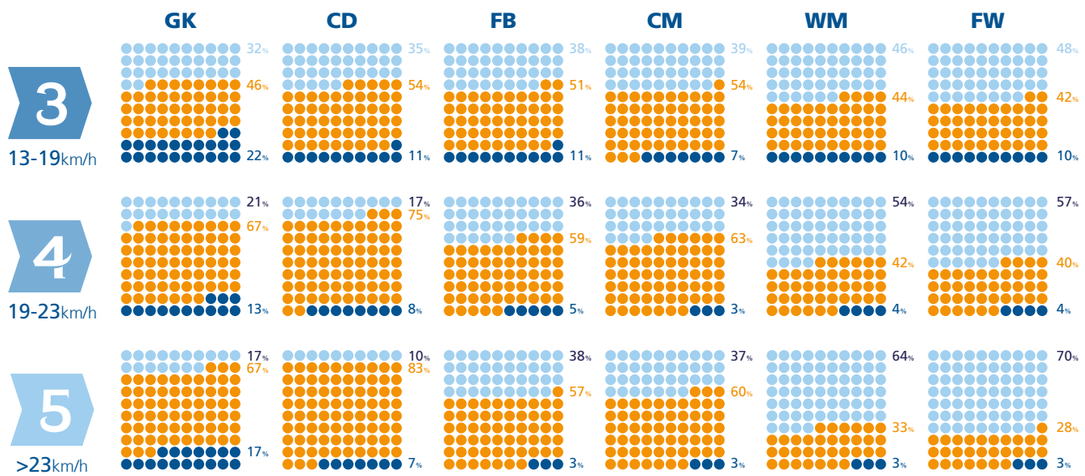


	Total distance (m)	Relative total distance (m/min)	Zone 3 total distance (m)	Zone 4 total distance (m)	Zone 5 total distance (m)
			13-19km/h	19-23km/h	>23km/h
			3	4	5
FW Forward	10,267	106	2,013	530	220
WM Wide midfielder	10,573	108	2,195	591	255
CM Central midfielder	10,861	111	2,488	460	111
FB Full-back	10,279	105	2,059	501	204
CD Central defender	9,586	98	1,676	349	123
GK Goalkeeper	5,028	52	209	24	6

All playing positions covered **more Zone 5 distance at France 2019** than at Canada 2015. Among outfield players, this percentage increase was most pronounced for wide midfielders (47.3%).

POSITIONAL DISTANCES | 2019

IP In possession · OOP Out of possession · BOOP Ball out of play



Note: *the percentage breakdowns do not all add up to 100% due to rounding.*

AVERAGE NUMBER OF EFFORTS | 2019

More actions were performed in **zones 3-5** at France 2019 than at Canada 2015.