

# Performance Analysis

*Why is it Valuable?*

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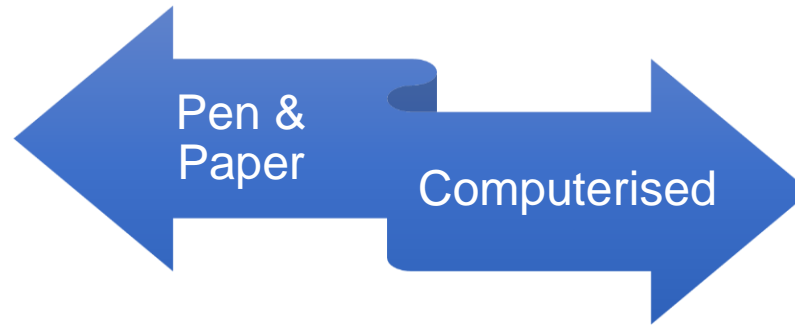
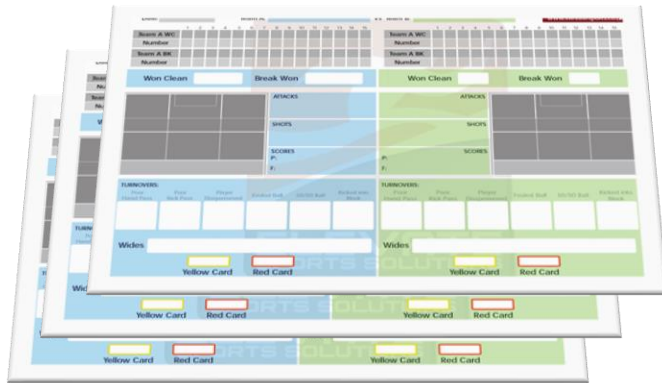
GAA  
Learning

RTE  
Sport

- What is Performance Analysis?
- Where to start
- Looking under the bonnet – Deep Dive



“Performance Analysis is an **objective way** of recording performance so that **key elements** of that performance can be quantified in a **valid and consistent** manner.” ([www.ispas.org](http://www.ispas.org)).



How good are our  
performances....really?



Are we getting better?



**W**HERE  
DO I  
START?



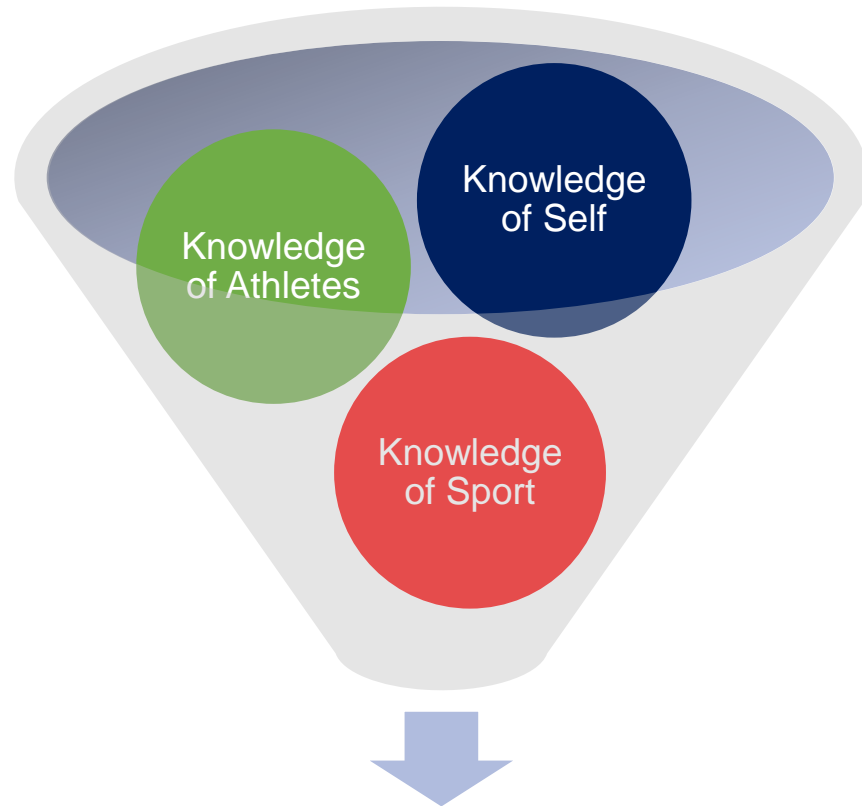
# Principles of Play

**HOW DO  
YOU  
WANT  
THE  
GAME TO  
BE  
PLAYED?**



1. What is the game?
2. How is it played?
3. How should it be assessed?





## Coaching Effectiveness

Ability to constantly guide athletes and teams to improved performance

**C**ompetence, **C**onfidence, **C**onnection and **C**haracter

# Coaching Philosophy

- Values
- Identity
- Beliefs
- Leadership
- Behaviours

**Coaching  
Philosophy**

**Principles of Play**

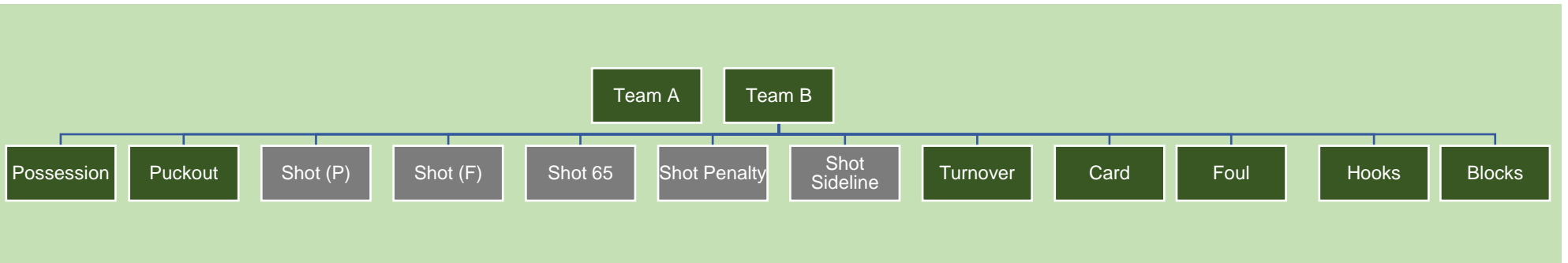
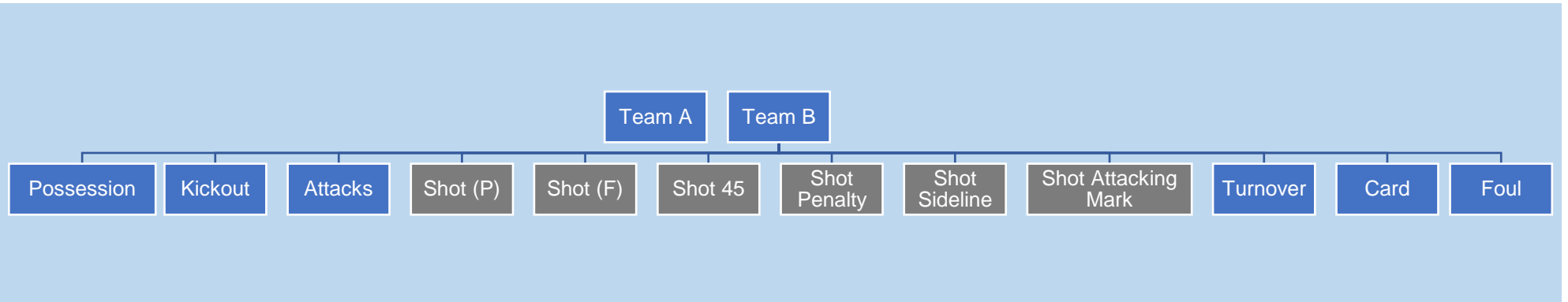
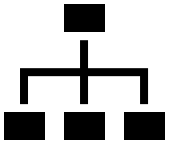
**The Environment**

The **context** in  
which you coach

The **context** in  
which the PA  
support will be  
delivered



# Foundations of Performance Analysis in GAA



## Evolution of PA along with the game

### Possession

Each time a **TEAM** is in control (held in hand) of the ball. One possession will persist until the team loses control of the ball. Does not include GK holding kickout/Puckout.

### Productivity

(How well you use your possession)

Number of points scored per 10 possessions. A measure of the effectiveness of possession.

$$\left( \frac{\text{Total Points}}{\text{Team Possessions}} \right) \times 10 = \text{Productivity}$$
$$\left( \frac{24}{44} \right) \times 10 = 5.45 \text{ points per 10 possessions}$$

### Turnover Rate

(How much ball you give away)

Number of turnovers lost expressed as a percentage of the total number of team possessions

$$\left( \frac{\text{Turnovers Lost}}{\text{Team Possessions}} \right) \times 100$$
$$\left( \frac{18}{44} \right) \times 100 = 41\%$$



**DUBLIN** vs **KERRY**



*2019 All Ireland Football Final*

# What does good look like? Gaelic Football

Averages for performance indicators of winning (n = 59) versus losing teams (n = 59) in the 2016 Football Championship

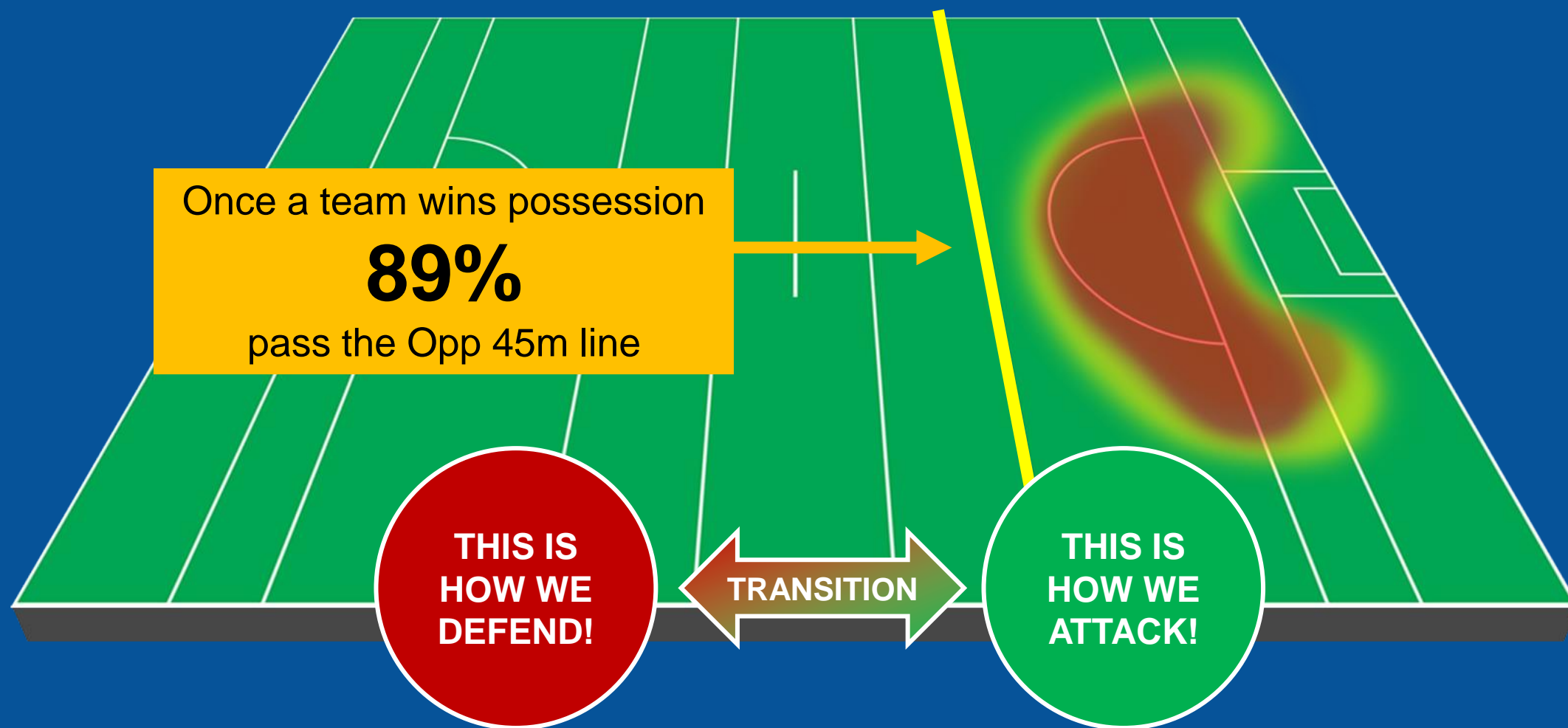
2019	
4.7	3.5
43%	47%

	Winners	Losers
Shots	30	26
Total Points	20	14
Attack Creation	86%	85%
Scoring Efficiency	58%	50%
Productivity	4.1	3.1
Turnover Rate	45%	51%

Pass < 4	53% shot conversion
Pass 5 -9	64% shot conversion

Performance indicators  
in club level Gaelic  
football  
McGuigan et al., 2018

# What we know – Gaelic Football



Based on 25 games from 2019 Championship



DUBLIN 1-18 0-15 KERRY

Replay

# SCORE ORIGIN



## 1<sup>st</sup> Half

Dublin Kickout	0-06
Kerry Kickout	0-00
Turnover	0-03
Throw In	0-01
	<hr/>
	0-10

## 2<sup>nd</sup> Half

Dublin Kickout	0-02
Kerry Kickout	0-00
Turnover	0-06
Throw In	1-00
	<hr/>
	1-08

## 1<sup>st</sup> Half

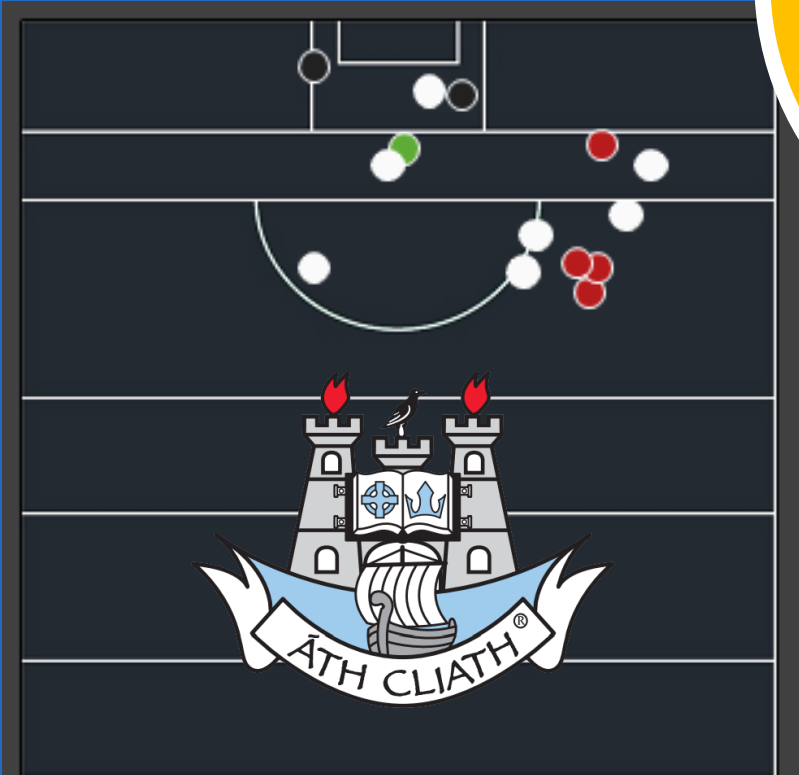
Dublin Kickout	0-00
Kerry Kickout	0-03
Turnover	0-07
Throw In	0-00
	<hr/>
	0-10

## 2<sup>nd</sup> Half

Dublin Kickout	0-01
Kerry Kickout	0-02
Turnover	0-02
Throw In	0-00
	<hr/>
	0-05

2<sup>nd</sup> Half

Why?



← THIS WAY

THAT WAY →





**KILKENNY**

vs

**TIPPERARY**

*2019 All Ireland Hurling Final*



# What does good look like? Hurling

Averages for performance indicators of winning (n = 27) versus losing teams (n = 27) in the 2015 Hurling Championship

	Winners	Losers
Shots	38	30
Scoring Efficiency	62%	58%
Shots (Play)	29	21
Scoring Efficiency (play)	57%	51%
Shots (Deadballs)	9	9
Scoring Efficiency (Deadballs)	73%	76%

Pass < 2

42% shot conversion

Pass 3-6

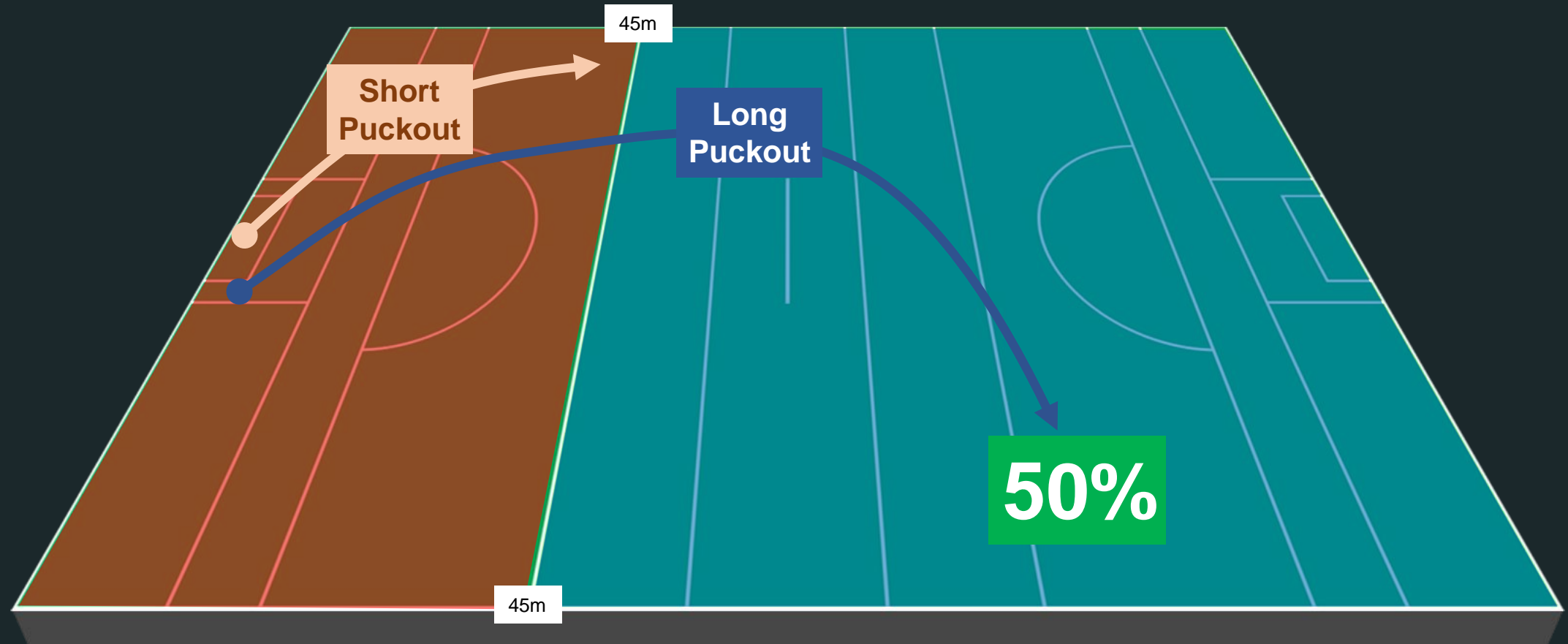
50% shot conversion

# What we know – Hurling

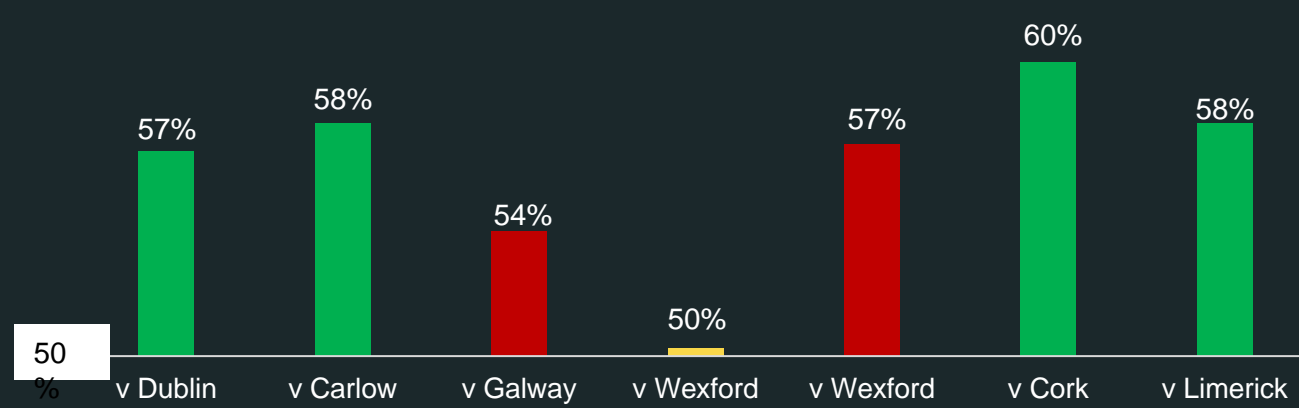
Averages for performance indicators of winning (n = 21) versus losing teams (n = 21) in the 2019 Hurling Championship

	Winners	Losers
Productivity	4.1	3.2
Turnover Rate	49%	59%

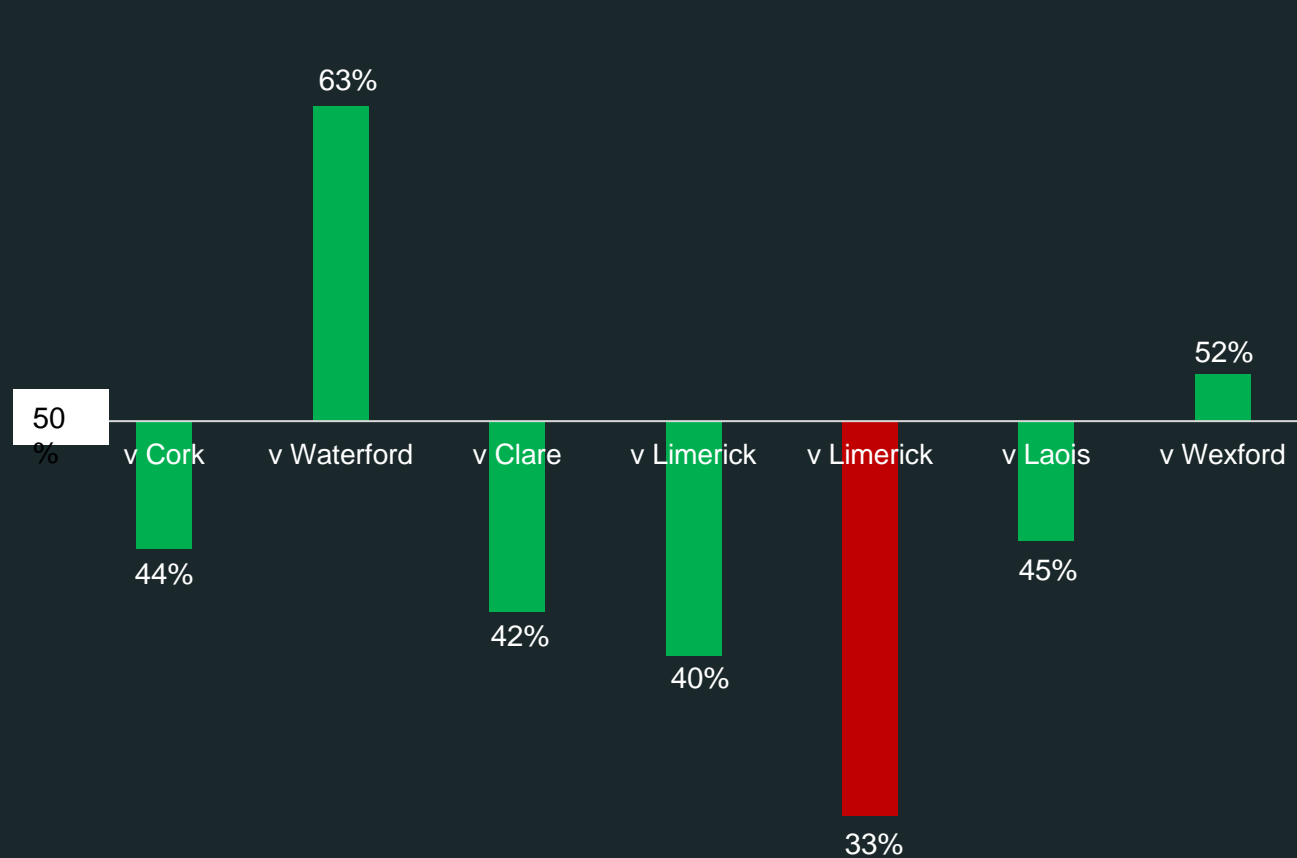
Direction of Play



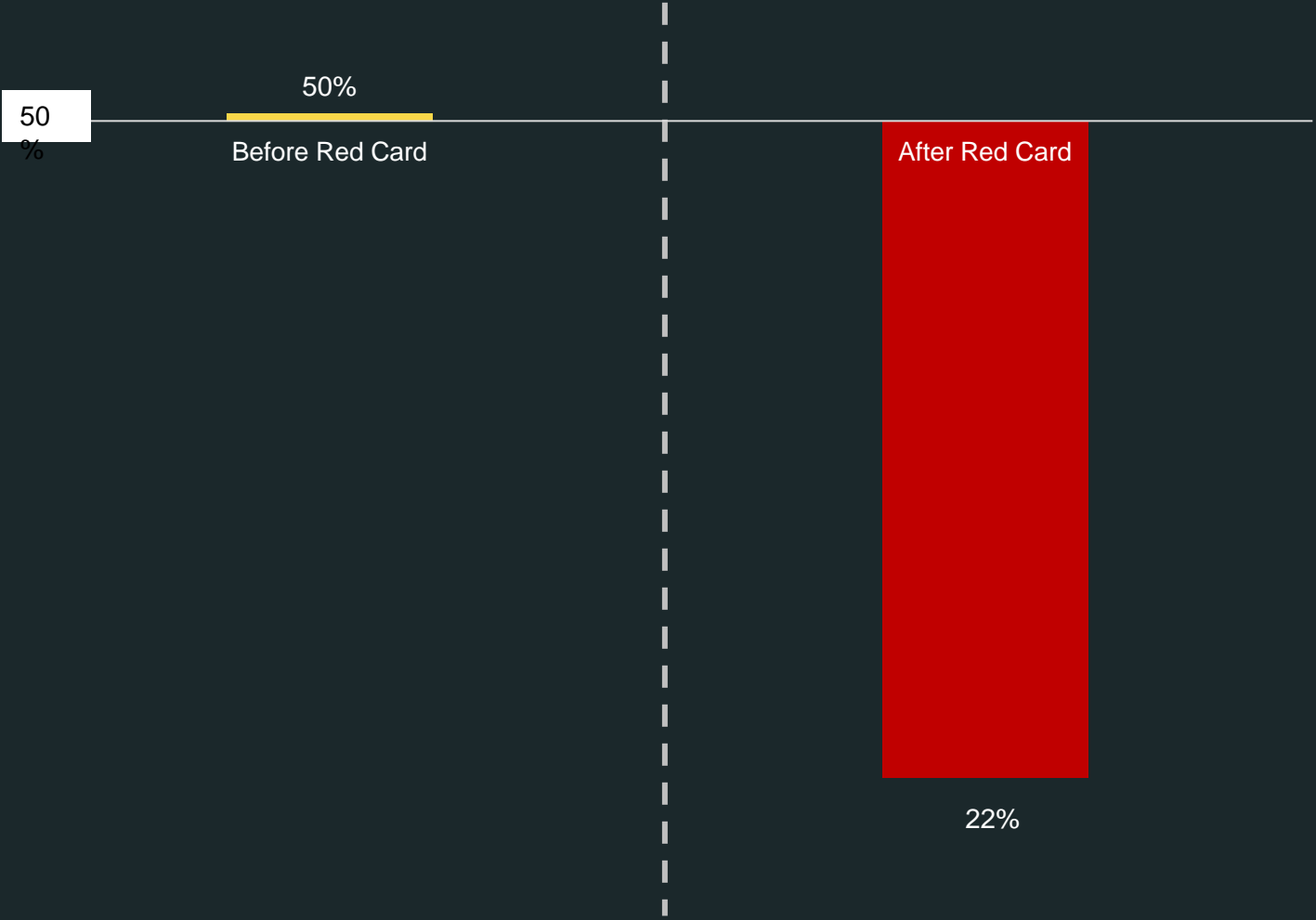
## % of Long Puckouts Kilkenny retained in relation to 2019 Game Data



## % of Long Puckouts Tipperary retained in relation to 2019 Game Data



# % of Long Puckouts Kilkenny retained before and after the Red Card (32.48)





## Tipperary Source of Scores (3-25)

### 1<sup>st</sup> Half

Tipperary Puckout	0-03
Kilkenny Puckout	1-02
Turnover	0-04
	<hr/>
	1-09

Kilkenny Productivity	3.8
Kilkenny Turnover Rate	48%
Tipperary Productivity	3.9

### 2<sup>nd</sup> Half

Tipperary Puckout	0-03
Kilkenny Puckout	1-06
Turnover	1-07
	<hr/>
	2-16

Kilkenny Productivity	2.3
Kilkenny Turnover Rate	73%
Tipperary Productivity	4.0



## Kilkenny Source of Scores (0-20)

### 1<sup>st</sup> Half

Tipperary Puckout	0-01
Kilkenny Puckout	0-02
Turnover	0-07
Throw In	0-01
	<hr/>
	0-11

**37 (29%)**

### 2<sup>nd</sup> Half

Tipperary Puckout	0-01
Kilkenny Puckout	0-00
Turnover	0-07
Throw In	0-01
	<hr/>
	0-09

**1-06 v Limerick**  
(61%)

# Context

Red Card



Half Time Score

**KIL** 0-11

**TIP** 1-09

## 2<sup>nd</sup> Half – 3<sup>rd</sup> Quarter

35.00 – 55.00 mins

Kilkenny  
Possessions

22

36%

Kilkenny  
Shots

8

75%

Kilkenny  
Scores

6

73%

16

Turnovers

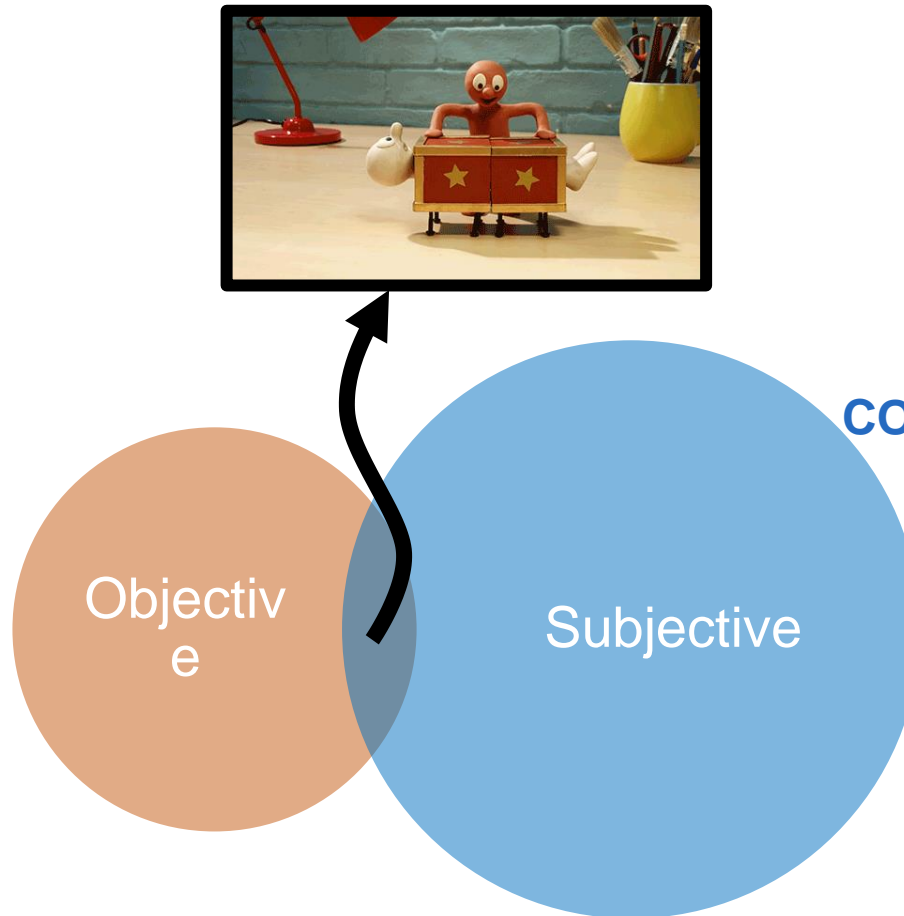
1-05

Team Meetings  
Training  
Coaching



**Gaelic Games are complex sports.**  
**Stats will **NOT** give you a definitive viewpoint**

**DATA & ANALYSIS**



**COACHING & PLAYING KNOWLEDGE  
EXPERIENCE  
CONTEXT  
COACHES EYE**

**Analysts - Stats don't measure everything, and that's OK!**

Analysts – Move beyond the technology

What does your role look like?

# Coaches - Are you asking good enough questions

- Be careful what you ask for - PA is very time consuming!
- Understand the demands!
- **Does it make the boat go faster?**



Principles of Play





# Questions?



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