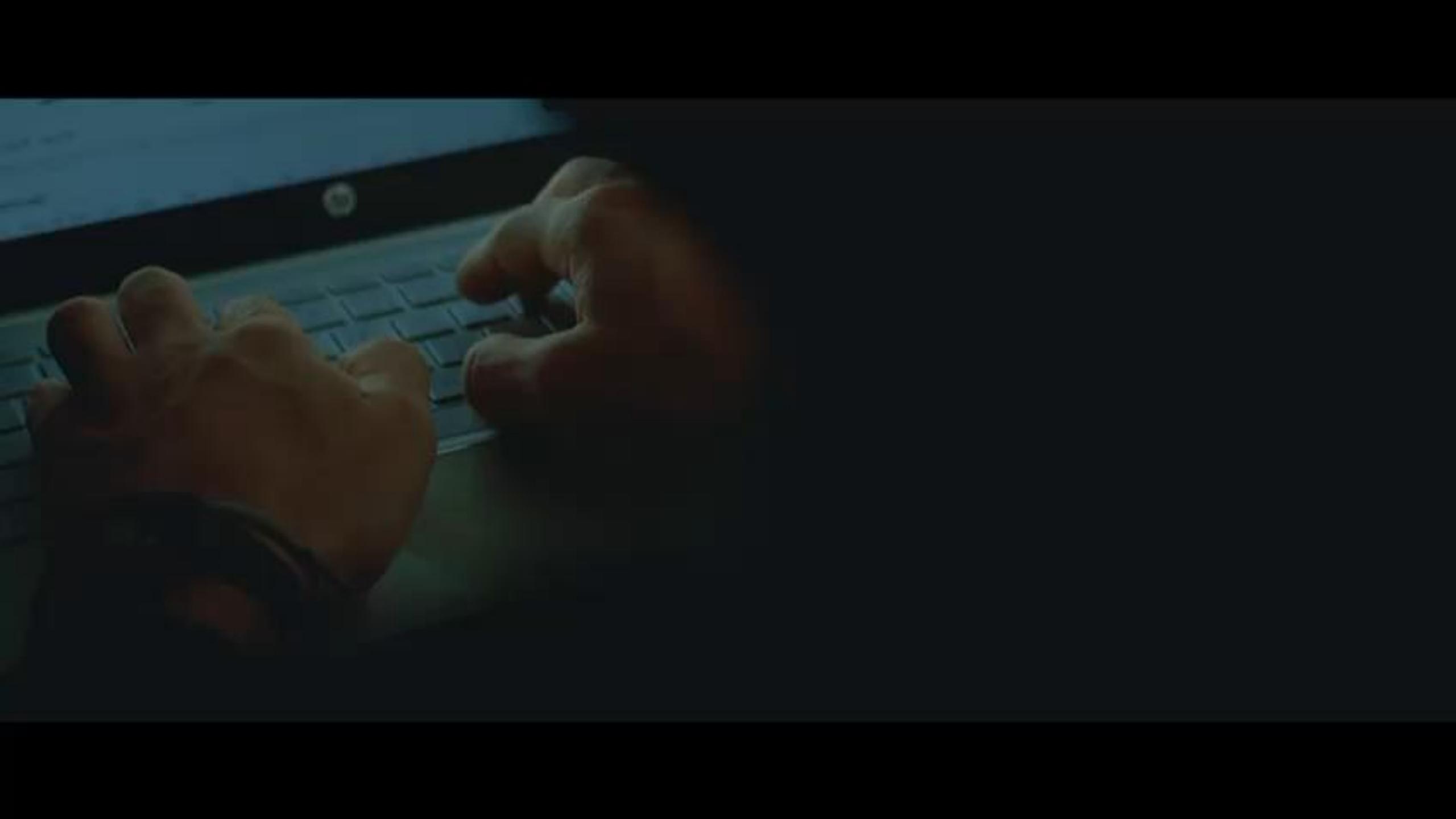




Preuves et expérience dans la
gestion des entraînements

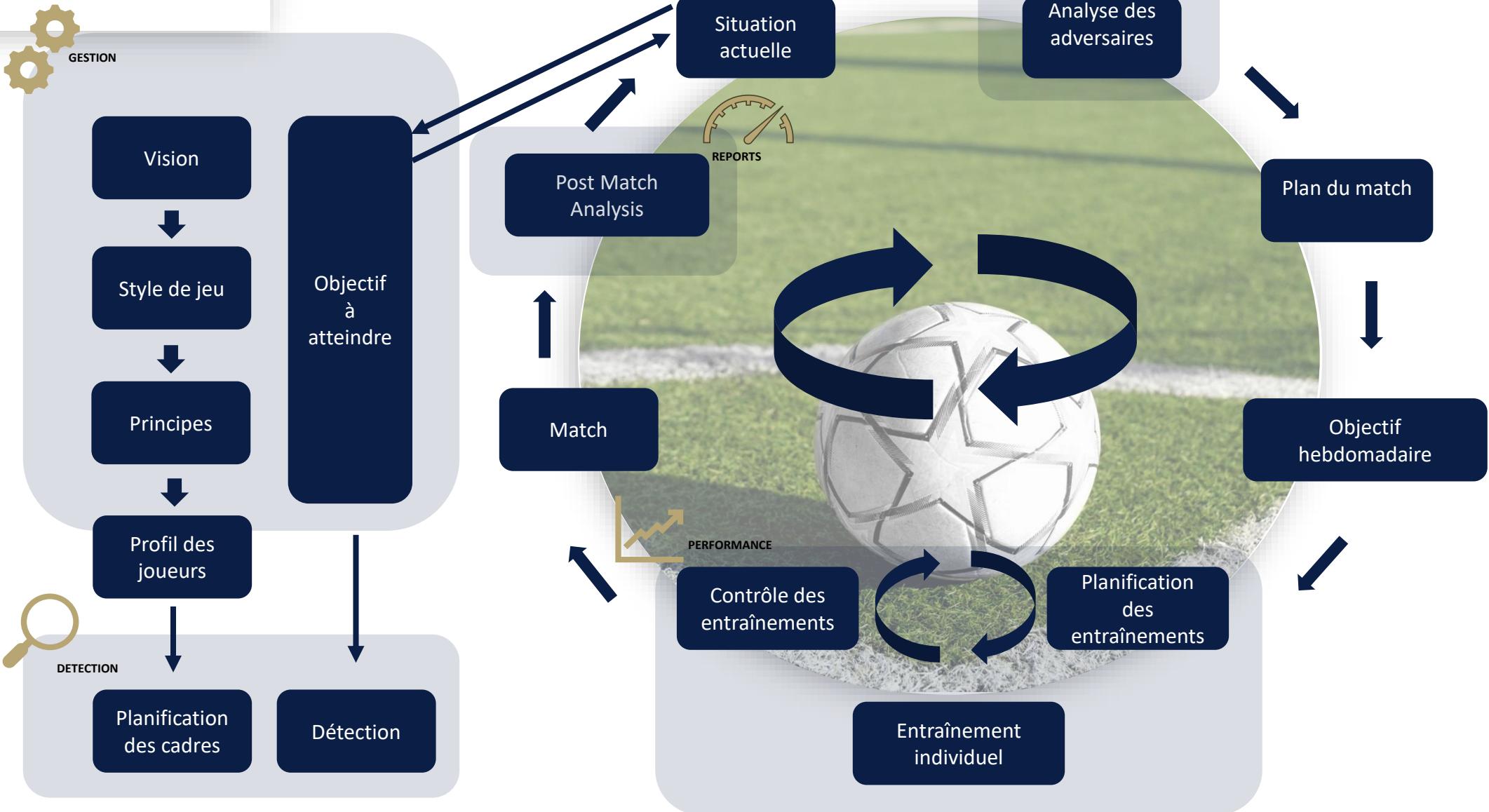


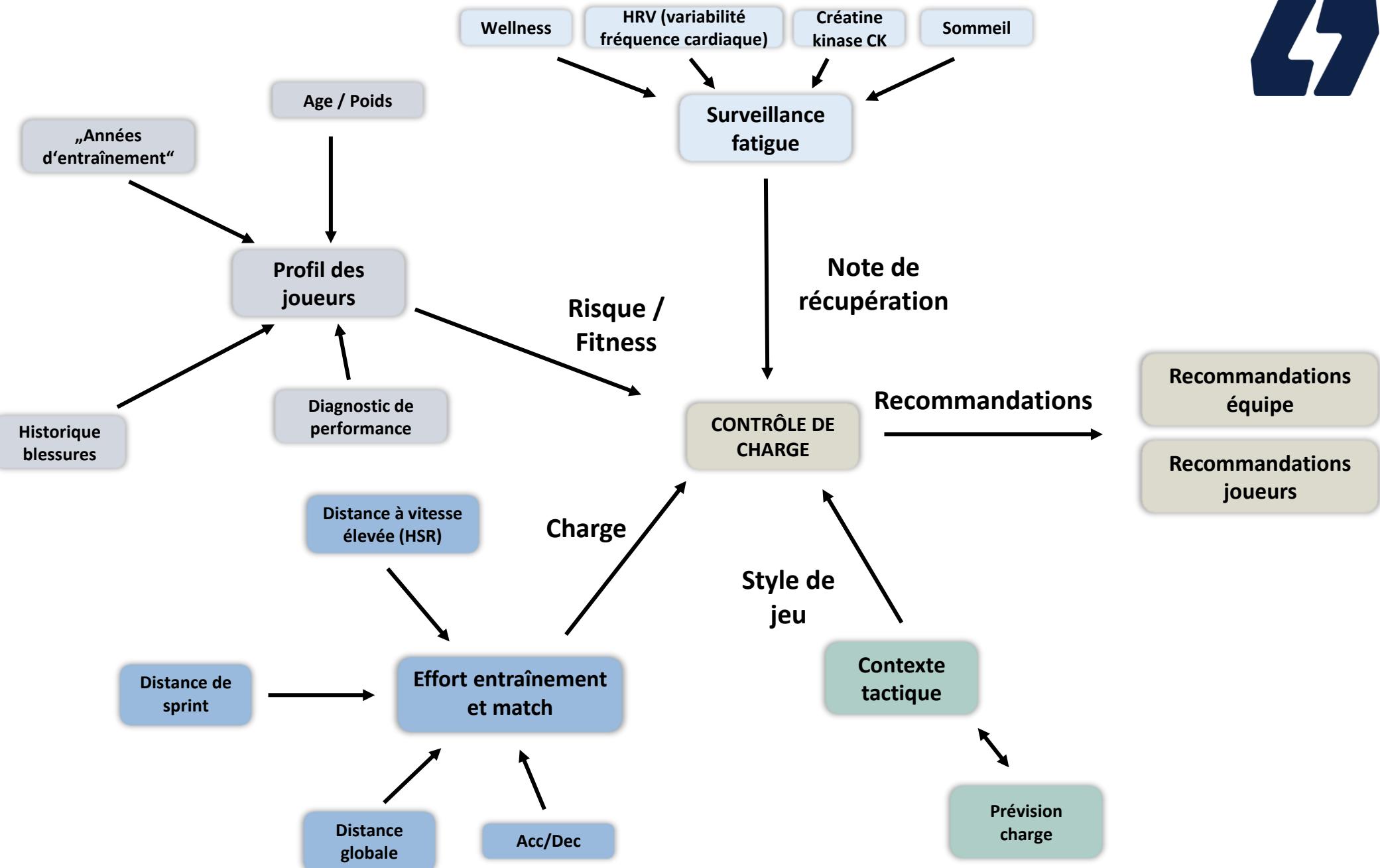




“
Qu'est-ce qui guide la prise de décision
dans la gestion des entraînements ?

Flux de travail en football





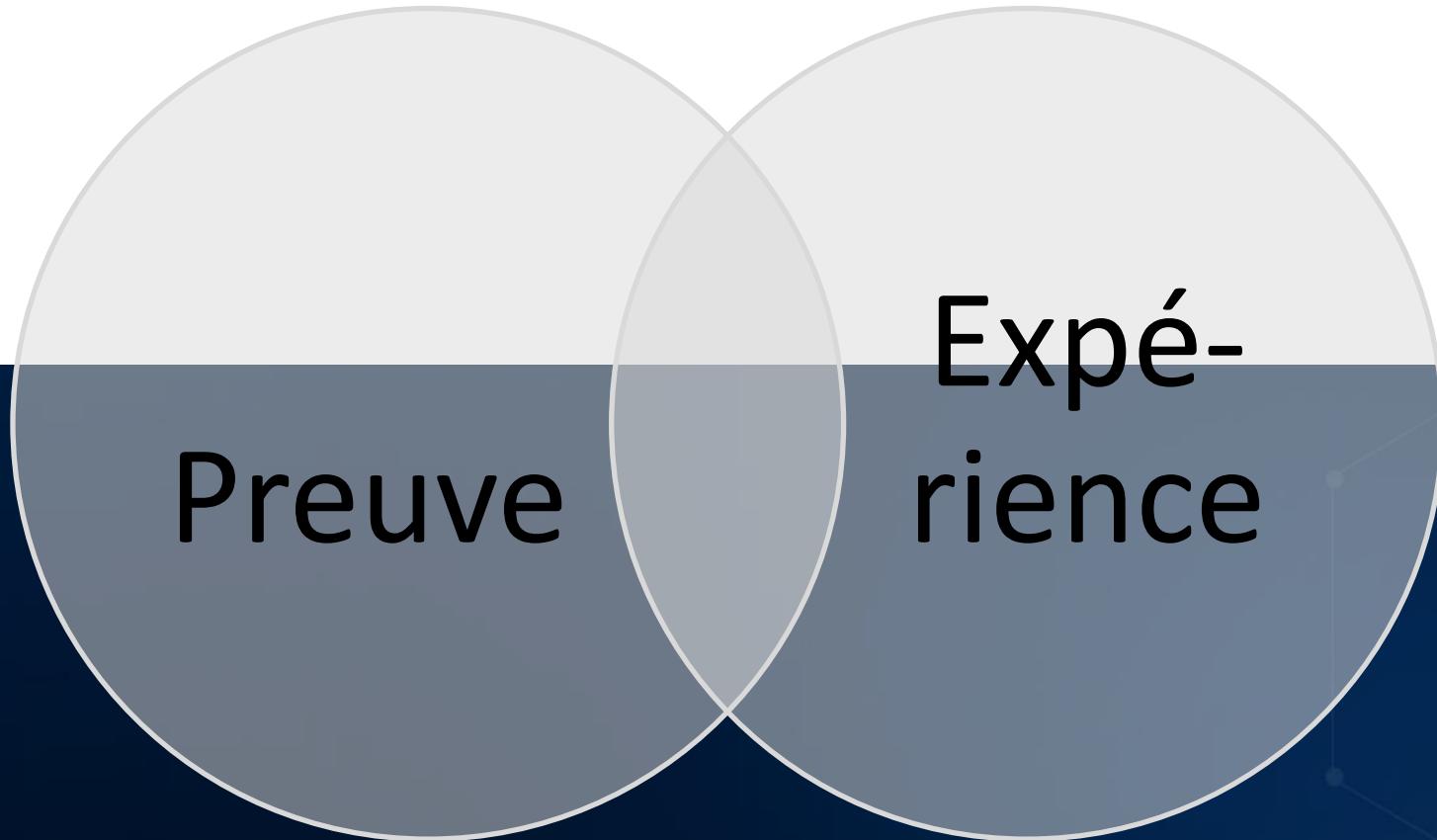
Daily Comments				
CB Player Center Back 3		still some pain after yesterdays session - keep impact low		
RW Player Right Winger 2		Full training load, Recommended playing time max.60min		
RB Player Right Back 2		avoid HSR and sprinting distance		
Players available		ILLNESS	0%	0
20/24 83%		REST DAY	0%	0
Team recovery score		FULL	83%	20
85.90%		NATIONAL TEAM	0%	0
INJURY		0%	0	
<input checked="" type="checkbox"/> Color		<input type="checkbox"/> Table		
LW Left Winger 2 P.		CF Center Forward 1 P.		<input type="checkbox"/> Zoom
LW Left Winger 1 P.		CF Center Forward 3 P.	RW Right Winger 2 P.	
		CF Center Forward 2 P.	RW Right Winger 1 P.	
		AM Attacking Midfielder 2 P.		
		AM Attacking Midfielder 1 P.		
		CM Central Midfielder 1 P.		
LB Left Back 1 P.		CM Central Midfielder 2 P.	RB Right Back 2 P.	
LB Left Back 2 P.			RB Right Back 1 P.	
		DM Defensive Midfielder 1 P.		
		DM Defensive Midfielder 2 P.		
CB Center Back 3 P.		CB Center Back 2 P.		
CB Center Back 4 P.		CB Center Back 1 P.		
		GK Goalkeeper 1 P.		
		GK Goalkeeper 3 P.		
		GK Goalkeeper 2 P.		

Name	Playing time	Injury risk	Week to week	MAIN		Need f. Speed	WORKLOAD		RECOVERY		
				A:C	Score		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.	-	mid	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	mid	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%	



La philosophie de Strykerlabs

Preuve et expérience – Pas de contradictions mais une synergie.



„Décisions fondées sur les preuves + expérience de l’entraîneur =
gestion **optimale de l’entraînement**“

Où allons-nous ?



Interaction entre les entraîneurs (staff) et l'IA générative

“

Automatiser les processus standardisables (collecte de données, régulateurs de Vitesse adaptatifs, etc.)

“

Recherche en temps réel – Apprendre plus vite

“

Pouvoir mieux utiliser le temps passé avec les athlètes

“

„Preuves et expérience – La clé pour une gestion optimale de l'entraînement“

