

## PROZONE STUDY

# FIFA Women's World Cup Canada 2015™

Physical performance variables	Intensity of play		Quality of play	
	2011	2015	2011	2015
Total distance covered (m)	10299.6	10311.3		
Distance covered when ball is in play (m)	7432.2	7151.4		
Number of sprints (+24 km/h)	5.4	5.3		
Distance in sprints (m)	101.5	99.5		
Number of high intensity runs (+21 km/h)	19.7	19.7		
Distance in high intensity (m)	301.6	298.4		
Avg. time between two runs in high intensity (mm:ss)	04:47	04:55		
Avg. speed (km/h)	6.7	6.5		
Avg. speed when ball is in play (km/h)	8.0	8.1		
<b>Tactical &amp; technical variables</b>				
Number of ball possessions	556.1	537.7	556.1	537.7
Number of fouls	10.5	11.5		
Number of breaks in play	64.1	60.6		
Number of duels (incl. tackles, air challenges)	153.4	173.7		
Total number of ball lost			196.7	174.9
Total number of ball wins			163.5	146.3
Number of interceptions			71.2	78.3
Number of passes in play (without set plays)	341.3	371.8		
Success rate of passes in play (%)			74.0	72.1
Avg. speed of passes in play (km/h)	43.3	37.3		
Number of passes into final third	56.5	58.5		
Success rate of passes into final third (%)			46.2	49.9
Avg. speed of passes into final third (km/h)	43.5	42.7	43.5	42.7
Number of shots	13.4	12.6		
Shots on target in %			33.3	39.2
Avg. number of contacts per individual possession	1.95	1.99	1.95	1.99
Avg. time per contact per individual possession (s)	1.25	1.24		
Effective playing time (mm:ss)	56:07	52:49		
Ball reception			304.2	294.7
Success rate of ball reception (%)			89.3	90.8
Direct play / individual possession in %			43.0	43.1
Short passes (0-17 m)	211.5	231.7	211.5	231.7
Medium passes (17-34 m)	101.5	110.1	101.5	110.1
Long passes (+34 m)	28.2	30	28.2	30