Book review

HANDBOOK OF SOCCER MATCH ANALYSIS: A SYSTEMATIC APPROACH TO IMPROVING PERFORMANCE

Editors: Christopher Carling, A. Mark Williams and Thomas Reilly


DESCRIPTION: This book addresses and appropriately explains the soccer match analysis, looks at the very latest in match analysis research, and at the innovative technologies used by professional clubs. This handbook is also bridging the gap between research, theory and practice. The methods in it can be used by coaches, sport scientists and fitness coaches to improve: styles of play, technical ability and physical fitness; objective feedback to players; the development of specific training routines; use of available notation software, video analysis and manual systems; and understanding of current academic research in soccer notational analysis.

PURPOSE: The aim is to provide a prepared manual on soccer match analysis in general for coaches and sport scientists. Thus, the professionals in this field would gather objective data on the players and the team, which in turn could be used by coaches and players to learn more about performance as a whole and gain a competitive advantage as a result. The book efficiently meets these objectives.

AUDIENCE: The book is targeted the athlete, the coach, the sports scientist professional or any sport conscious person who wishes to analyze relevant soccer performance. The editors and the contributors are authorities in their respective fields and this handbook depend on their extensive experience and knowledge accumulated over the years.


ASSESSMENT: The authors have assembled an essential reading for all who are interested in understanding and doing better coaching and improving the performance in soccer. To this purpose, there is a strong practical approach in the book by giving plenty of examples along with a satisfactory scientific analysis of the subject area. It is concise and well organized in its presentation, creating an effective textbook. I believe, therefore, the book will serve as a first-rate teaching tool and reference for coaches, athletes and professionals in the human performance sciences.

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