CERTIFICAÇÃO EXECUTIVO DE FUTEBOL

2024

A Dimensão Física

Performance X Executivo

Federico Pizzuto

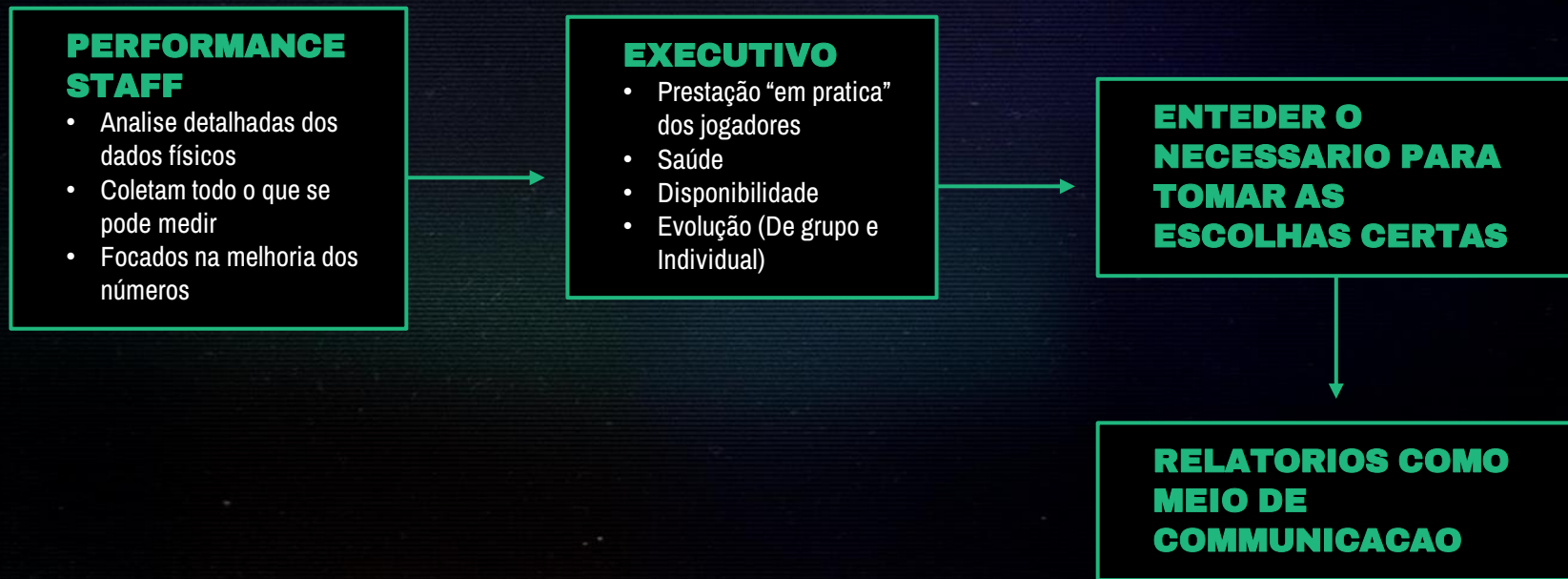**footure** academy

Sobre mim
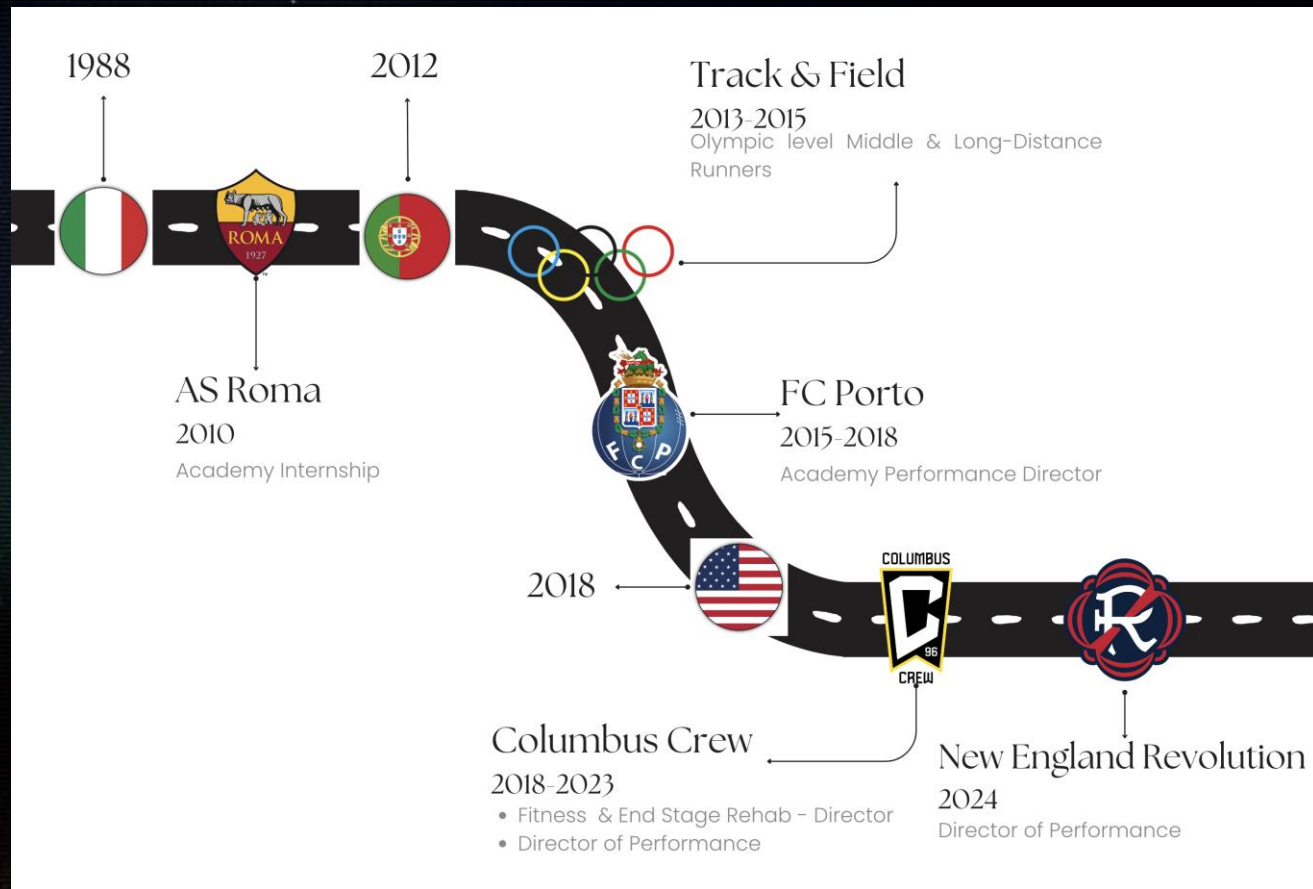
SUMARIO

- Item 1 – Utilizo dos Dados Físicos na Gestão da Equipa – *Entender a linguagem do "Performance Staff"*

- Item 2 – Utilizo dos Dados Físicos no Processo de Recrutamento – *Abordagem Holística*

- Item 3 – Suporte Dos Departamentos – *Cultura, Visão e Objetivos*

CERTIFICAÇÃO
EXECUTIVO
DE FUTEBOL
2024

Utilizo dos Dados Físicos na Gestão da Equipa

Entender a linguagem do "Performance Staff"

PERFORMANCE X EXECUTIVO

UTILIZO DOS DADOS FISICOS NA GESTAO DA EQUIPA

PERFORMANCE STAFF
- Analise detalhadas dos dados físicos
- Coletam todo o que se pode medir
- Focados na melhoria dos números

EXECUTIVO
- Prestação "em pratica" dos jogadores
- Saúde
- Disponibilidade
- Evolução (De grupo e Individual)

ENTEDER O NECESSARIO PARA TOMAR AS ESCOLHAS CERTAS

RELATORIOS COMO MEIO DE COMMUNICACAO

CERTIFICAÇÃO
EXECUTIVO
DE FUTEBOL
2024

Periódicos

PERIODIZATION

2023 Midseason Review

How many minutes did players spend in drills?

Player	Minutes
Nagbe	5,584
Farsi	5,476
Moreira	5,473
Matan	5,189
Quinton	5,159
Yeboah	5,136
Zawadzki	5,032
Morris	4,875
Zelarayan	4,676
Parente	4,604
Medranda	4,576
Ramirez	4,559
Vallecilla	4,554
Arfsten	4,550
J. Morris	4,493
Hernandez	4,472
Russell-Rowe	4,357
Hughes	4,040
Degenek	3,832
Diaz	3,476
Amundsen	2,630
Williams	2,622
Sands	2,534
Molino	2,362

Average = 4,344 mins

THE CREW
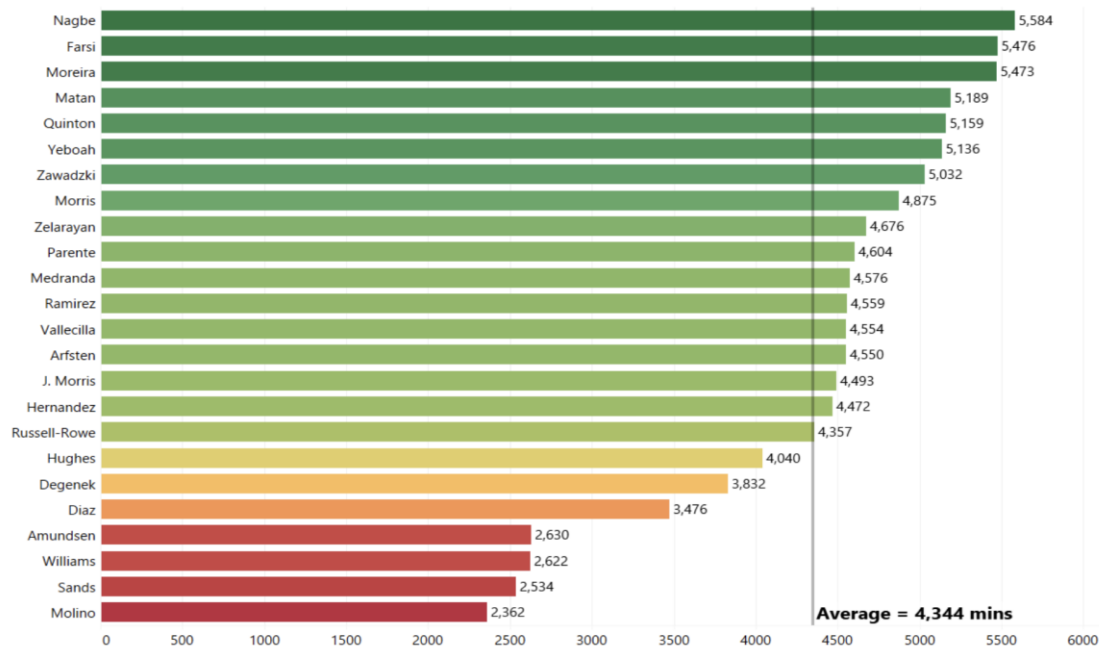
PERIODIZATION

2023 Midseason Review

How much distance did the players cover?
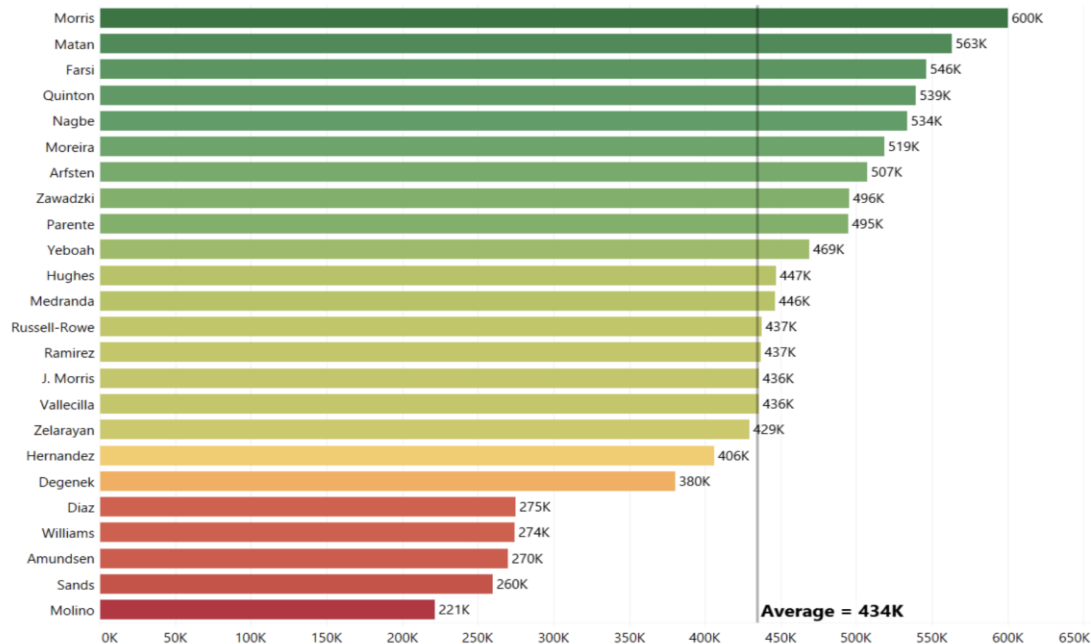
Player	Distance
Morris	600K
Matan	563K
Farsi	546K
Quinton	539K
Nagbe	534K
Moreira	519K
Arfsten	507K
Zawadzki	496K
Parente	495K
Yeboah	469K
Hughes	447K
Medranda	446K
Russell-Rowe	437K
Ramirez	437K
J. Morris	436K
Vallecilla	436K
Zelarayan	429K
Hernandez	406K
Degenek	380K
Diaz	275K
Williams	274K
Amundsen	270K
Sands	260K
Molino	221K

Average = 434K

THE CREW
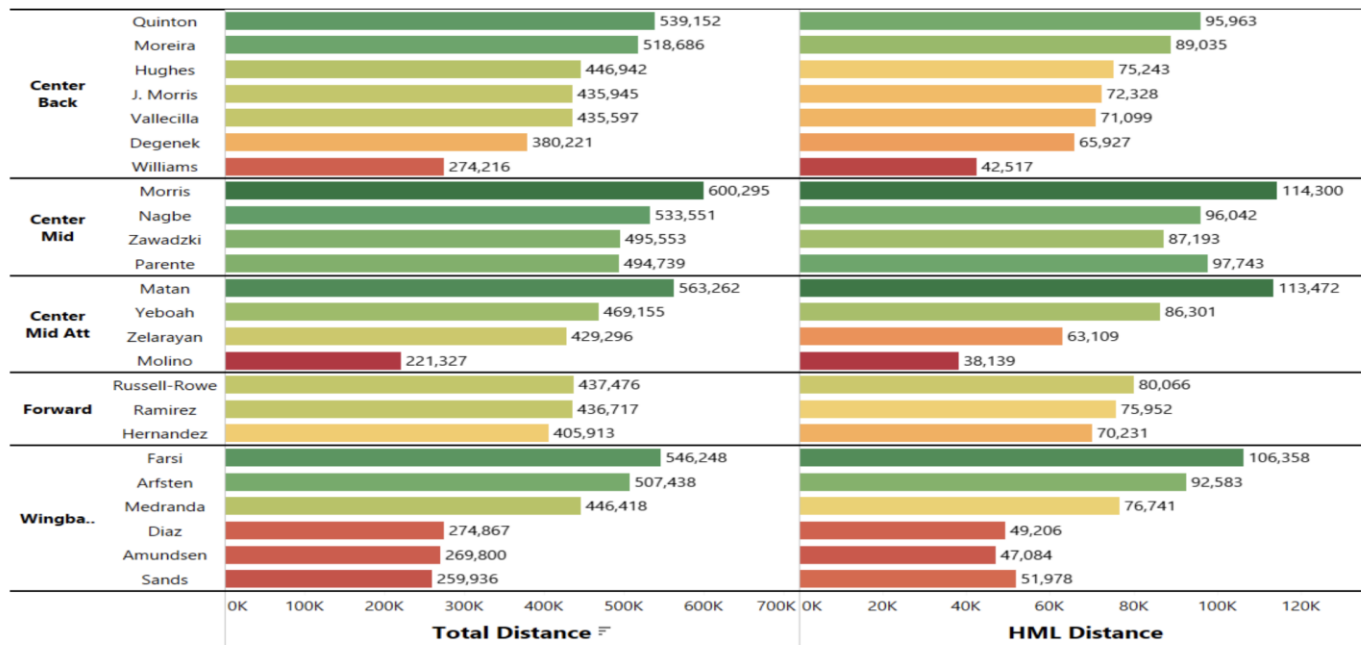
AVAILABILITY

2023 Midseason Review

2021
- Matches Played: 23
- Matches Missed: 128
  - 68 due to soft tissue injury
- Availability: 81.5%

2022
- Matches Played: 18
- Matches Missed: 66
  - 16 due to soft tissue injury
- Availability: 87.4%

2023
- Matches Played:
- Matches Missed: 113
  - 7 due to soft tissue injury
- Availability: 82.5%

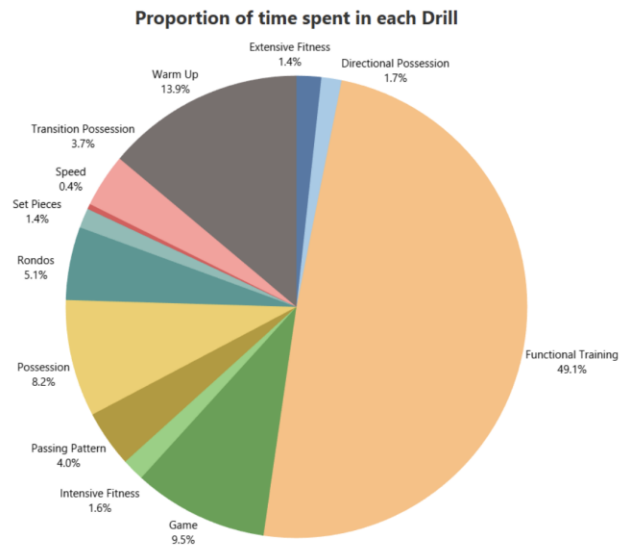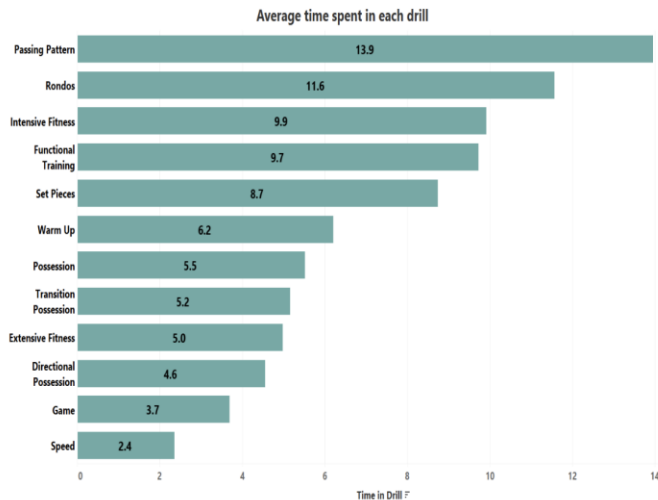|	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	1-Apr	8-Apr	15-Apr	22-Apr	26-Apr	29-Apr	10-May	13-May	17-May	20-May	24-May	28-May	31-May	3-Jun	10-Jun	17-Jun	24-Jun	1-Jul		Total			23	Games Missed
	Philly	DC United	TFC	NYRB	Atl United	RSL	DC United	NE Revs	Charlotte	Indy Eleven	Inter Miami	Loudon	Orlando	LAG	FC Cincy	Pittsburgh	Nashville	Colorado	Charlotte	Chicago	NYCFC	Nashville	NYRB						
TOTAL	99	98	100	101	96	96	107	101	101	97	102	92	101	95	101	101	102	98	98	103	97	102	98		2283				
Arfsten				12	12				6	79		92			95		91		20	11	3				421	18.4%	100.0%		
Bush			illness							97		92		98											287	12.6%	95.7%		1
Degenek	99	98	100	101 INTL		96	107	101	101	97	10	ACHILLES	ACHILLES	ACHILLES	ACHILLES	ACHILLES	ACHILLES	ACHILLES	ACHILLES	ACHILLES	ACHILLES		19		929	40.7%	56.5%		10
Diaz	50	21		LBP	LBP	LBP	LBP	LBP	LBP	LBP	LBP	LBP	LBP	LBP	LBP	LBP	LBP								71	3.1%	34.8%		15
Farsi	79	98	100	101	96	96	107	101	101	31	102	46	101	49	101	19		98	KNEE	103	97	102	98		1928	84.5%	95.7%		1
Hernandez	99	98	100	KNEE	KNEE	KNEE	KNEE	KNEE		47	102		93	78	101		102		98	103	97	102	98		1416	62.0%	78.3%		5
Hughes					5							46				98									149	6.5%	100.0%		
Matan	89	83	97	101	91	85	93	101	101	50	52		93		95	101		HAMMY	HAMMY	13	17	91	98		1525	66.8%	91.3%		2
Medranda			21	14		12			12	HAMMY	HAMMY	46		23	7	79		36							256	11.2%	91.3%		2
Molino	9	15	3	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE					INTL	INTL	INTL		27	1.2%	43.5%		13
Moreira	99	98	100	101	96	96	107	101	101	97	76	HAMMY		81	95		102		98	103	97	102	98		2047	89.7%	95.7%		1
Morris	79	98	100	101	96	96	107	81	96	31	92		101	95	101	19	102	98	98	103	INTL	INTL	INTL		1791	78.4%	100.0%		
J. Morris										18		27									LOAN	LOAN			45	2.0%	100.0%		
Nagbe	99	98	100	101	75	75	107	91	32	66	102		101	95	96		89	98	98	103	97	102	98		1923	84.2%	100.0%		
Parente					5					97		92	8			98		8		23	19	3			353	15.5%	100.0%		
Quinton	99	98	100	101	96		14			97	92	92	101	95	101	79	102	47							1314	57.6%	100.0%	✓	
Ramirez	PF	PF	PF		75	75	98	101	70		10	73	8	65	7	98	11	98	86	86	82	83	79		1203	52.7%	87.0%		3
Room		98	100	101 INTL		KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE				INTL	INTL				299	13.1%	39.1%		14
Russell-Rowe	20			31	85	21	7	21	32	97	50	46	81	17	7	98	13	23		2	15	INTL	INTL		666	29.2%	100.0%		
Sands	49	LBP	LBP	87	96	85	107	90	11	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE		525	23.0%	30.4%		16
Schulte	99				96	96	107	101	101		102		101	95	101		102	98	98	103	97	102	98		1697	74.3%	100.0%		
Scott			CALF					CONCUSSION	CONCUSSION	CONCUSSION	CONCUSSION														0	0.0%	73.9%		6
Vallecilla					91	96	96		101		102	46	101	69	92	61	67	HAMMY	HAMMY	HAMMY		16			1011	44.3%	87.0%		3
Williams			ANK		ANK	ANK	ANK	ANK	ANK	ANK	ANK	ANK	ANK	ANK	ANK										0	0.0%	26.1%		17
Yeboah	20	78	74	68	21	21	14	21	90	66	102	46	101	ANK	ANK		102	62	98	103	77	102	95		1361	59.6%	91.3%		2
Zawadzki	9	4			21	14	7	70	97	26	92	14	19	30		34	51	98	103	97	87	98			1076	47.1%	100.0%		
Zelarayan	89	93	100	101 INTL		75	93	101	101	102	KNEE	KNEE		46	101		102	75	91	101 INTL		102	95		1568	68.7%	91.3%		2
Amundsen											65	19		95	92	37	91	98	98	103	97	102	98		995	43.6%	100.0%		
																												82.5%	113

KEY TAKEAWAYS:

- While availability has suffered in the first half of this season. We've been fortunate to miss minimal time as a result of soft tissue injury.
- Knee injuries accounted for the majority of matches missed (49).
- 6 players account for 75% of the matches missed in the first half of the season (MD, LD, KM, ER, WS, JW)

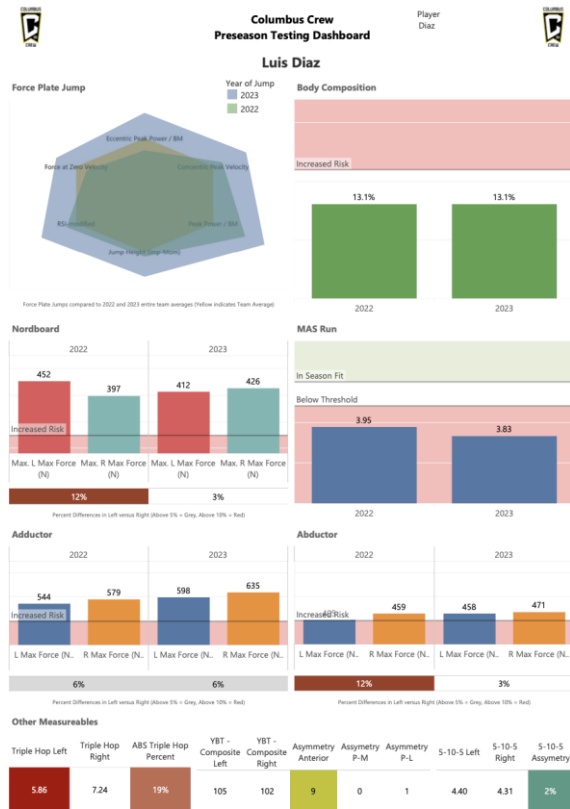## DRILL BREAKDOWN

2023 Midseason Review

Average time spent in each drill

Drill	Time
Passing Pattern	13.9
Rondos	11.6
Intensive Fitness	9.9
Functional Training	9.7
Set Pieces	8.7
Warm Up	6.2
Possession	5.5
Transition Possession	5.2
Extensive Fitness	5.0
Directional Possession	4.6
Game	3.7
Speed	2.4

Time in Drill

Proportion of time spent in each Drill

- Extensive Fitness 1.4%
- Directional Possession 1.7%
- Warm Up 13.9%
- Transition Possession 3.7%
- Speed 0.4%
- Set Pieces 1.4%
- Rondos 5.1%
- Possession 8.2%
- Passing Pattern 4.0%
- Intensive Fitness 1.6%
- Game 9.5%
- Functional Training 49.1%

THE CREW

EXECUTIVE SUMMARY

NORDBORD – Hamstring Strength

- Center Midfielders and Center Attacking Midfielders shows lower values compared to other positions. These lower scores could be derived by the fact that these positions require less sprinting compared to the others.
- Three Center Backs (Rudy, Steven and Cheba) are amongst the players with the lowest values. This issue has already been addressed in their individual plans. However, since we are in season and specific hamstring work requires caution, focus is on hamstrings Health rather than Max Strength.

Asymmetries:
- Rudy - Left
- Steven – Left
- Cheba – Left
- Sean – Right
- Darlington – Right
- Diego - Left

Increased:
- Mo
- Aidan
- Jacen

Decreased:
- Kevin
- Malte
- Yaw

ADDUCTION

- Wingbacks are the group that overall shows lower values. The hip placement and movements required in lateral positions could be the reason for these scores.
- Steven, Yaw, Jimmy, Kevin show amongst the lowest values overall.
- Introduction of Leaderboard helped to increase competition and overall values.

Asymmetries:
- Evan – Left
- Steven – Left
- Mo - Left
- Darlington - Left

Increased:
- Evan
- Gustavo
- Phil
- Max
- Mo
- Sean
- Cucho

Decreased:
- Kevin

FORCE PLATES - Jumps

- Based on the metrics considered:
  - Rudy and Kevin are the worst performers.
  - Gustavo, Cheba, Yaw, Darlington, Sean and Jacen are the best jumpers.
- Introduction of Leaderboard helped to increase competition and overall values.

Stable:
- Phil
- Josh
- Malte

Increased:
- Evan
- Patrick
- Steven
- Gustavo
- Cheba
- Max
- Yaw
- Jimmy
- Mo
- Darlington
- Sean
- Alex
- Cucho
- Jacen
- Chsristian

Decreased:
- Julian
- Kevin

EXECUTIVE SUMMARY

COLUMBUS CREW	MEDICAL/INJURY HISTORY						TESTING			GENERAL PERFORMANCE ACTIVATION INDIVIDUALIZATION				
	Hamstrings	Quad	Adductors	Knee	Ankle	LumboPelvic	Jumps	Hamstrings	Adduction	General	Hamstrings	LumboPelvic	Knee	Adductors
Amundsen								↓						
Arfsten							↑		↑					
Bush							↑		↑ - ASY (L)					
Camacho								ASY (L)						
Cheberko							↑	ASY (L)						
Farsi							↑	↑	↑ - ASY (L)					
Gressel							↓							
Hernandez							↑		↑					
Matan							↑							
Medranda							↑							
Molino							↓	↓	↓					
Moreira							↑	ASY (L)	ASY (L)					
Morris, A							↑	↑					w/ Proprio	
Nagbe							↑	ASY (R)	ASY (L)					
Parente							↑							
Quinton									↑					
Ramirez							↑			Achilles				
Rossi								ASY (L)						
Russell-Rowe							↑	↑						
Schulte							↑							
Scott														
Vallecilla									↑					
Williams							↑			Achilles				
Yeboah							↑	↓						
Zawadzki							↑	ASY (R)	↑					

EXECUTIVE SUMMARY

NORDBORD DATA

Semanais

PERFORMANCE DEPARTMENT
WEEKLY UPDATE

MONDAY, OCTOBER 9, 2023

CERTIFICAÇÃO EXECUTIVO DE FUTEBOL 2024

PLAYER AVAILABILITY

	26-Aug TFC	30-Aug Houston	2-Sep Montreal	16-Sep Orlando	20-Sep Chicago	23-Sep Dallas	30-Sep Philly	4-Oct NE Revs	7-Oct Atl United	21-Oct Montreal	Total	%	%	39 Games Missed
TOTAL	95	102	98	102	103	103	100	101	98		3883			
Arfsten	10	72									621	16.0%	100.0%	
Bush											485	12.5%	97.4%	1
Farsi	10	72	12	20	48		16	92	9		2674	68.9%	97.4%	1
Hernandez	89	102	98	102	80	103	100	101	98		2849	73.4%	87.2%	5
Hughes	LOAN	LOAN	LOAN	LOAN	LOAN	LOAN	LOAN	LOAN	LOAN		149	3.8%	100.0%	
Matan	26	102	20	74	80	92	90	74	93		2603	67.0%	92.3%	3
Medranda	6		12	20	11		10		4		276	7.1%	94.9%	2
Molino	6			23			10		4		142	3.7%	66.7%	13
Moreira	95	102	78	102	103	103	100	101	98		3425	88.2%	97.4%	1
Morris	85	102	98	102	56	92	65	101	98		3079	79.3%	100.0%	
J. Morris	LOAN	LOAN	LOAN	LOAN	LOAN	LOAN	LOAN	LOAN	LOAN		45	1.2%	100.0%	
Nagbe	95	50	98	102	92	11	100	101	98		3311	85.3%	100.0%	
Parente											367	9.5%	100.0%	
Quinton								CONCUSSION	CONCUSSION		1314	33.8%	94.9%	2
Ramirez	69	23	78	6	23	11	35	27	6		2137	55.0%	92.3%	3
Russell-Rowe	26	50									887	22.8%	100.0%	
Sands	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE	KNEE		525	13.5%	17.9%	32
Schulte	95	102	98	102	103	103	100	101	98		3099	79.8%	100.0%	
Scott											0	0.0%	74.4%	10
Vallecilla											1160	29.9%	92.3%	3
Williams											0	0.0%	56.4%	17
Yeboah	85	30	78	74	103	103	100	62			2476	63.8%	94.9%	2
Zawadzki	10	30	20	28	48	103	SUSP	101	98		2176	56.0%	100.0%	
Amundsen	95	SUSP	98	102	103	103	100		101	SUSP	2377	61.2%	100.0%	
Cheberko		79	20	28						87	323	8.3%	100.0%	
Gressel	85	30	86	83	56	103	84	9		98	845	21.8%	100.0%	
Rossi	69	52	86	96	103	103	100	101	95		845	21.8%	100.0%	
Camacho	95	52	98	83	103	103	100	38	98		776	20.0%	100.0%	
Room											299	7.7%	44.0%	14
Degenek											1062	27.3%	61.5%	10
Zelarayan											1941	50.0%	92.6%	2
Diaz											113	2.9%	51.6%	15

87.7% 136

	26-Aug	30-Aug	2-Sep	16-Sep	20-Sep	23-Sep	30-Sep	4-Oct	7-Oct	21-Oct	
Opponent Average Age	27.9	28.4	23.4	27.4	26.9	27.2	26.4	28.0	27.2		26.9
Columbus Crew Average Age	27.6	24.6	27.6	26.8	26.8	25.9	26.9	25.5	26.6		26.3
	-0.3	-3.8	4.2	-0.6	-0.1	-1.3	0.5	-2.5	-0.6		-0.5

CREW 2 MATCH MINUTES

	Total
TOTAL	2664
Scott	1416
J. Morris	528
Hughes	869
Quinton	674
Medranda	77
Arfsten	82
Zawadzki	97
Parente	417
Yeboah	67
Russell-Rowe	67
Amundsen	75
Diaz	95
Molino	48
Williams	
	4512

KEY TAKEAWAYS:
*Weekly Availability: **93.5%** --> Phil Quinton missed the week of training due to a concussion sustained in Crew 2 Match on 10/1.
*July 15th - Last match missed as a result on injury (excluding Will Sands, Jake Morris)

STRENGTH

UBL = Upper Body Lift, LBL = Lower Body Lift, TBL = Total Body Lift, Met-Con = Metabolic Conditioning, NT = National Team

	10/2/23 MON	10/3/23 TUE	10/4/23 WED	10/5/23 THU	10/6/23 FRI	10/7/23 SAT	10/8/23 SUN
	MONITORING | LB ISO	LBL(eccentric)	vs NE	LMP: Upper Body	PAP	vs ATL	OFF
Brady Scott	LBL-STR + PLYO	UBL-STR	OFF(from gym)	LBL-SPD	UBL-SPD	OFF(from gym)	
Evan Bush				UBL	POWER		
Patrick Schulte	LBL-CON + PLYO			UBL	POWER		
Christian Ramirez				LBL(con)	POWER		
Diego Rossi					POWER		
Cucho Hernandez					POWER		
Jacen Russell-Rowe	UBL			LBL(con)	POWER		
Aidan Morris	LBL(iso)				POWER		
Alexandru Matan	UBL				POWER		
Darlington Nagbe	UBL				POWER		
Isaiah Parente	UBL		Reserve Session	LBL(con)	POWER	Reserve Training	
Kevin Molino	UBL			LBL(con)	POWER		
Maximillian Arfsten	UBL			LBL(con)	POWER		
Sean Zawadzki	UBL				POWER		
Yaw Yeboah	LBL(iso) + UBL				POWER		
Gustavo Vallecilla	UBL		Reserve Session	LBL(con)	POWER		
Jimmy Medranda	UBL			LBL(con)	POWER		
Josh Williams	UBL		Reserve Session	LBL(con)	POWER	Reserve Training	
Julian Gressel	LBL(iso)				POWER		
Malte Amundsen	LBL(iso)			UBL	POWER	Reserve Training	
Mo Farsi	UBL			LBL(con)	POWER		
Philip Quinton	CONCUSSION	CONCUSSION	CONCUSSION	CONCUSSION	CONCUSSION	CONCUSSION	
Rudy Camacho	LBL(iso)				POWER		
Steven Moreira	LBL(iso) + UBL				POWER		
Will Sands	Rehab	LBL	RTP	UBL	POWER		
Yevhen Cheberko	UBL				POWER		

MEDICAL

Will Sands	Will is doing well and had a good week of training prior to getting an extended break. He will continue to focus on building his fitness and strength over the next couple weeks.

Phil Quinton	Phil suffered a concussion in the Crew 2 playoff game. He has been recovering this week while continuing to report symptoms. Over the weekend he has improved and will plan to start his return to training protocol early in the upcoming week.

Rudy Camacho	Rudy has been dealing with some discomfort in his proximal hamstring tendon. We have been able to manage it through the past week of games and referred him for an MRI to determine the extent of the injury this weekend. Results showed minimal inflammation of the tendon. We will continue to treat his symptoms and encourage him to report for activation focused on hamstring health consistently.

Will Sands	21 weeks		2	3	4	5	6	7	8
	Field	Re-Entry	Intensive	Extensive	Mixed + Speed			
	Strength	Plyos	Strength	Plyos	Strength			
	Recovery Assessments				Nordic	OFF	OFF	OFF

NUTRITION

Player	Important Information	MD-2 Atlanta		MD-2 New England	
		USG	Category	USG	Category
Quinton	Spoke to Phil about things to help nutritionally for concussion				
Williams		DNT	Tested MD-1: 1.0040	1.0018	Well Hydrated
Camacho		1.007	Well hydrated	1.0237	Minimal Dehydration
Nagbe		1.0277	Significant Dehydration	1.0183	Hydrated
Gressel		1.0044	Well hydrated	1.0156	Hydrated
A. Morris		1.0241	Minimal Dehydration	1.0199	Hydrated
Hernandez		1.0214	Minimal Dehydration	1.014	Hydrated
Rossi		1.014	Hydrated	1.0078	Well Hydrated
Vallecilla		1.012	Hydrated	1.014	Hydrated
Molino		DNT	Tested MD-1: 1.016	1.0168	Hydrated
Yeboah		1.027	Significant Dehydration	1.0233	Minimal Dehydration
Parente		1.014	Hydrated	1.0128	Hydrated
Ramirez		1.0087	Well hydrated	1.0116	Hydrated
Amundsen		1.0233	Minimal Dehydration	1.0292	Significant Dehydration
Russell-Rowe	F/u with Jacen daily about his plan	1.0233	Minimal Dehydration	1.0207	Hydrated
Matan		1.027	Significant Dehydration	1.0112	Hydrated
Cheberko		1.0203	Hydrated	1.0164	Hydrated
Farsi		DNT	Tested MD-1: 1.0176	1.016	Hydrated
Bush		DNT	Tested MD-1: 1.0140	1.014	Hydrated
Zawadzki		1.0099	Hydrated	1.0099	Hydrated
Arfsten		1.007	Well hydrated	1.0078	Hydrated
Schulte		1.016	Hydrated	1.0229	Minimal Dehydration
Sands	Checked in regarding RTP and progress				
Moreira		DNT	Tested MD-1: 1.0172	1.0203	Hydrated
Scott		1.0172	Hydrated	1.0132	Hydrated
Medranda		1.0183	Hydrated	1.0172	Hydrated

Diários

PERFORMANCE X EXECUTIVO

Columbus Crew

MatchDayMinusThree
First Team Training
11/29/2023

Colors as Compared to Max in Matches
60% — 100%

Intensity

		TD per Min	HMP per Min	HML per Min	HSR per Min	SD per Min	Accel TD per Min	Decel TD per Min
Center Back	Camacho	83.7	17.3	12.0	1.8	0.0	2.8	1.5
	Cheberko	81.5	24.4	18.3	4.5	1.4	6.4	1.7
	J. Morris	78.5	20.7	10.6	2.3	0.0	3.6	1.1
	Moreira	81.6	20.9	15.2	3.8	0.6	4.1	2.0
	Quinton	88.9	37.7	22.9	11.3	1.0	5.2	2.6
	Vallecilla	81.6	18.9	14.2	3.5	1.3	4.4	1.7
Wing Back	Amundsen	83.8	20.9	14.7	3.9	0.6	4.6	1.7
	Arfsten	94.7	29.7	23.1	7.1	5.0	7.5	3.2
	Farsi	83.6	21.9	15.7	5.6	0.3	6.0	2.5
	Gressel	89.3	24.4	18.6	4.9	1.8	4.9	2.2
	Medranda	86.2	23.1	15.2	2.7	0.5	4.3	1.6
	Sands	85.4	31.7	19.1	6.0	1.4	3.9	1.8
Center Mid	Morris	90.7	24.4	16.1	3.0	0.8	5.0	1.4
	Nagbe	84.8	22.2	15.2	2.8	1.2	5.7	1.6
	Parente	93.0	29.6	20.1	4.5	0.3	7.8	2.1
	Zawadzki	84.2	22.6	16.0	3.8	2.3	5.1	2.2
Center Mid Att	Matan	96.9	28.5	19.0	4.1	1.7	5.4	2.4
	Molino	86.4	20.5	14.6	2.0	0.0	5.9	1.3
	Rossi	86.7	26.3	19.0	5.7	2.0	6.6	1.9
	Yeboah	81.7	22.5	16.8	4.4	2.4	5.7	2.3
Forward	Hernandez	79.1	19.6	14.6	3.6	1.1	4.3	1.9
	Ramirez	79.0	18.6	13.7	3.0	0.5	6.0	1.0
	Russell-Rowe	81.5	20.1	15.0	3.9	1.9	6.5	1.9

Speed Strength

	Max Speed	Max Accel	Max Decel
Camacho	6.4 (73%)	4.6	5.0
Cheberko	9.3 (96%)	5.7	5.0
J. Morris	7.0 (74%)	4.8	4.2
Moreira	7.9 (79%)	4.6	5.8
Quinton	7.9 (79%)	4.9	6.8
Vallecilla	8.2 (85%)	4.8	5.4
Amundsen	8.1 (81%)	5.3	8.4
Arfsten	9.1 (95%)	5.6	6.3
Farsi	7.7 (78%)	5.3	5.9
Gressel	8.9 (95%)	5.6	6.2
Medranda	8.4 (89%)	5.7	6.6
Sands	8.2 (85%)	5.2	4.6
Morris	7.6 (81%)	5.4	7.5
Nagbe	9.1 (90%)	5.9	6.1
Parente	7.8 (80%)	5.3	5.9
Zawadzki	8.9 (90%)	5.7	6.7
Matan	8.0 (84%)	5.1	6.1
Molino	6.9 (73%)	4.9	5.5
Rossi	9.1 (92%)	5.0	5.6
Yeboah	8.6 (86%)	5.4	6.2
Hernandez	8.4 (87%)	5.4	6.2
Ramirez	8.1 (68%)	4.9	5.2
Russell-Rowe	8.4 (83%)	5.5	6.2

DSL:HML Ratio

Medranda	Camacho	Ramirez	Cheberko	J. Morris	Nagbe	Morris	Hernandez	Sands	Moreira	Arfsten	Matan	Rossi	Parente	Yeboah	Russell-R.	Zawadzki	Vallecilla	Gressel	Amundsen	Farsi	Quinton	Molino
0.29	0.18	0.16	0.14	0.13	0.13	0.12	0.12	0.12	0.12	0.11	0.11	0.11	0.10	0.09	0.08	0.08	0.08	0.07	0.07	0.07	0.07	0.06

Physical Metrics: Individual

Orlando City Physical Metrics

		Total Distance	Running Distance	HSR	Sprint Distance	Sprints	Max Speed	Sprints Own Ball	Sprints Opp. Ball	SD Own Ball	SD Opp. Ball
Goalkeeper	Pedro Gallese	5,293	119	18	0	0	6.34	0	0	0	0
Center Back	Robin Jansson	12,397	755	352	294	22	8.73	2	20	28	266
	Rodrigo Schlegel	8,265	509	270	152	13	7.90	0	12	7	146
Fullback	Dagur Thorhallsson	14,677	1,331	570	333	26	9.31	8	17	91	242
	Rafael Santos	8,185	661	329	362	22	8.61	12	10	166	196
Defensive Midfielder	Cesar Araujo	15,265	1,274	585	515	30	8.63	3	27	45	470
	Wilder Cartagena	6,970	502	193	95	10	8.72	0	10	3	92
Winger	Facundo Torres	15,196	1,668	547	431	28	8.53	17	10	224	207
	Ivan Angulo	9,982	992	435	627	30	9.33	15	15	327	300
Center Mid Att	Mauricio Pereyra	8,208	805	215	74	7	7.34	3	4	12	61
Striker	Duncan McGuire	8,151	697	268	356	20	9.48	13	7	208	147
Substitute	Martin Ojeda	8,667	1,375	480	268	20	8.33	8	12	116	152
	Junior Urso	7,034	832	324	267	17	8.75	3	13	54	199
	Kyle Smith	5,721	674	266	195	12	9.23	3	8	37	151
	Ramiro Enrique	6,882	626	277	352	22	9.13	12	10	202	150
	Antonio Carlos Cun..	4,801	291	132	148	11	8.32	2	9	31	117

Columbus Crew Physical Metrics

		Total Distance	Running Distance	HSR	Sprint Distance	Sprints	Max Speed	Sprints Own Ball	Sprints Opp. Ball	SD Own Ball	SD Opp. Ball
Goalkeeper	Patrick Schulte	6,950	113	46	6	1	6.88	0	1	0	6
Center Back	Malte Amundsen	14,438	1,038	407	341	23	8.74	9	14	99	241
	Rudy Camacho	14,104	891	381	198	16	7.93	1	15	2	197
	Steven Moreira	11,060	809	324	177	12	9.51	4	8	33	144
Fullback	Mohamed Farsi	15,199	1,304	657	640	41	9.21	22	18	382	234
	Yaw Yeboah	10,978	910	396	324	23	8.78	15	8	209	115
Defensive Midfielder	Aidan Morris	15,576	1,430	409	126	14	7.83	3	11	16	110
	Darlington Nagbe	13,638	1,129	271	214	15	8.35	7	8	68	146
Winger	Diego Rossi	13,508	1,304	582	667	43	9.25	34	8	557	101
	Alexandru Irinel Ma..	12,062	1,227	469	364	22	8.79	16	6	299	60
Striker	Juan Hernandez	12,715	995	476	340	27	8.93	20	6	231	55
Substitute	Christian Ramirez	4,012	499	128	72	7	7.94	5	2	36	36
	Kevin Molino	2,418	310	165	54	7	7.87	3	3	37	17
	Sean Zawadzki	3,101	245	112	74	8	8.78	0	7	0	72
	Yevhen Cheberko	1,922	150	50	0	1	6.56	1	0	0	0
	Jacen Russell-Rowe	448	56	19	26	1	8.19	1	0	26	0

Notes:
Individual player values over the course of the match. Colors represent positional per 90 thresholds. Achieving above the 80th percentile or below the 20th percentile indicates the color.
Running Distance: Distance covered between 17 km/hr and 21 km/hr
High Speed Running: Distance covered between 21 km/hr and 24 km/hr
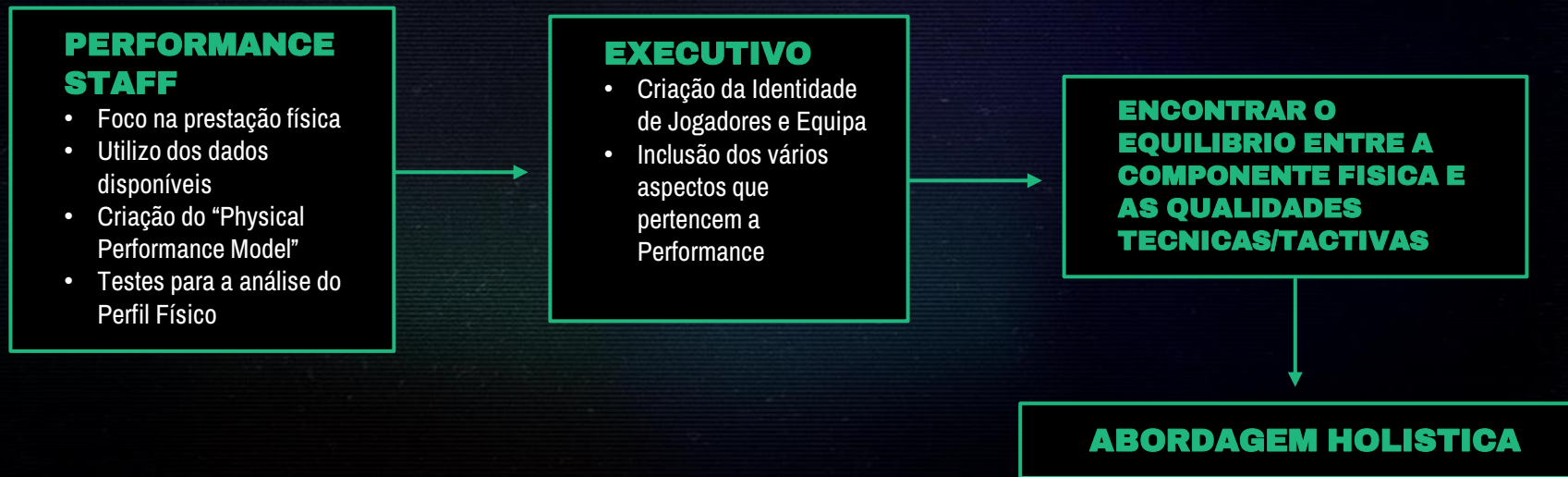Sprint Distance: Distance covered above 24 km/hr
Sprints Own Ball/Opponent Ball: When each player achieved a sprint. These metrics look at when a player may sprint when their team has possession or the opponent has possession. These values are not color-coded due style of play differences in the league.

Utilizo dos Dados Físicos no Processo de Recrutamento

Abordagem Holística

CERTIFICAÇÃO
EXECUTIVO
DE FUTEBOL
2024

PERFORMANCE X EXECUTIVO

UTILIZO DOS DADOS FISICOS NO PROCESSO DE RECRUTAMENTO

PERFORMANCE STAFF
- Foco na prestação física
- Utilizo dos dados disponíveis
- Criação do "Physical Performance Model"
- Testes para a análise do Perfil Físico

EXECUTIVO
- Criação da Identidade de Jogadores e Equipa
- Inclusão dos vários aspectos que pertencem a Performance

ENCONTRAR O EQUILIBRIO ENTRE A COMPONENTE FISICA E AS QUALIDADES TECNICAS/TACTIVAS

ABORDAGEM HOLISTICA

CERTIFICAÇÃO
EXECUTIVO
DE FUTEBOL
2024

Physical Performance Model

Columbus Crew: Physical Rankings - As of June 29, 2023
Center Back

PERFORMANCE X EXECUTIVO
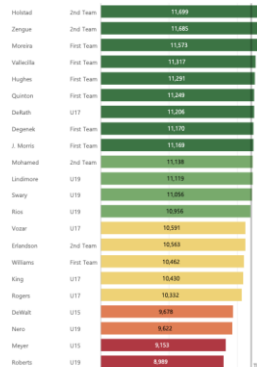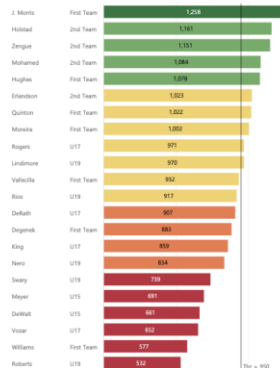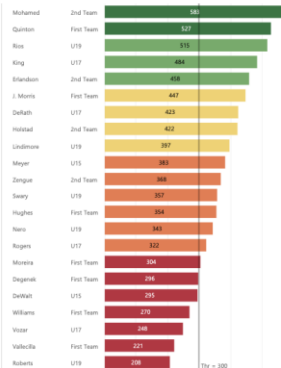
New England Revolution
GPS Player Profiles

4-2-3-1

4-3-3

Position Characteristics

- Good Volume – Defensive + Build Up Phase
- Intermittent Capacity (HSR) – Rest Defense
- Speed – Cover Depth, Transition & Unbalance
- Accel/Decel – 1v1 Pressure + Defensive Duels

- Good Volume – Defensive + Attacking Phase
- Intermittent Capacity (HSR) – Cover Sideline + Overlaps
- Speed – Cover Depth, Transition & Unbalance
- Accel/Decel – 1v1 Pressure + Offensive & Defensive Duels

- Good Volume – Defensive + Build Up Phase
- Intermittent Capacity (HSR) – Box to Box
- Accel/Decel – 1v1 Pressure + Defensive Duels

- Good Volume – Attacking + Build Up Phase
- Intermittent Capacity (HSR) – Dominant Presence Final 1/3
- Accel/Decel – 1v1 Pressure + Offensive Duels

- Good Volume – Attacking, Build Up + Defensive Phase
- Intermittent Capacity (HSR) – Cover Sideline + Wing Progression + Attacking Depth
- Speed –Attacking + Defending Transition
- Accel/Decel – 1v1 Offensive Duels + Pressure

- Good Volume – Attacking + First Line of Pressure
- Intermittent Capacity (HSR) – Repeated Capacity of Attacking Depth
- Speed – Anaerobic Sprint Capacity
- Accel/Decel – 1v1 Offensive Duels + Pressure

FWD
TD: 10.000-11.000m
HML: 2.000-2.500m
HSR: 500-600m
SD: 250-400m
# of Sprints: 15-30

CAM
TD: 10.500-11.500m
HML: 2.000-2.500m
HSR: 400-600m
SD: 200-300m
# of Sprints: 10-20

WAM
TD: 10.500-11.500m
HML: 2.200-2.700m
HSR: 500-700m
SD: 400-600m
# of Sprints: 20-30

CM
TD: 11.000-12.500m
HML: 2.300-3.000m
HSR: 500-700m
SD: 200-300m
# of Sprints: 10-15

FB
TD: 11.000-12.500m
HML: 2.200-2.800m
HSR: 600-800m
SD: 500-700m
# of Sprints: 25-35

CB
TD: 10.000-11.000m
HML: 1.800-2.200m
HSR: 400-600m
SD: 150-250m
# of Sprints: 10-20

Legend

TD – Total Distance (Meters)
HML – High Metabolic Loads – Distance covered above 25W/kg (Meters)
HSR – High Speed Running – Distance covered between 5.5-7m/s (Meters)
SD – Sprint Distance Distance covered above 7m/s (Meters)
# of Sprints - Number of time above 7m/s

CERTIFICAÇÃO
EXECUTIVO
DE FUTEBOL
2024

Identidade de Jogadores e Equipa

ONE CLUB

Player Profiles

PLAYER PROFILES

CORE ELEMENTS

THE BRAIN
Intelligence

THE HEART
Effort

THE FEET
Audacity

EFFORT

THE HEART

A determined effort to work, compete and play with aggression.
A player who plays for the team.
A player with continuity.

AGGRESSION.

SOLIDARITY.

CONTINUITY.

AUDACITY

THE FEET

A willingness to be bold and take risks.
A player with precise technical execution.
An imaginative player.

IMPACT.

EXECUTION.

CREATIVITY.

EASE

INTELLIGENCE

THE BRAIN

The game intelligence and intellectual capacity of the player.
An open-minded player.
A player who understand what the game needs.

COLLECTIVE INTELLIGENCE.

PERCEPTION.

GAME MANAGEMENT.

GOALKEEPER

EFFORT
Brave
Agile
Makes game defining saves

KEY ACTIONS
Play through, around, and over opponents
Secure in big moments

INTELLIGENCE
Presence, commanding & demanding
Anticipation, ability to read the game
Game management

DATA
Bypassed Opponents: 21.5+ per game
Goals Saved Above Expected: 0.22+ per game

MENTAL
Resilient
Communicative
Composed

AUDACITY
Plays off the line, last man
A player in possession, range of passing
Disrupt the line with quality of pass
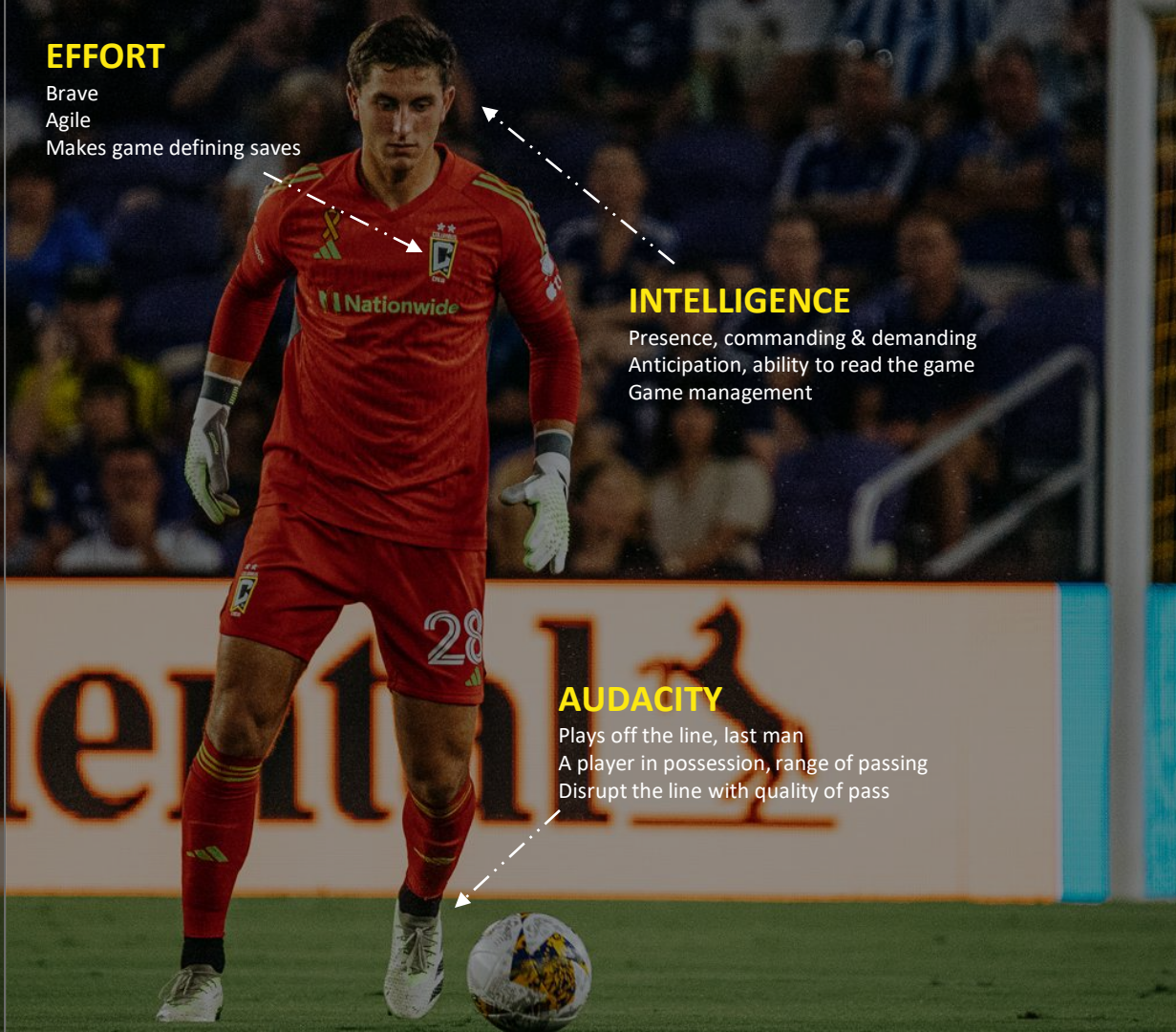
CENTERBACK

KEY ACTIONS
Breaks lines of pressure through pass and dribble
1v1 defending with space behind

DATA
Bypassed Opponents: 50+ per game
Ball Loss Added Opponents: 9.5+ per game
Ball Win Added Teammates: 35+ per game

MENTAL
Bravery
Commitment

PHYSICAL
TD: 11 000+
Max Speed: 33kmh+
Max Speed: 9.2ms+

EFFORT
Likes to defend
Disciplined & Aggressive
Pace

INTELLIGENCE
Defending big space, managing depth
Connected positioning, rest defense
Leader & organizer
Manage tempo, pause & quick

AUDACITY
Comfort on the ball, attract the opponent
Passing detail & range
Accept the 1v1, ground and air
Front foot defending

WING BACK

KEY ACTIONS
Forward runs to unbalance and attack the box
1v1 Defending

DATA
Ball Win Removed Opponents: 14+ per game
Bypassed Opponents Receiving: 15+ per game
Bypassed Opponents via dribbling: 7+ per game
Bypassed Defenders: 8+ per game

MENTAL
Fearless
Tenacious

PHYSICAL
TD: 11 000+
HML: 2400+
HSR: 800+
SD: 500+
Acceleration Count: 100+
Deceleration Count: 120+
HI Decel: 50+

INTELLIGENCE
Double task
Duels and timing, reading of the game
Positioning

EFFORT
Run - repeat the action
Dynamic
Ability to press
Transition to defend

AUDACITY
Decisive technique, last pass and finish
Unbalancing, 1v1 dribbling & run behind
Accept the 1v1, ground and air
Front foot defending
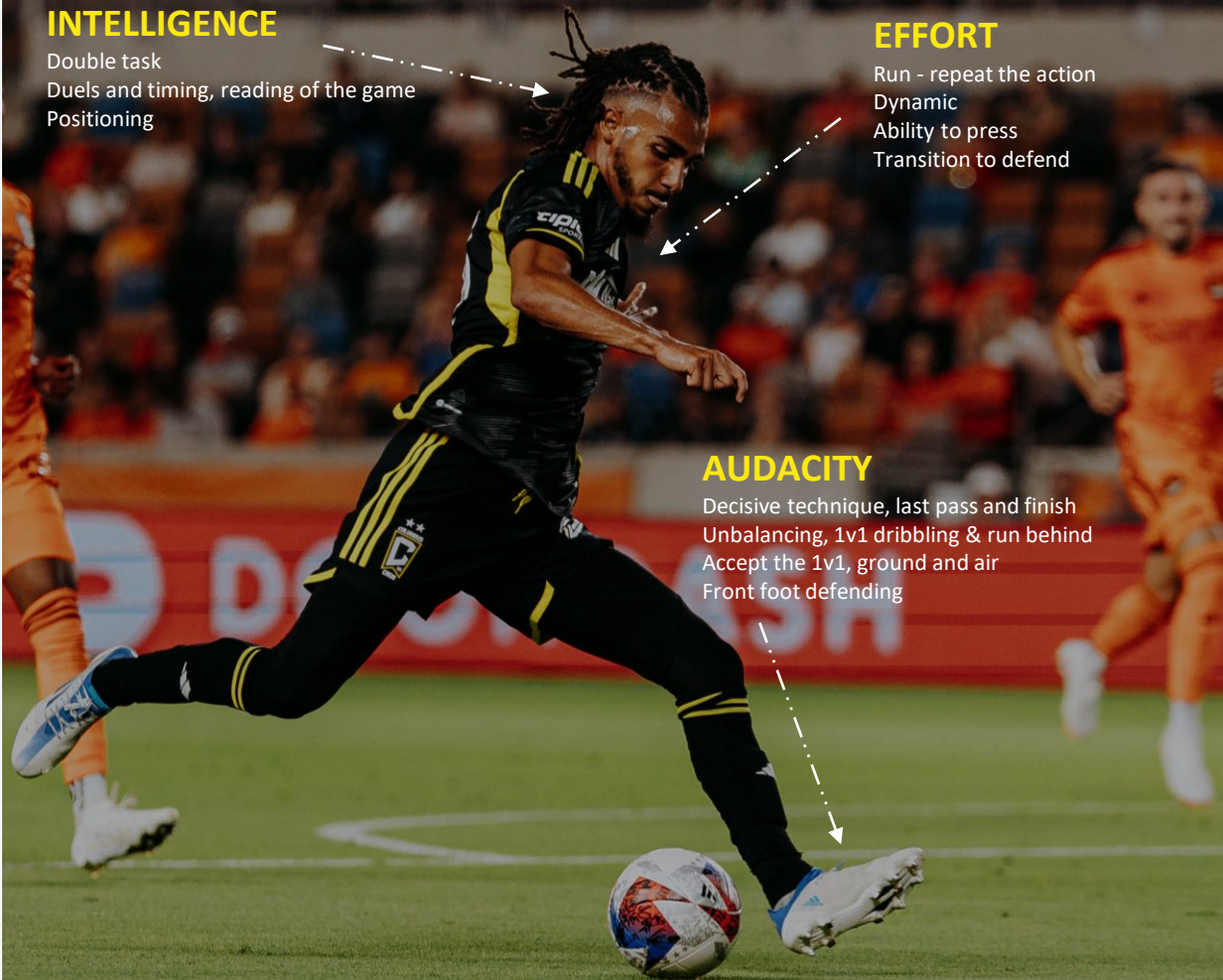
6 | 8
MIDFIELDER

KEY ACTIONS
Play under pressure to break lines and play forward
Pressure, cover, balance

DATA
Ball win removed opponents: 28+ per game
Bypassed Opponents: 38+ per game
Bypassed Defenders: 8+ per game

MENTAL
Composed
Competitive

PHYSICAL
TD: 11 500 meters +
HML: 2100+
HMP: 4000 meters +
Acceleration Count: 100+
Deceleration Count: 120+
HI Accel: 30+
HI Decel: 50+

EFFORT
Mobility & Availability
Legs - Volume and Endurance
Transition to defend

INTELLIGENCE
Versatility, 6/8 Hybrid
Activity & Continuity
Ball winning, duels
Block the DGC, interceptions

AUDACITY
Passing precision & time edge creation
Combination play, link up
Goal & assist contribution

8 | 10
MIDFIELDER

KEY ACTIONS
Create separation by positioning, dribbling to unbalance and attacking the box
High press and back press

DATA
Bypassed Defenders: 13+ per game
xG: 0.11+ per shot | xA: 0.15+ per game
Bypassed Defenders Receiving: 11+
Ball Win Removed Opponents: 15+

MENTAL
Creative
Quick thinker

PHYSICAL
TD: 11,000+
HSR: 800+
SD: 500+
Acceleration Count: 100+
Deceleration Count: 120+

EFFORT
Mobility & Availability
Legs - Volume & Endurance
Ability to press
Transition to defend

INTELLIGENCE
Versatility, 8/10 hybrid
Activity & Continuity
Creates the time edge, under pressure

AUDACITY
Decisive final pass
Run behind
Variation to beat direct opponent

WINGER

KEY ACTIONS

1v1 to unbalance and attack the box
High press & 1v1 defending

DATA

Bypassed Opponents via dribbling: 4+ per game
xG: 0.12+ per shot | xA: 0.15+ per game
Bypassed Defenders Receiving: 6+ per game
Bypassed Defenders: 9+ per game

MENTAL

Confident
Emotional control

PHYSICAL

TD: 11 000+
HSR: 800+
SD: 500+
Acceleration Count: 100+
Deceleration Count: 120+

EFFORT

Press
Run - repeat the action
Transition to defend

INTELLIGENCE

Space recognition, get open
Creates space, decoy and variation of movement, exciting
Creates and keeps the time edge, by combination & dribbling

AUDACITY

Enjoys the 1v1, creates fear
Combination play, link up
Attacks the box
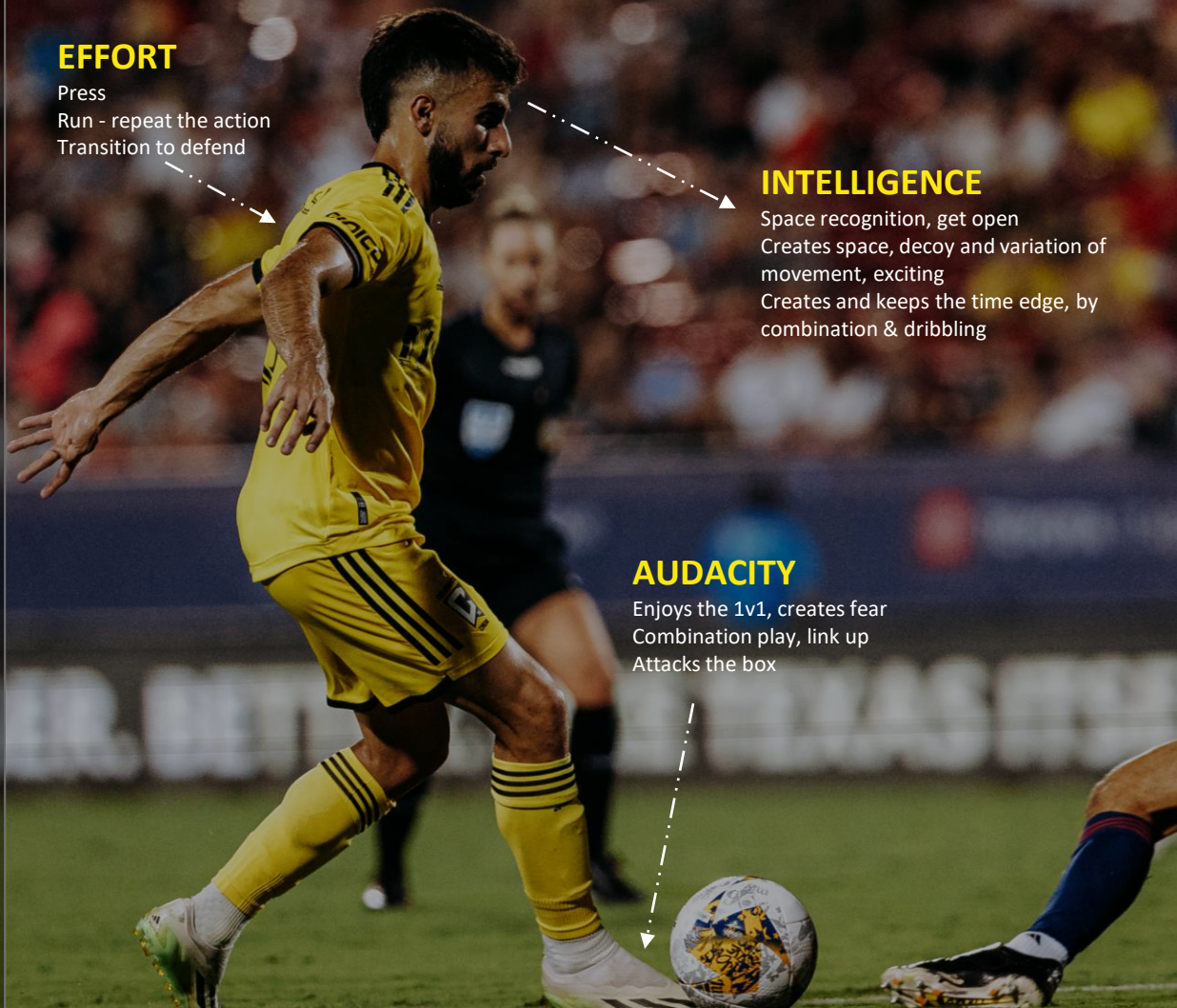
FORWARD

KEY ACTIONS
Link up and hold up play
Run in behind to attack the box and finish
High press and back press

DATA
xG: 0.14+ per shot: | xA: 0.11+ per game
Bypassed Defenders Receiving: 15+ per game
Bypassed Defenders: 4+ per game

MENTAL
Confident
Emotional control

PHYSICAL
TD: 11 000+
HSR: 600+
SD: 400+
Max Speed: 33kmh+
Max Speed: 9.2ms+

EFFORT
Press
Off-ball activity
Transition to defend

INTELLIGENCE
Clever movement, deception
Creates space for self and others
Timing to arrive

AUDACITY
Ball security, initiate contact
Combination play, link up
Confidence, something out of nothing
Decisive finisher, killer and ruthless

Analise do Perfil Físico

COLUMBUS
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CREW

COLUMBUS CREW
ACADEMY TRIALIST REPORT

THE CREW

PRINCE FORFOR

- 03/14/2009- 14.5 years old
- Height- 177cm (69.9 in)
- Weight- 67kg (147.7 lbs)
- PHV- 0.15
- Primary Position- Winger
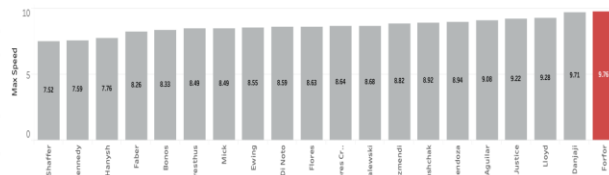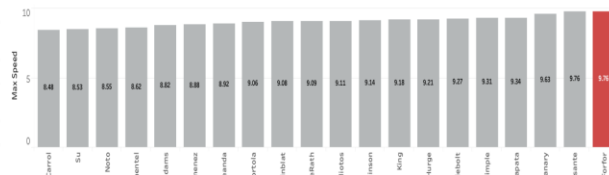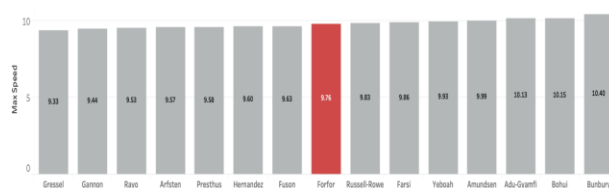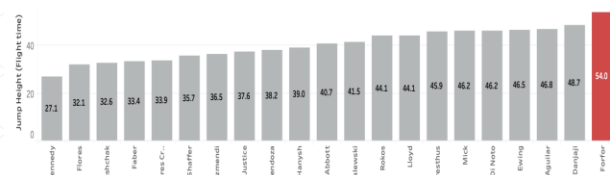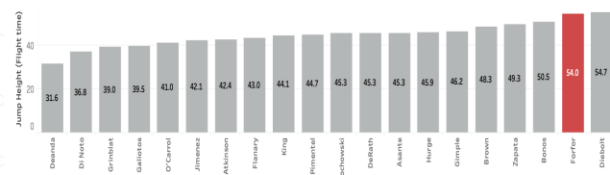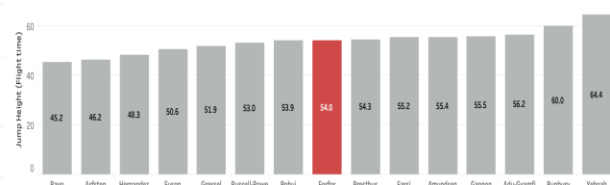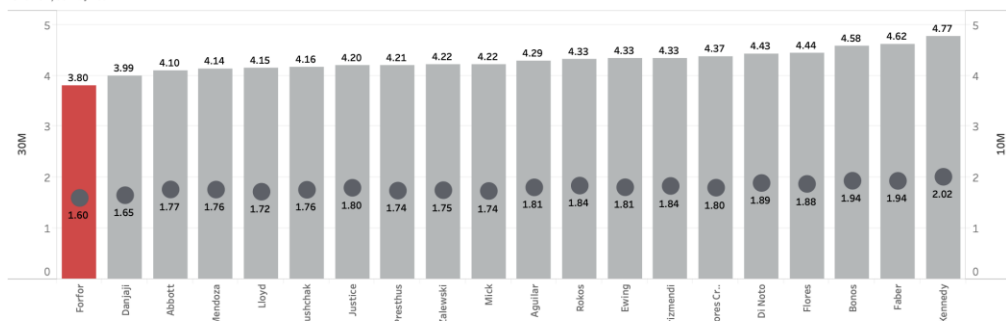
U15 10m/30m by Team

U17 10m/30m by Team
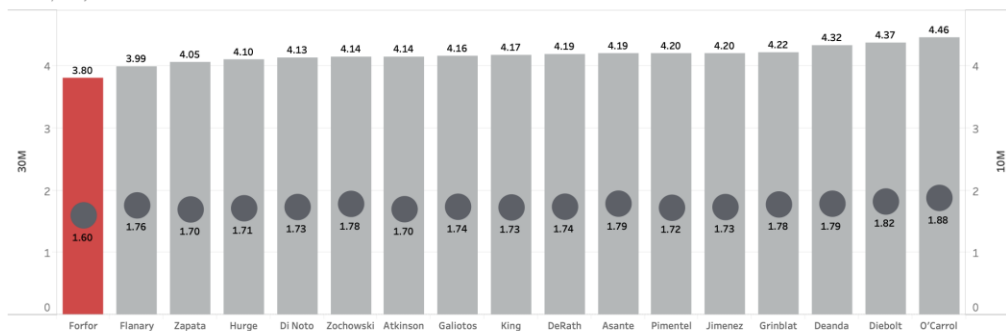
SUMMARY

MAX SPEED

Prince is the quickest of all current U15 and U17 academy athletes. He is also the quickest in both the 10m and 30m. Prince is able to accelerate off the line quickly and reach his top speed in a short distance.

When compared to first and second team wingbacks and forwards, he is in the middle of that group.

JUMP HEIGHT (cm)

Prince's jump height puts him in the top of both age groups. Among wingers, wingbacks, and forwards, he has the highest jump height.

Additionally, when compared with first and second team, he is in the middle of that group again.

CONCENTRIC PEAK POWER/BM

Relative to his body weight, Prince can produce a decent amount of force. Given that Minnesota doesn't have a performance coach in there academy, this is an area that can be easily improved upon.

THE
CREW

Suporte Dos Departamentos

Cultura, Visão e Objetivos

CERTIFICAÇÃO
EXECUTIVO
DE FUTEBOL
2024

Complexidade

PERFORMANCE CONTINUUM & COMMUNICATION

TEAM / FEDERATION	PLAYER DEVELOPMENT		

PLAYER	ACADEMY		
	U23		
	FIRST TEAM		
	NATIONAL TEAM		

FIELD COACHES	TECHNICAL SKILLS	TACTICAL SKILLS	GAME APPLICATION

PRACTITIONERS
- Doctor
- PT/ATC
- Massage/DC/Yoga/Pilates
- S & C
- Metabolic / Fitness
- Sport Science
- Nutrition
- Psychology

FOUNDATIONAL MOVEMENT	GENERAL ATHLETICISM	APPLIED SPORT SPECIFIC MOVEMENT
POSITION	PATTERN	POWER
MEDICAL	S &C / PERFORMANCE TRAINING	MOVEMENT SKILLS
HEALTH / ROM - ISOKINETIC - STABILITY	PERFORMANCE TESTING	INVISIBLE MONITORING

ISOKINETIC/ROM/	FMS/SFMA/SCREENING	STRENGTH TESTING	FORCE PLATE/FVP/KINEMATIC INFO	GPS/POSITIONAL TRACKING

RETURN TO PERFORMANCE - REHAB IS TRAINING, TRAINING IS REHAB

RESEARCH & INNOVATION - SPORTS SCIENCE

NUTRITIONAL PERIODIZATION

MENTAL PERIODIZATION

DATA DEPARTMENT	INFRASTRUCTURE - ORGANIZATION - WORKFLOWS/STRUCTURES - ANALYSIS - ANALYTICS - INFORMATICS - DECISION MAKING
OPERATIONS	PLANNING & LOGISTICS
LEADERSHIP	MISSION - VISION - VALUES

Visão do Departamento

COLUMBUS CREW

2021 - Performance Overview

SCIENCE-BASED

INDIVIDUALIZATION

VISION

CONNECTION

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CREW

VISION

Establishing clear goals and the right steps to achieve them!

Define Priorities

One Team... One Vision!!!

Formalize "Crew Performance Philosophy"

Establish Main Goals and Pillars

• Individual Vs Group

• "Does it help **Us** to show our good job?" Vs "Does it help **Players & Team** to perform/stay healthy?"

• Player-Centered Approach

• Do things with a Valuable Purpose!!!
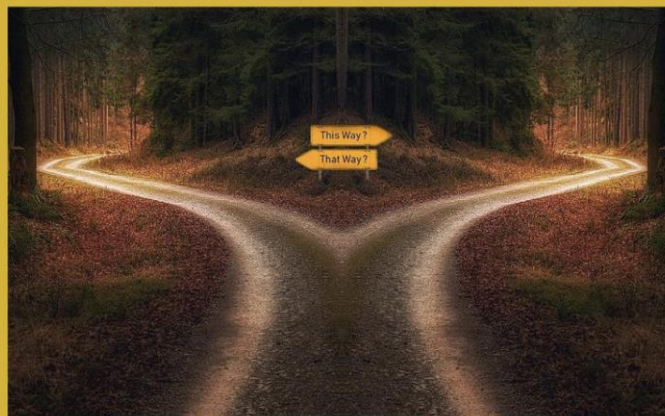
Build a Common Vision

Vision --> Culture

- Common
- Clear
- Committed to
- Fully Shared

PERFORMANCE MODEL

Build a Performance Culture that is "Authentic" - Columbus Crew

Culture Principles	Create a unique performance culture as a key ingredient to the Team's identity	Supported by the environment
		Policed by the Players
	Create a unified Team of excellent people and practitioners	Diversity in skill sets
		Committed Teammates
		Committed to bringing something new to the Team every year
		It's not "Ok" to just be "Ok"
	Commit to a holistic approach to Player performance	Openness to new ideas from inside and outside of sport
		Creatively applying non-conventional ideas
		Using data to assess what we do well, what we do poorly, and how we are going to improve
	Commit to questioning everything	Challenge "Group Think" & "Status Quo"
		Be brave with new ideas
		Have the courage to do what no one else is doing

Crew Performance Philosophy

Deviate from the conventional club structure where sport science, strength and conditioning, and medical care are departmentalized, separated and with different visions, and instead create a performance team that is unified in philosophy and purpose, and empowered by responsibilities and expectations.

- *Dominate the Basics ... Master the Details!!!*

- *In the moments of difficulties, let us be guided by Principles rather than Ambiguity!!!*

CONNECTION

Increase all the aspects of Connection and Communication!

Intra-Department

Inter-Departments

With Players

Within Departments

- Follow the *Crew Philosophy*

- Apply a "**Soccer-First**" Approach

- Find **Harmony** through discordant Ideas in a Common Philosophy

- Promote **Mutual Support** among people

Breaking Down Barriers & Silos!!!
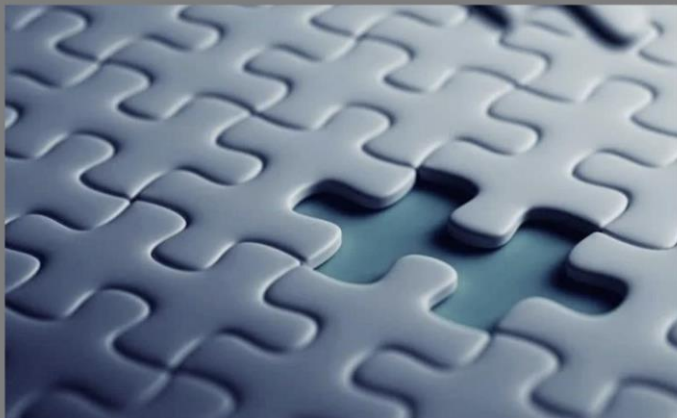
Between Departments

• Fill the distance among Departments (i.e., Medical / RTP with Gym)

• Bring the Nutrition closer to everyone

• Connect Data to Gym / Recovery processes

Breaking Down Barriers & Silos!!!

With Players

- Establish the **Process**

- Show the **Benefits**

- **Individualization**

- **Involvement & Buy-In** as an Organic Consequence

Autonomia e Responsabilidade

DETAILED REPORT – WEEK 16 – 06/5/23

COLUMBUS CREW 96

Player	% Compliance
Amundsen	100%
Arfsten	96%
Bush	100%
Degenek	94%
Diaz	86%
Farsi	98%
Hernandez	93%
Hughes	98%
J. Morris	100%
Matan	94%
Medranda	92%
Molino	92%
Moreira	92%
Morris	100%
Nagbe	98%
Parente	94%
Quinton	100%
Room	91%
Russell-Rowe	94%
Schulte	100%
Scott	100%
Williams	94%
Yeboah	81%
Zawadzki	100%
Zelarayan	94%
Ramirez	96%
Vallecilla	96%
TOTAL	**96.1%**

DAILY AVERAGE

Day	Questionnaire	OURA	Hydration	Vitamins & Supplements	Neuromuscular Ass.	Activation	Strength
Monday 6/5/23	89%	96%		85%	70%	100%	100%
Tuesday 6/6/23	100%	93%		78%		100%	100%
Wednesday 6/7/23	96%	96%		85%		100%	96%
Thursday 6/8/23	100%	93%	100%	85%		100%	100%
Friday 6/9/23	100%	96%		78%		100%	
Weekly On-time	96% (Medical Appointments)	100% (Performance Activities)					

CERTIFICAÇÃO
EXECUTIVO
DE FUTEBOL
2024
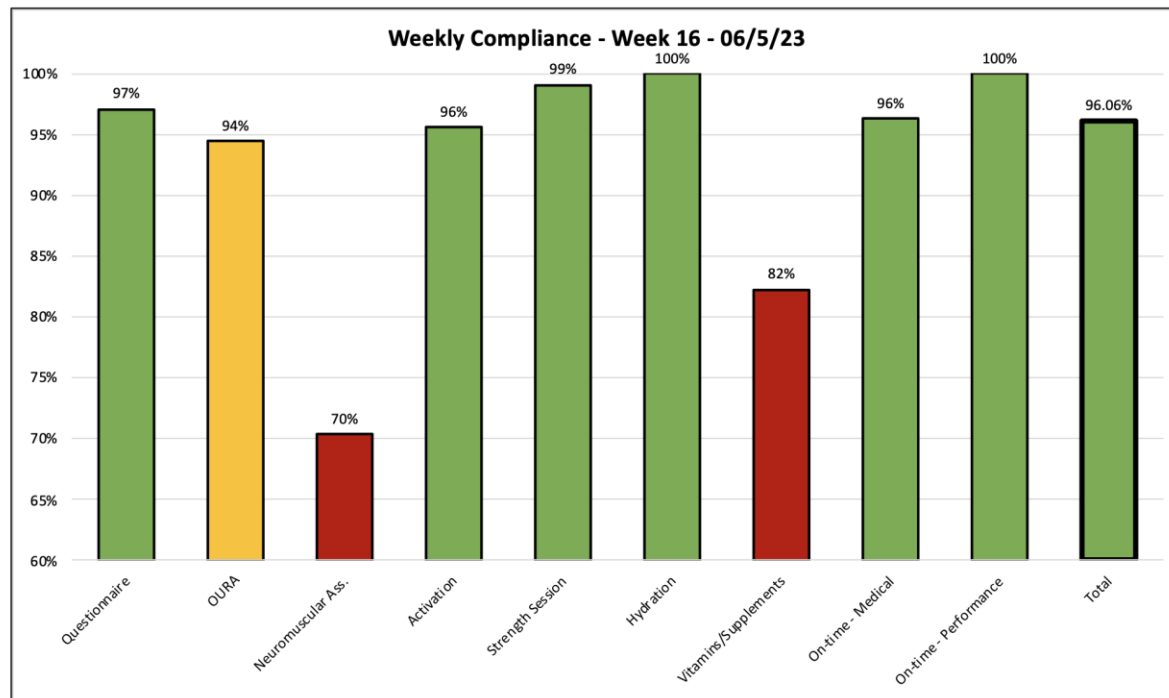
Alinhamento de Valores
Equipa Técnica & Departamento de Performance

CORE VALUES

OUR GOALS

LIMITLESS: What if you can do it

Our style of play

Add our own chapter to the club history

Do and live something special

Ça pue le foot !!

Disgusting to play against
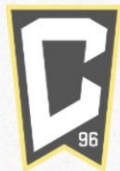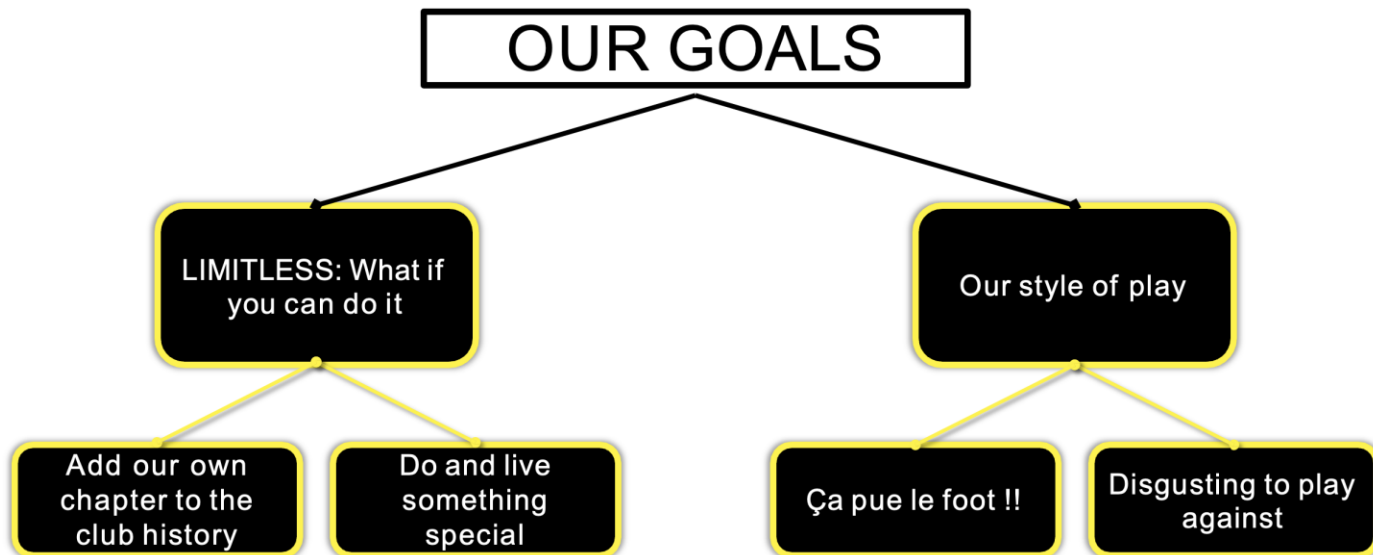
CORE
VALUES

VALUES GIVE YOU AN IDENTITY,
ALLOW YOU TO MAKE DECISIONS
AND HELP YOU ACHIEVE YOUR
GOALS.

*LOS VALORES TE DAN UNA IDENTIDAD, TE
PERMITEN TOMAR DECISIONES Y TE AYUDAN A
ALCANZAR TUS OBJETIVOS.*

CERTIFICAÇÃO
EXECUTIVO DE FUTEBOL
2024
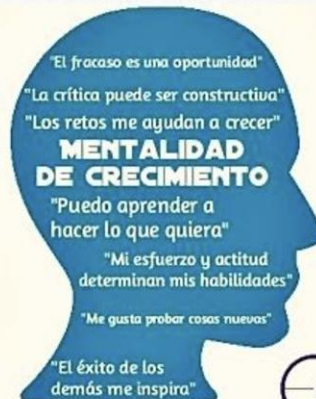
96

"No juegas con tu compañero, juegas PARA tu compañero"

"You don't play with your teammate, you play FOR your teammate"

"Si quieres ir rápido, ve solo. Si quieres llegar lejos, ve acompañado"

"If you want to go fast, go alone. If you want to go far, go together"
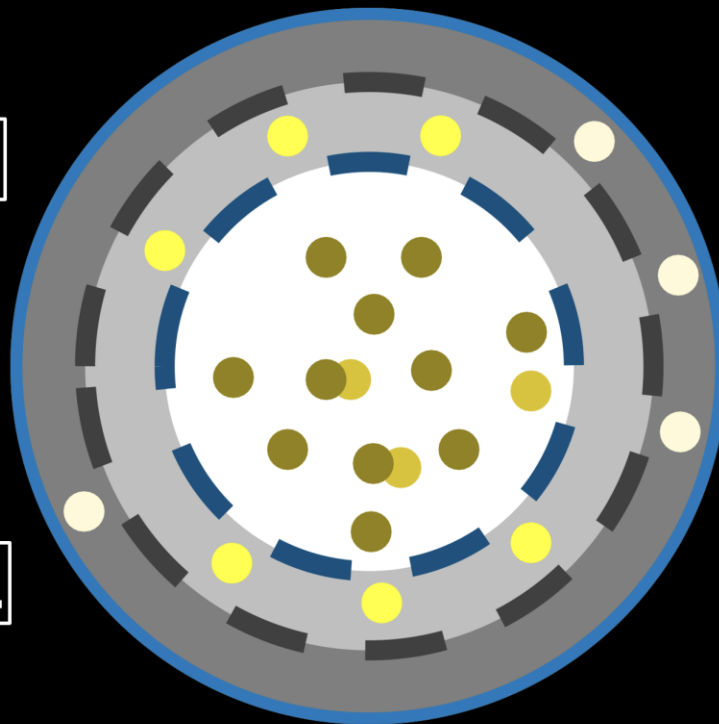
WE NOT ME

TOGETHERNESS **SOLIDARITY** **RESPECT**

JOY

HAPPINESS   PASSION

ONE CLUB

96

2023

"You don't play with your teammate, you play FOR your teammate"

"if you want to go fast, go alone. If you want to go far, go together"

TOGETHERNESS

SOLIDARITY

RESPECT

Alinhamento de Valores

"One Club" Project

"ONE CLUB"
What does it mean to you?

"Integration! Each department is aligned and working towards the same larger objectives" - *Marshall Bushnell (Player Personnel)*

"Everyone is on the same page; the global ideas are the same for everyone" - *Maxime Chalier (1st team)*

"Communication through all facets of the club. A unified culture working towards one goal" - *Eddie Hertsenberg (Academy)*

"Aligned with common goals; support and humility no matter what the level" - *Sara Kusner (Crew 2)*

"Everyone working for the same common goal whilst utilizing common methods, process and values" - *Dan Lock (Coaching)*

"A club that has the same shared vision and common goals" - *Federico Pizzuto (Performance)*

"A club that acts and operates with shared values, language and overall cohesion" - *Robert Spain (Crew Youth)*

"ONE CLUB" OBJECTIVES

- INCLUSION AND COLLABORATION

- BUILD A SUSTAINABLE CLUB

- DEVELOP A LASTING LEGACY

- ALLIGNMENT

- DOCUMENTATION

Nada Acontece por Acaso

Muito Obrigado

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