



Evidenz und Experience in der
Trainingssteuerung

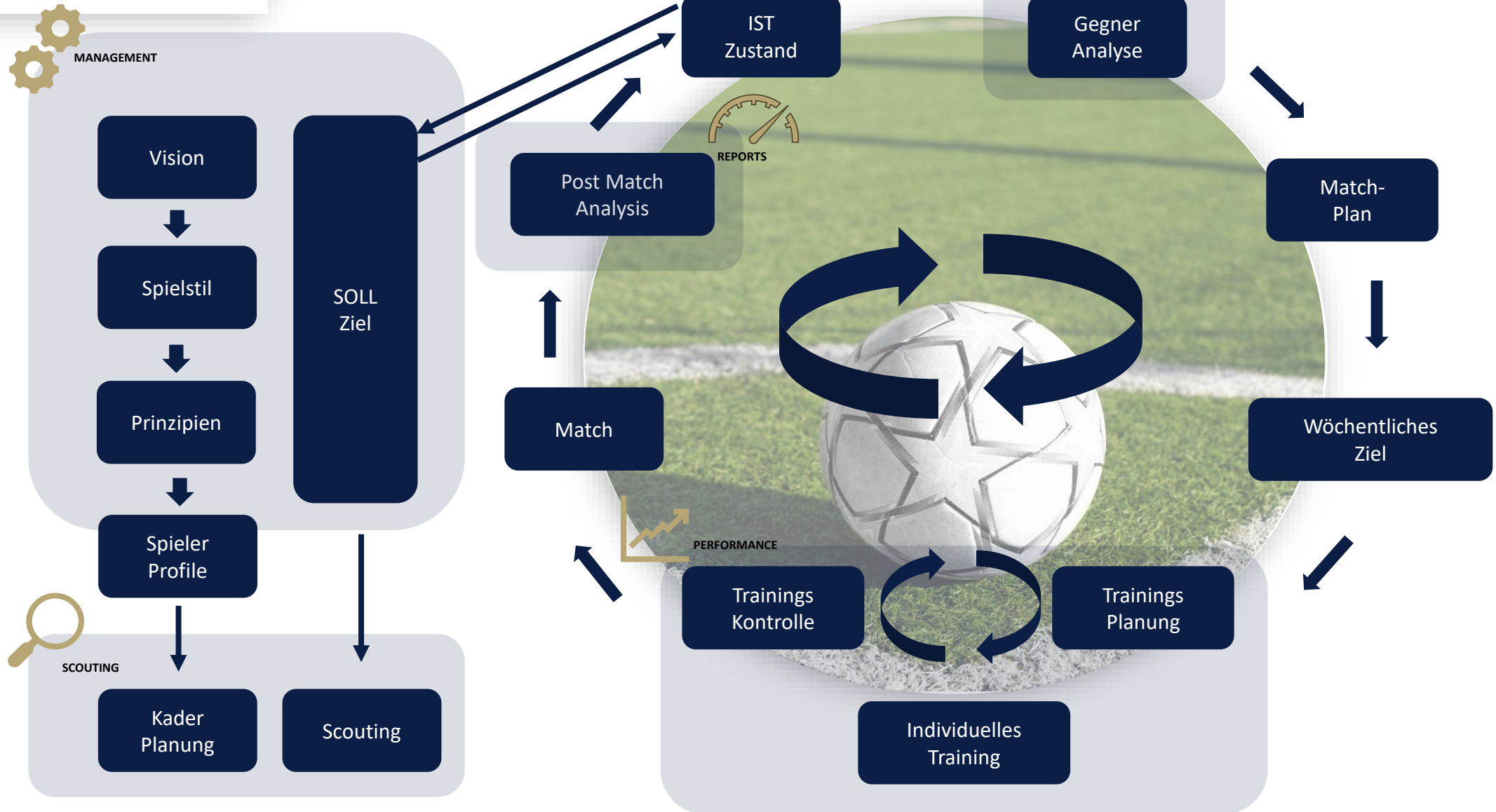


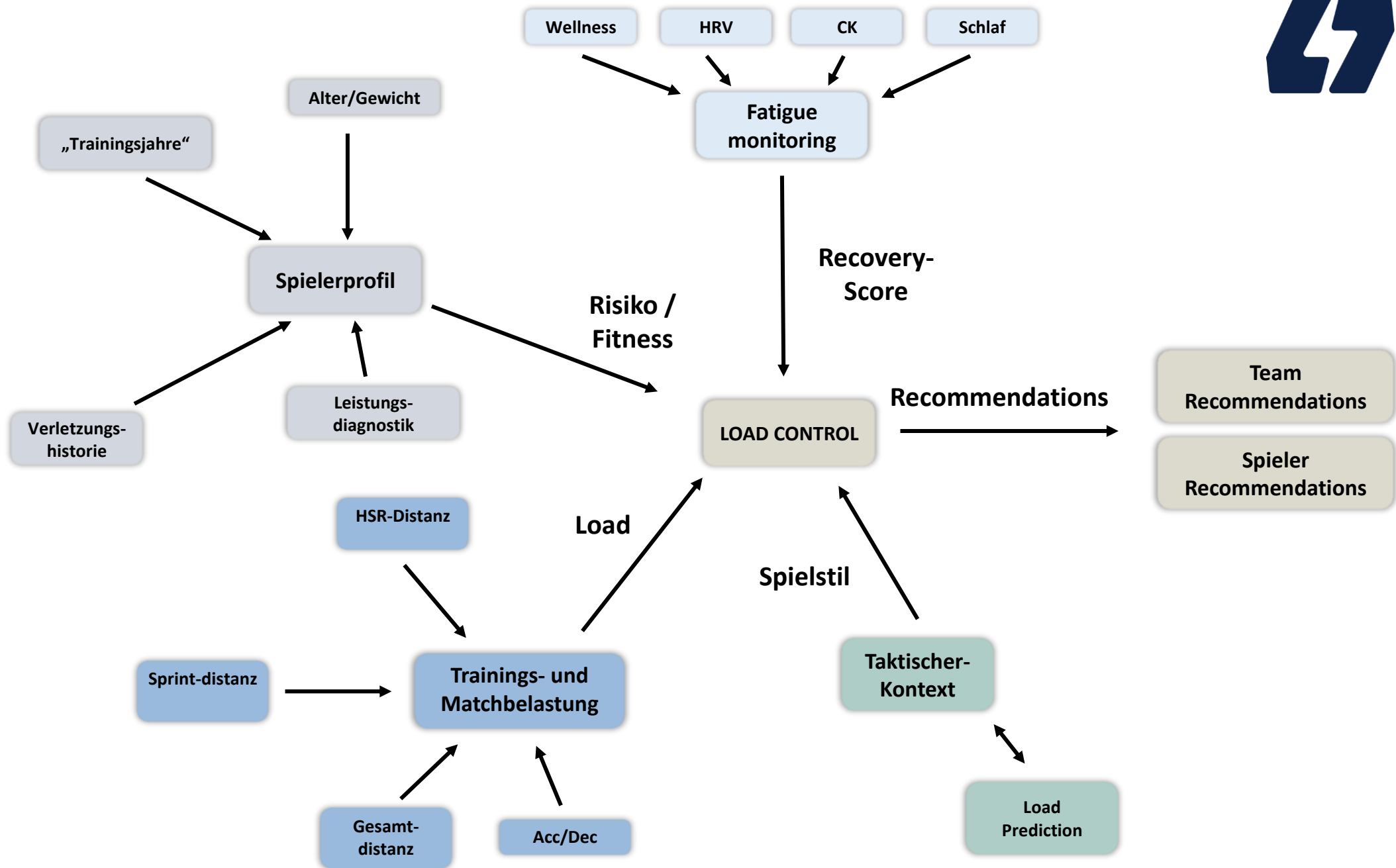


Wie werden Entscheidungen zur Trainingssteuerung getroffen?



Workflow im Fußball





Daily Comments	
CB Player Center Back 3	still some pain after yesterdays session - keep impact low
RW Player Right Winger 2	Full training load, Recommended playing time max 60min
RB Player Right Back 2	avoid HSR and sprinting distance

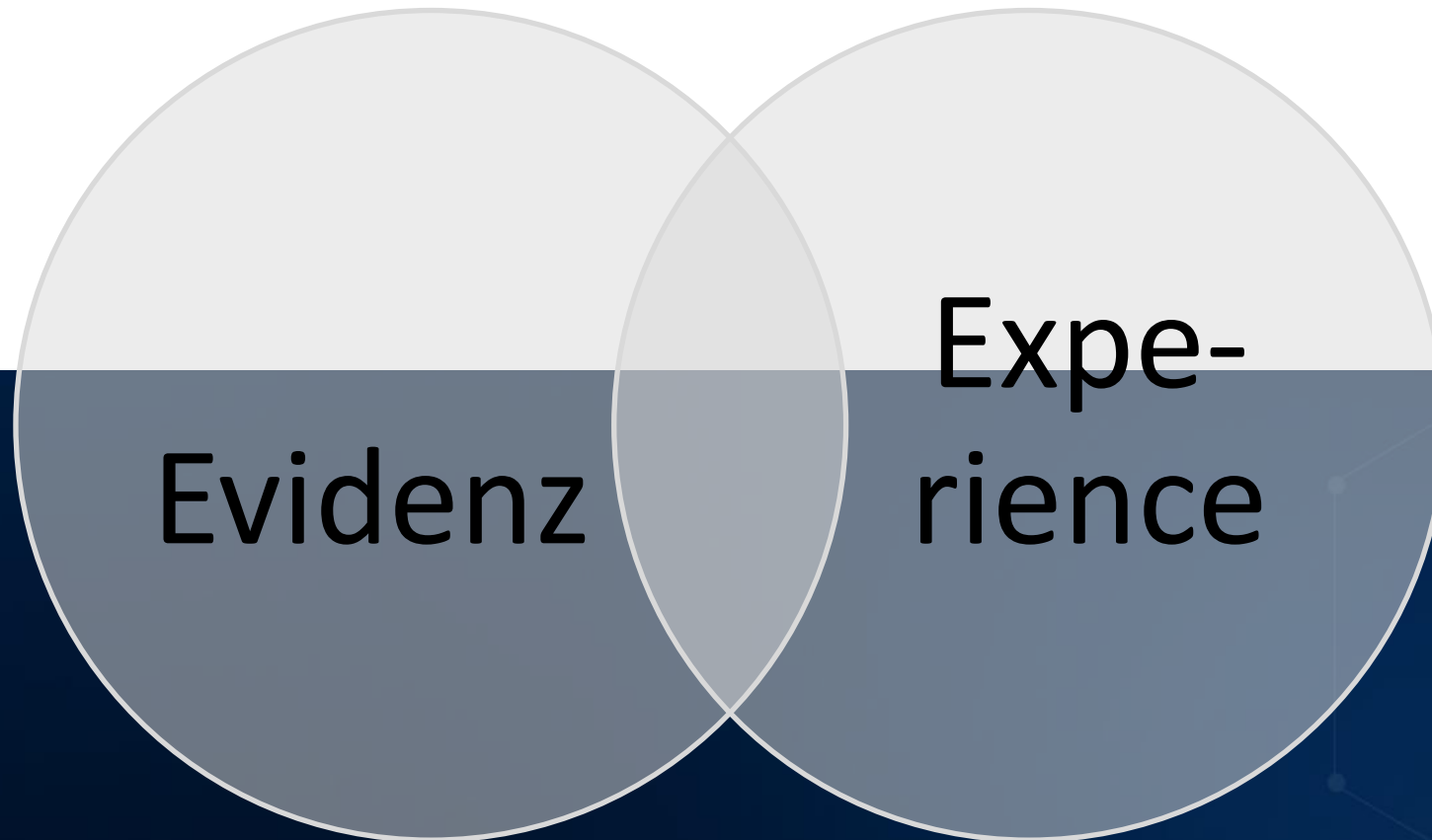


MAIN⚙️			WORKLOAD⚙️				RECOVERY⚙️				
Name	Playing time 	Injury risk	Week to week ⚙️	A:C ⚙️		Need f. Speed		Fatigue	Muscle	Stress	Score
CB Center Back 3 P.	5 min	mid	Di 0%	Di 0.74	HSR 0.77	14 days 🚗					32.00%
CB Center Back 2 P.	-	low	Di 0%	Di 0.71	HSR 0.84	6 days					90.00%
CB Center Back 4 P.	100 min	low	Di 0%	Di 0.85	HSR 0.95	14 days 🚗					90.00%
CB Center Back 1 P.	61 min	low	Di 0%	Di 0.81	HSR 0.83	103 days 🚗					95.00%
LB Left Back 1 P.	16 min	mid	Di 0%	Di 0.75	HSR 0.65	13 days 🚗					76.00%
LB Left Back 2 P.	100 min	mid	Di 0%	Di 0.83	HSR 0.85	14 days 🚗					90.00%
RB Right Back 2 P.	94 min	low	Di 0%	Di 0.82	HSR 0.8	6 days					100.00%
RB Right Back 1 P.	-	mid	Di 0%	Di 0.69	HSR 0.49	13 days 🚗					95.00%
DM Defensive Midfielder 1 P.	-	mid	Di 0%	Di 0.71	HSR 0.7	13 days 🚗					75.00%
DM Defensive Midfielder 2 P.	-	mid	Di 0%	Di 0.71	HSR 0.7	13 days 🚗					100.00%
CM Central Midfielder 1 P.	-	mid	Di 0%	Di 0.71	HSR 0.7	13 days 🚗					95.00%
CM Central Midfielder 2 P.	39 min	mid	Di 0%	Di 0.78	HSR 0.84	13 days 🚗					65.00%
AM Attacking Midfielder 2 P.	84 min	mid	Di 0%	Di 0.83	HSR 0.77	95 days 🚗					30.00%
AM Attacking Midfielder 1 P.	-	mid	Di 0%	Di 0.72	HSR 0.71	103 days 🚗					95.00%

Die Philosophie von Strykerlabs



Evidenz und Experience – Keine Gegensätze, sondern eine Synergie.



„Evidenz-basierte Entscheidungen + Trainererfahrung = **optimale Trainingssteuerung**“

Wo geht die Reise hin?



“
Zusammenspiel von Trainer (Staff) und generativer KI

“
Standardisierbare Prozesse automatisieren (Bsp.
Datenerhebung/Acc Sensoren)

“
Forschung in Echtzeit – Schneller lernen

“
Zeit mit den Athleten besser nutzen können

„Evidenz und Erfahrung – Der Schlüssel zur besten
Trainingssteuerung“