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Player Demands

In a normal 90-minute game, the average player can be expected to:

- Cover at least 5 miles (8km), while reaching up to 8 (13km)
- Be at full pace for 6 seconds every 30 seconds.
- Turn (in excess of 90°) anywhere between 400 and 450 times.
- Walk, jog, cruise, sprint, stretch, jump, pass, head, tackle, shoot, slide, dive, throw, catch, hold of players and perform all while having to communicate as well.

Although it is not unheard of for some players to go beyond these figures as their work rate and position ensures they are put under greater demands.

For all this movement and energy expenditure, the player may only spend 3 minutes in contact with the ball, although realistically it will be closer to 2 minutes of contact time. So although a player needs skill, technique, motivation, tactical understanding and belief to perform all of these are influenced by their ability to physically complete the task.