

# HVAÐ ER LEIKGREINING ?

- Skilgreining !

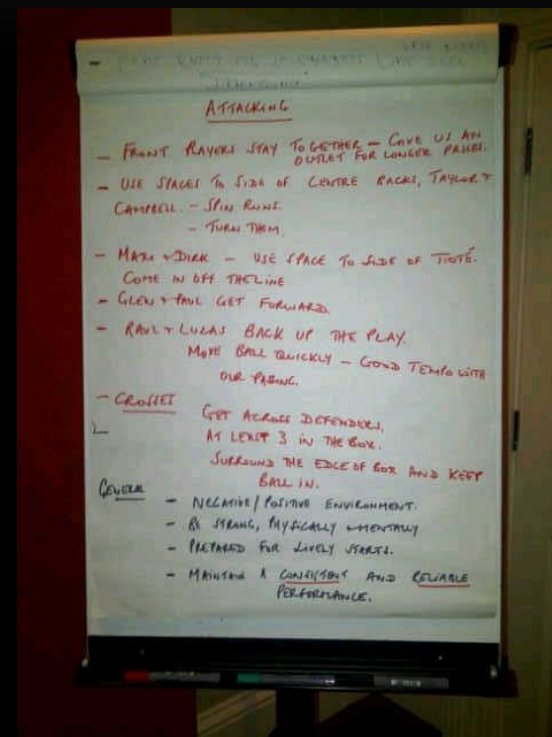
*“Að búa leikinn niður í smærri þætti.  
Reyna að gera sér grein fyrir hvað liðið  
sem verið er að greina vill ná fram  
hvernig og hvenær”.*



# HVAÐ ER LEIKGREINING ?

- Greining á.....

- Andstæðingum
- Eigin liði
- Leikmönnum



# Greining á andstæðingum / eigin liði.

- Leikfræði
- Tækni
- Líkamsástand



Greining á andstæðingum / eigin liði.

- Leikfræði





# Greining á andstæðingum / eigin liði.

## VINSTRA MEGIN:

VIÐ MEÐ BOLTA  
⇒ SÓKN

UPPBYGGING  
SKAPA FÆRI  
FÖST LEIKATRÍÐI

## HÆGRA MEGIN:

ÞEIR MEÐ BOLTA  
⇒ VÖRN

VARNARLEIKUR  
VINNA BOLTA  
FÖST LEIKATRÍÐI

## MÍÐJA:

VIÐ/ÞEIR - ÞEIR/VIÐ  
⇒ **TRANSITION**



Greining á andstæðingum / eigin liði.

**VINTRA MEGIN:**

**VIÐ MEÐ BOLTA  
⇒ SÓKN**

**UPPBYGGING**

**GEGN HÁRRI-/MIÐ-/LÁGRI PRESSU**

**SKAPA FÆRI**

**GEGN HÁRRI-/MIÐ-/LÁGRI PRESSU**

**FÖST LEIKATRÍÐI**



Greining á andstæðingum / eigin liði.

## HÆGRA MEGIN:

ÞEIR MEÐ BOLTA  
⇒ VÖRN

### VARNARLEIKUR

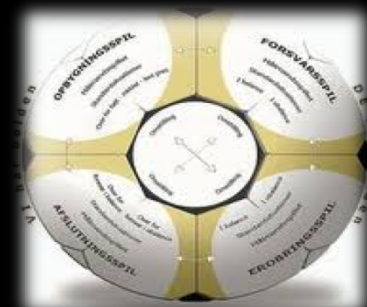
Í JAFNVÆGI / Í ÓJAFNVÆGI  
(POSITIONAL - NUMMERICAL)

### VINNA BOLTA

Í JAFNVÆGI / Í ÓJAFNVÆGI  
HVAR / HVERNIG?

PRESSA: TRIGGERS / TRAPS

FÖST LEIKATRIÐI



Greining á andstæðingum / eigin liði.

**MIDJA:**

VIÐ/ÞEIR - ÞEIR/VIÐ

**=> TRANSITION**

VIÐ/ÞEIR

PRESSA - FALLA?



# •Tækni / Leikfræði



## AF HVERJU AÐ GREINA LEIKINN ?

- Þróun leiksins
- Leikurinn að verða taktískari
- Finna veikleika / styrkleika liðs
- Eðli leiksins – Herfræði
- Hvernig verður leikurinn eftir x ár?



## AF HVERJU AÐ GREINA LEIKINN ?

- Greining á **ákveðnu tímabili** hjá liði.
  - Tilgangur: Að bæta leikstíl, lagfæra veikleika.
    - T.d. Hluti leiktímabils
- Greining á **liði í leik** eða **leikjum**.
  - Tilgangur: Undirbúningur fyrir komandi leik/leiki
    - Færri leikir greindir
    - Greining á leikhluta (t.d. fyrri hálfleik)



## AÐFERÐIR VIÐ LEIKGREININGU

- Video og tölvutækni.
  - Mörg forrit til
    - UEFA – Pro Zone
    - Sideline Analyzer
    - Ofi.
- Kostir og gallar.
  - **Kostir:**
    - Möguleiki að sjá einstök atriði leiksins oft.
  - **Gallar:**
    - Takmarkað hvað maður sér af vellinum (nema sérstakar myndavélar séu þannig staðsettar að allt sjáist)
    - Hlaup/hreyfing án bolta sést ekki.



## AÐFERÐIR VIÐ LEIKGREININGU

- Augað.
  - Krefst þjálfunar
- Kostir og gallar
  - **Kostir:**
    - Heildarmynd af vellinum
    - Allar hreyfingar sjást – gefur betri tilfinningu fyrir taktík.
  - **Gallar:**
    - Ekki hægt að sjá einstök atvik aftur
    - Hraði leiksins.



# AÐFERÐIR VIÐ LEIKGREININGU

- Niðurstaða:
  - Gott ef hægt er að notfæra sér tæknina
  - Ekkert kemur í staðinn fyrir það sem augað sér
  - Nýta sér hvort tveggja, tæknina og það sem maður sér sjálfur “live”.

# ATHYGLISVERT

José Mourinho: People who don't understand football analyse with statistics - video



## Man Utd the only team not to use GPS under Mourinho

ARTICLES / CONDITIONING / MANCHESTER UNITED



*Mourinho preferred his fitness staff to use intuition instead of data*

# Hvað er mikilvægt að hafa í huga við leikgreiningu ?

- Hvað ætlar maður að greina – AÐFERÐIN.
- Vera agaður, **skilgreina** allt vel.
- Objektív vs. Subjektív greining.
- Fleiri þjálfarar – tala sama “tungumál”.
- Þjálfun / Reynsla – “þjálfaragleraugun”.

## • **H5**



# H 5

- Hvað?
- Hvernig?
- Hvenær?
- Hvar?
- Hver?

# HVAÐ NOTAR ÉG?

IA FH

Game Window

(0) FH Mfl ka 2019 (0) FH MFL KK \_ AH (15) OK FH

Nr	D	Main View	Team	Athlete	Offence	Defence
1	00:01:06...	FH ...	Vignir ...	[Set Pi...		
2	00:01:24...	FH ...	NO ONE		[Pressi...	
3	00:02:51...	FH ...	Vignir ...	[Set Pi...		
4	00:04:40...	FH ...	Atli G...		[Pressi...	
5	00:05:16...	FH ...	NO ONE		[Set pi...	
6	00:07:02...	FH ...	Vignir ...	[Set Pi...		
7	00:07:02...	FH ...	Vignir ...	[Set Pi...		
8	00:07:02...	FH ...	Vignir ...	[Set Pi...		
9	1	00	NO TEAM			
10	1	00	NO TEAM			
11	00					
12	2	00				
13	3	00				
14	2	00				
15	00					

Team: NO TEAM  
Athlete: NO ONE

Video from 00:00:00 to 00:00:00 Preview Formula Save

**Offence**

- Build Up
- Fast Break
- Off Transition
- Set Pieces
  - Corner
  - Free Kick
  - Throw in
  - Penalty
  - Start kick
  - Goal kick

**Defence**

- Pressing
  - Organized pressing
- Re-pressing
  - Off 1/3
  - Central 1/3
  - Def 1/3
- Organized def
  - High line
  - Middle line
  - Low line
- Def the goal
  - Crosses
  - Thru passes
- Set pieces
  - Corner
  - Free kick
  - Throw in
  - Penalty
  - Start kick
  - Goal kick

**Ball won**

- Off 1/3
- Central 1/3
- Def 1/3

**Ball lost**

- Off 1/3
- Central 1/3
- Def 1/3

**Type of breakthrough**

- Counter
- Deep pass
- Cross
  - Early
  - Late
- Solo Action

**Chances**

- Chances for
- Chances against

**Goals**

- Goals for
- Goals against

Comments



# HVAÐ NOTA ÉG?

inStat

IA Akranes 4-2 FH

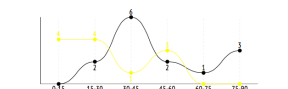
Team stats

IA Akranes  
FH

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## Main statistics

SHOTS / ON TARGET	12 / 7	14 / 10
1st half	9 / 4	8 / 7
2nd half	3 / 3	6 / 3



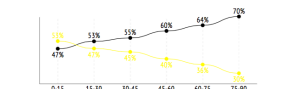
Shots wide	2	2
Blocked shots	3	2
Shots from the box / on target	11 / 6	11 / 8
Average distance to the goal, m.	12.4	12
Fouls	10	12
Yellow / red cards	2 / 0	2 / 0
Offsides	4	1
Comers	7	4
Chances / converted	8 / 4 50%	7 / 2 29%

## Passes

PASSES / ACCURATE	399 / 316 79%	607 / 524 86%
1st half	253 / 209 83%	270 / 229 85%
2nd half	146 / 107 73%	337 / 295 88%
Non-attacking passes	90 / 90 100%	205 / 203 99%
Attacking passes	292 / 215 74%	390 / 315 81%
Key passes	17 / 11 65%	22 / 6 100%
Short passes, 0-10 m	84 / 75 87%	118 / 102 86%
Medium passes, 10-40 m	249 / 217 81%	456 / 406 89%
Long passes, > 40 m	46 / 26 57%	33 / 16 48%
Avg. length of pass, m.	21.5	19.3
Passes forward	143 / 92 64%	136 / 134 73%
Passes across	180 / 150 83%	322 / 292 91%
Passes back	76 / 74 97%	99 / 96 97%
Passes from open play	356 / 281 79%	557 / 477 86%
Passes from set pieces	43 / 35 81%	50 / 47 94%
Passes into the penalty box	36 / 16 44%	36 / 18 50%
Crosses	11 / 3 27%	22 / 7 32%
Passes into the final third of the pitch	155 / 98 63%	276 / 134 76%

## Ball possession

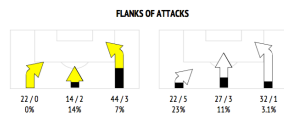
BALL POSSESSION	42%	58%
1st half	48%	52%
2nd half	33%	65%



Ball possession, quantity	113	104
Average time of ball poss.	0:13	0:20
Entrance to the opposition half	65 58%	67 64%
Entrance to the final third	45 40%	45 41%
Entrance to the penalty box	19 17%	19 18%
Possessions from open play	98	100
Duration 0-10 sec	50	32
Duration 10-20 sec	23	33
Duration 20-45 sec	23	25
Duration > 45 sec	2	10

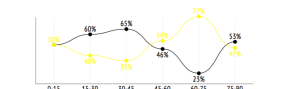
## Attacks

ATTACKS / WITH SHOTS	95 / 51 53%	66 / 33 51%
1st half	55 / 8 11%	35 / 7 20%
2nd half	42 / 43 7%	31 / 6 12%
Positional attacks	61 / 5 8%	71 / 8 11%
Counter-attacks	19 / 0 0%	10 / 1 10%
Set pieces attacks	15 / 6 40%	5 / 4 80%
Free-kick shots / on target	1 / 1 100%	-
Free-kick combinations	4 / 1 25%	1 / 0 0%
Comers	7 / 3 43%	4 / 4 100%
Penalties / scored	1 / 1 100%	-



## Challenges

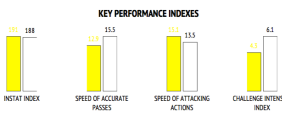
CHALLENGES	94 / 46 48%	94 / 48 51%
1st half	51 / 21 43%	51 / 30 59%
2nd half	43 / 25 58%	43 / 18 42%



Defensive challenges	43 / 22 51%	51 / 27 53%
Attacking challenges	51 / 24 47%	43 / 21 49%
Air challenges	18 / 10 56%	18 / 8 44%
Ground challenges	76 / 36 47%	76 / 40 53%
Dribbles / successful	23 / 12 52%	16 / 12 73%
Tackles / successful	29 / 7 37%	29 / 17 59%
Interceptions / in opp. half	57 / 15	45 / 4
Picking up free balls / in opp. half	51 / 18	58 / 20

## Lost balls. Ball recoveries. Pressing

TURNOVERS / IN OWN HALF	59 / 12	61 / 12
1st half	32 / 4	31 / 10
2nd half	27 / 8	30 / 2
BALL RECOVERY / IN OPP. HALF	65 / 12	51 / 8
1st half	32 / 10	32 / 4
2nd half	33 / 2	19 / 4
TEAM PRESSING / SUCCESSFUL	11 / 0 0%	2 / 1 50%
1st half	1 / 0 0%	-
2nd half	-	2 / 1 50%



inStat

IA Akranes 4-2 FH

Players stats - FH

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## Boxscore

	INSTAT INDEX	Goals	Assists	Shots / on target	Fouls committed / offside	Offsides
12 Johannesson	158	93	-	-	-	-
5 Valgarðsson	180	96	-	-	-	-
16 Kristjánsson	216	96	-	-	2 / 2	-
21 Thorsen	178	45	-	2 / 2 100%	-	-
3 D'Ulivo	219	96	1	-	1 / 1	-
10 Vidarsson	171	96	-	-	3 / 1	-
8 Steindóttir	192	75	-	-	1 / 2	-
29 Helgason	197	45	1	2 / 2 100%	0 / 2	-
11 Gudnason	185	71	1	3 / 1 75%	1 / 0 1	-
9 Jonsson	247	96	1	1 / 1 100%	-	-
20 Castillon	166	45	-	3 / 2 60%	-	-
25 Gudmundsson	169	51	-	-	-	-
6 Sveinsson	198	51	-	1 / 1 100%	1 / 1	-
21 Thorsen	172	51	-	1 / 1 100%	0 / 1	-
14 Gunnarsson	169	25	-	1 / 0 0%	2 / 0	-
4 Freyr Sigurðsson	185	21	-	1 / 0 100%	-	-
1 Arnarsson	-	3	-	-	-	-

## Challenges

	Challenges / won	Air challenges	Ground challenges	Defensive challenges	Attacking challenges	Dribbles / successful	Tackles / successful	Interception 1 / 0 opp. half	Picking up free balls / in opp. half
12 Johannesson	3 / 2 67%	1 / 0 0%	2 / 2 100%	3 / 2 67%	-	-	1 / 1 100%	5 / 0	4 / 0
5 Valgarðsson	10 / 5 50%	2 / 1 50%	8 / 4 50%	7 / 4 57%	3 / 1 33%	1 / 0 0%	3 / 3 100%	8 / 1	8 / 2
16 Kristjánsson	11 / 9 55%	1 / 1 100%	10 / 8 80%	9 / 7 78%	2 / 2 100%	2 / 2 100%	3 / 2 67%	9 / 0	9 / 0
21 Thorsen	2 / 2 100%	2 / 2 100%	-	-	-	-	-	4 / 0	3 / 0
3 D'Ulivo	7 / 3 43%	3 / 2 67%	4 / 1 25%	6 / 3 50%	1 / 0 0%	1 / 0 0%	2 / 1 50%	7 / 1	4 / 2
10 Vidarsson	14 / 6 43%	2 / 1 50%	12 / 5 42%	10 / 5 50%	4 / 1 25%	1 / 0 0%	7 / 4 75%	3 / 0	3 / 1
8 Steindóttir	9 / 6 60%	-	9 / 6 60%	4 / 3 58%	5 / 3 60%	1 / 1 100%	4 / 3 75%	2 / 1	4 / 2
29 Helgason	4 / 2 50%	1 / 0 0%	3 / 2 67%	2 / 1 50%	2 / 1 50%	1 / 1 100%	2 / 1 50%	2 / 0	4 / 1
11 Gudnason	6 / 2 55%	-	6 / 2 55%	3 / 1 33%	-	-	3 / 1 33%	1 / 1	2 / 2
9 Jonsson	7 / 4 57%	1 / 0 0%	6 / 4 67%	1 / 0 0%	6 / 4 67%	4 / 4 100%	-	3 / 2	-
20 Castillon	5 / 1 30%	1 / 0 0%	4 / 1 25%	-	5 / 1 100%	-	-	1 / 0	1 / 1
25 Gudmundsson	2 / 1 50%	-	2 / 1 50%	2 / 1 50%	-	-	1 / 1 100%	2 / 0	4 / 2
6 Sveinsson	6 / 3 50%	2 / 1 50%	4 / 2 50%	1 / 0 0%	5 / 3 60%	2 / 2 100%	1 / 0 0%	1 / 0	1 / 0
21 Thorsen	6 / 2 55%	2 / 0 0%	4 / 2 50%	1 / 0 0%	5 / 2 62%	3 / 2 67%	1 / 0 0%	-	3 / 1
14 Gunnarsson	1 / 0 0%	-	1 / 0 0%	1 / 0 0%	-	-	1 / 0 0%	-	5 / 4
4 Freyr Sigurðsson	1 / 0 0%	-	1 / 0 0%	1 / 0 0%	-	-	-	-	2 / 0
1 Arnarsson	-	-	-	-	-	-	-	-	-

## Playing in attacks

	Actions / successful	Chances / converted	Chances / missed	Turnovers / in half	Ball recoveries / in half	Playing in non-playing / successful
12 Johannesson	58 / 46 79%	-	5 / 5 9 / 0	-	-	-
5 Valgarðsson	89 / 72 81%	-	5 / 0 4 / 1	-	-	-
16 Kristjánsson	130 / 119 92%	-	2 / 1 10 / 0	-	-	-
21 Thorsen	43 / 41 95%	1 / 0 0%	1 / 0 5 / 0	-	-	-
3 D'Ulivo	77 / 68 88%	-	2 / 0 2 / 3 1 / 0 0%	-	-	-
10 Vidarsson	91 / 70 77%	-	10 / 4 4 / 1	-	-	-
8 Steindóttir	68 / 56 82%	-	5 / 0 3 / 1	-	-	-
29 Helgason	28 / 23 79%	1 / 1 100%	3 / 1 2 / 0	-	-	-
11 Gudnason	32 / 25 78%	1 / 0 0%	1 / 0	-	-	-
9 Jonsson	50 / 41 82%	1 / 1 100%	1 / 0	-	2 / 1 50%	-
20 Castillon	14 / 9 64%	2 / 0 0%	1 / 1	-	-	-
25 Gudmundsson	67 / 60 90%	-	1 / 0 4 / 2	-	-	-
6 Sveinsson	50 / 38 76%	1 / 0 0%	1 / 0	-	2 / 1 50%	-
21 Thorsen	25 / 27 89%	-	3 / 0	-	2 / 1 50%	-
14 Gunnarsson	19 / 16 84%	-	-	-	1 / 1 100%	-
4 Freyr Sigurðsson	21 / 19 90%	-	1 / 0 1 / 0	-	-	-
1 Arnarsson	1 / 1 100%	-	-	-	-	-

## Passes

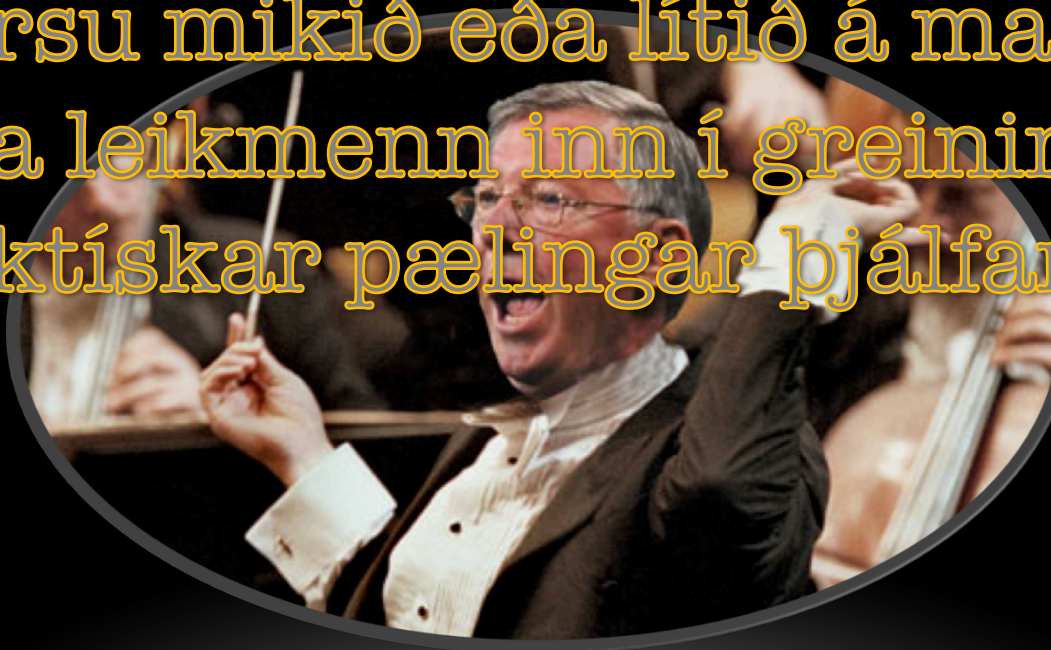
	Passes / successful	Non-attacking passes	Attacking passes	Key passes	Short passes	Medium passes	Long passes	Crosses	Passes into the final third of the pitch	Passes into the penalty box
12 Johannesson	32 / 26 81%	12 / 12	20 / 14	-	4 / 4	20 / 18	8 / 4	-	-	-
5 Valgarðsson	62 / 51 82%	21 / 21	41 / 30	-	15 / 13	46 / 37	1 / 1	6 / 3	18 / 13	6 / 3
16 Kristjánsson	99 / 90 91%	55 / 53	44 / 37	-	10 / 8	82 / 78	7 / 4	-	15 / 11	-
21 Thorsen	43 / 41 95%	14 / 14	15 / 13	-	1 / 1	27 / 26	1 / 0	-	9 / 5	-
3 D'Ulivo	59 / 54 92%	12 / 12	45 / 41	2 / 1	15 / 13	41 / 37	3 / 2	3 / 2	27 / 24	4 / 3
10 Vidarsson	66 / 55 83%	17 / 17	47 / 38	2 / 0	8 / 6	55 / 48	5 / 1	-	14 / 11	2 / 1
8 Steindóttir	48 / 39 81%	13 / 13	32 / 24	3 / 2	8 / 6	38 / 32	2 / 1	2 / 0	17 / 13	5 / 2
29 Helgason	16 / 12 75%	4 / 4	10 / 7	1 / 1	4 / 3	11 / 9	1 / 0	1 / 0	5 / 2	3 / 1
11 Gudnason	19 / 16 84%	2 / 2	16 / 13	1 / 1	6 / 5	12 / 11	1 / 0	10 / 8	5 / 2	-
9 Jonsson	35 / 30 86%	4 / 4	29 / 25	2 / 1	12 / 10	23 / 20	-	5 / 1	18 / 14	6 / 4
20 Castillon	5 / 5 100%	2 / 2	3 / 3	-	3 / 3	2 / 2	-	-	1 / 1	-
25 Gudmundsson	57 / 51 89%	24 / 24	33 / 27	-	5 / 4	50 / 46	2 / 1	1 / 0	15 / 11	2 / 1
6 Sveinsson	35 / 28 80%	6 / 6	29 / 22	-	9 / 9	22 / 17	4 / 2	2 / 0	19 / 12	4 / 1
21 Thorsen	15 / 12 80%	4 / 4	11 / 8	-	11 / 8	4 / 4	-	-	10 / 7	-
14 Gunnarsson	12 / 11 91%	4 / 4	8 / 7	-	4 / 4	8 / 7	-	-	4 / 3	-
4 Freyr Sigurðsson	17 / 16 94%	10 / 10	7 / 6	-	2 / 2	15 / 14	-	-	4 / 3	1 / 0
1 Arnarsson	1 / 1 100%	1 / 1	-	-	1 / 1	-	-	-	-	-

# HVAÐ NOTA ÉG?



# HUGLEIÐING

Hversu mikið eða lítið á maður að draga leikmenn inn í greininguna og taktískar þælingar þjálfarans ?



## VERKEFNI:

- Hópur 1 og hópur 2: Sóknarleikur BREIÐABLIKS
  - Skipulag - Uppbygging + færi
- Hópur 3 og hópur 4 : Sóknarleikur GRINDAVÍKUR
  - Skipulag - Uppbygging + færi
- Hópur 5 og hópur 6 : Varnarleikur BREIÐABLIKS
  - Skipulag – Pressulína + hvar vinnast boltar
- Hópur 7 og hópur 8 : Varnarleikur GRINDAVÍKUR
  - Skipulag – Pressulína + hvar vinnast boltar
- Hópur 9 og hópur 10 : Föst leikatriði BREIÐABLIKS – sókn/vörn
- Hópur 11 og hópur 12 : Föst leikatriði GRINDAVÍKUR – sókn/vörn

## TIL ATHUGUNAR:

- Aðferðin
- Subjektíft – Objektíft
- Skilgreiningar
- Eruð að horfa á næstu andstæðinga
- Gera grein fyrir niðurstöðum í stuttu máli (5 mín pr hóp!!)
- Gera grein fyrir styrkleikum veikleikum
- ÓHK velur hver úr hópnum á að koma upp og kynna niðurstöður