



# Performance Assessment for Field Sports

*By Christopher Carling, Tom Reilly, A. Mark Williams*



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What are the most effective tools, techniques and technologies available to coaches and sport scientists in the assessment of player and team performance?

This is the first book dedicated to the assessment of performance in field sports such as soccer, rugby, hockey and lacrosse. It provides detailed and clear information about the laboratory and field-based methods that can be used to evaluate improvements in individual and team performance, from basic physiological assessment to the use of video and information technologies.

Standing at the interface between sport sciences and sport coaching, the book examines a wide range of performance criteria, including:

- physiology
- strength, conditioning and fitness
- decision-making
- coordination and motor skills
- sport specific skills
- team play.

Integrating cutting-edge theory, research and technology with best practice in applied sport science, this book is important reading for all students of sport sciences, kinesiology, human movement science, sports performance, or sports coaching.

**Christopher Carling** is Head of Sports Science at Lille Football Club.

**Thomas Reilly** is Director of the Research Institute for Sport and Exercise Sciences at Liverpool John Moores University. He is President of the World Commission of Science and Sports.

**A. Mark Williams** is Professor of Motor Behaviour at the Research Institute for Sport and Exercise Sciences, Liverpool John Moores University.

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