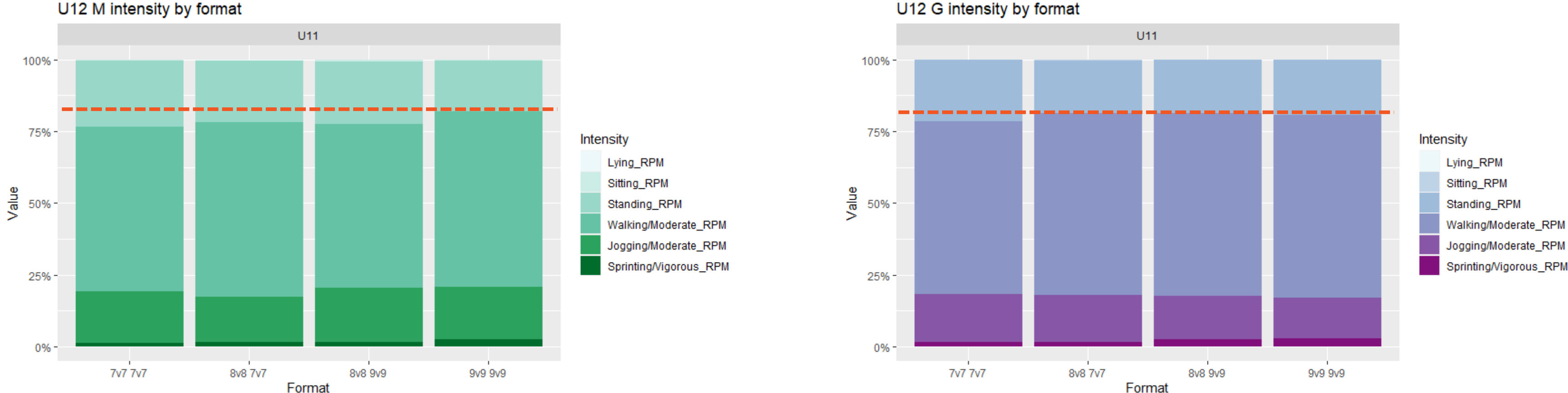


Case Study 7: U12 Mixed & Girls' Data



Physical Activity Intensity Across Mixed and Girls' Pathways



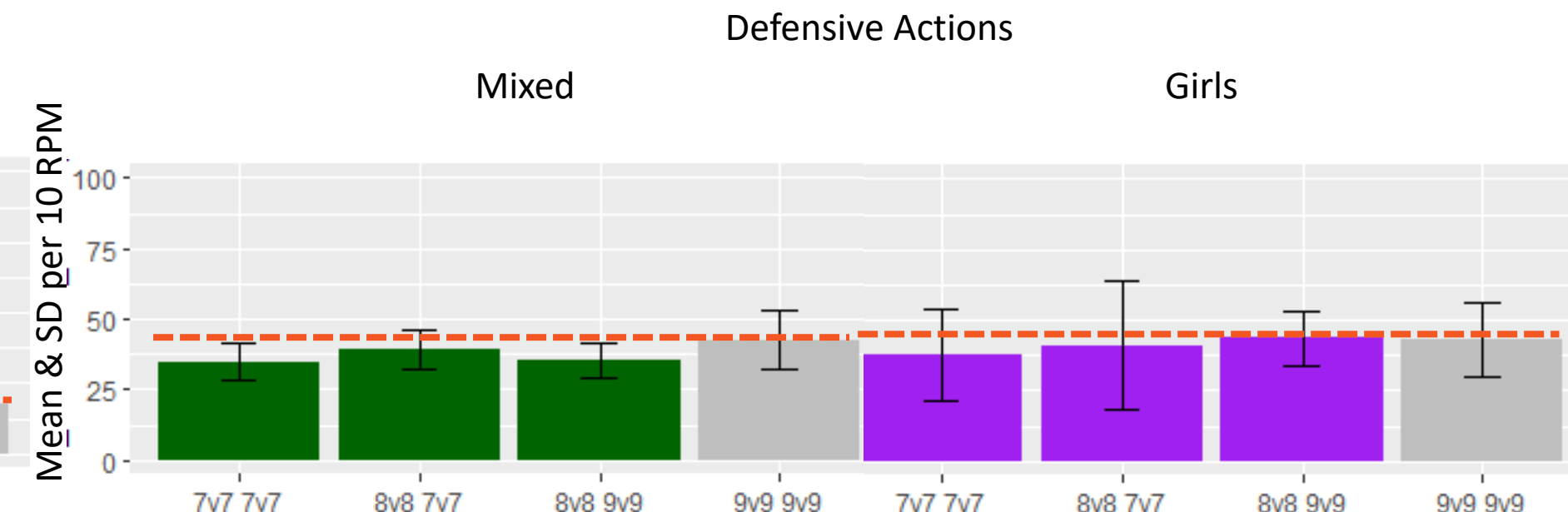
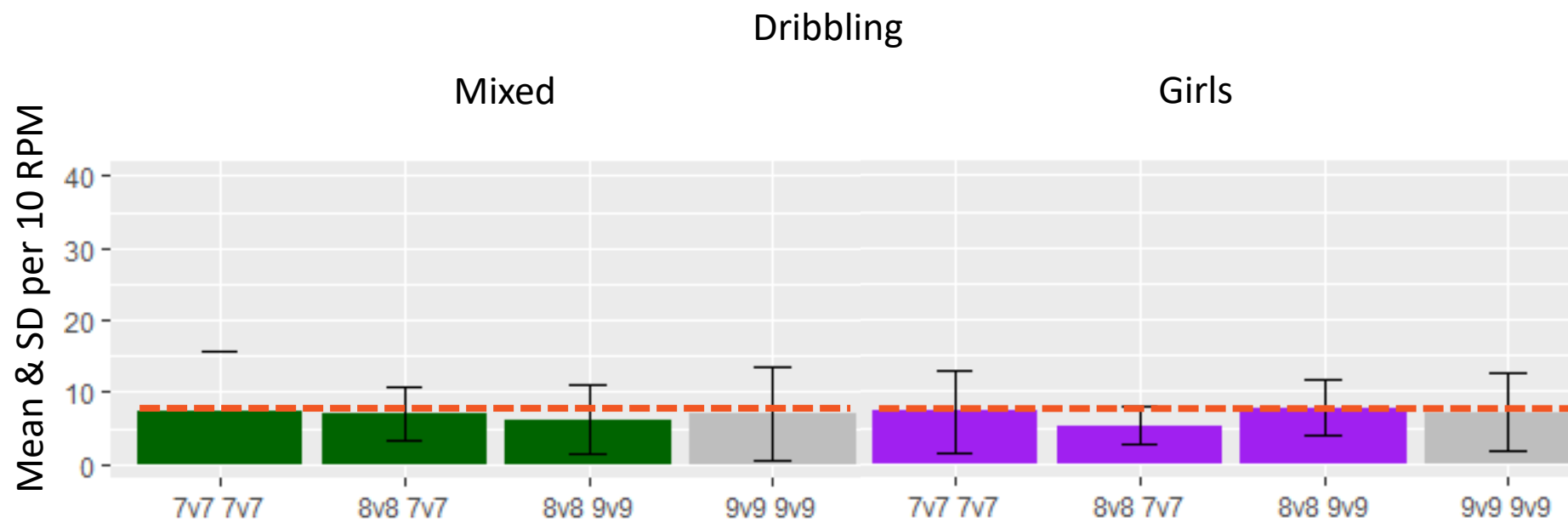
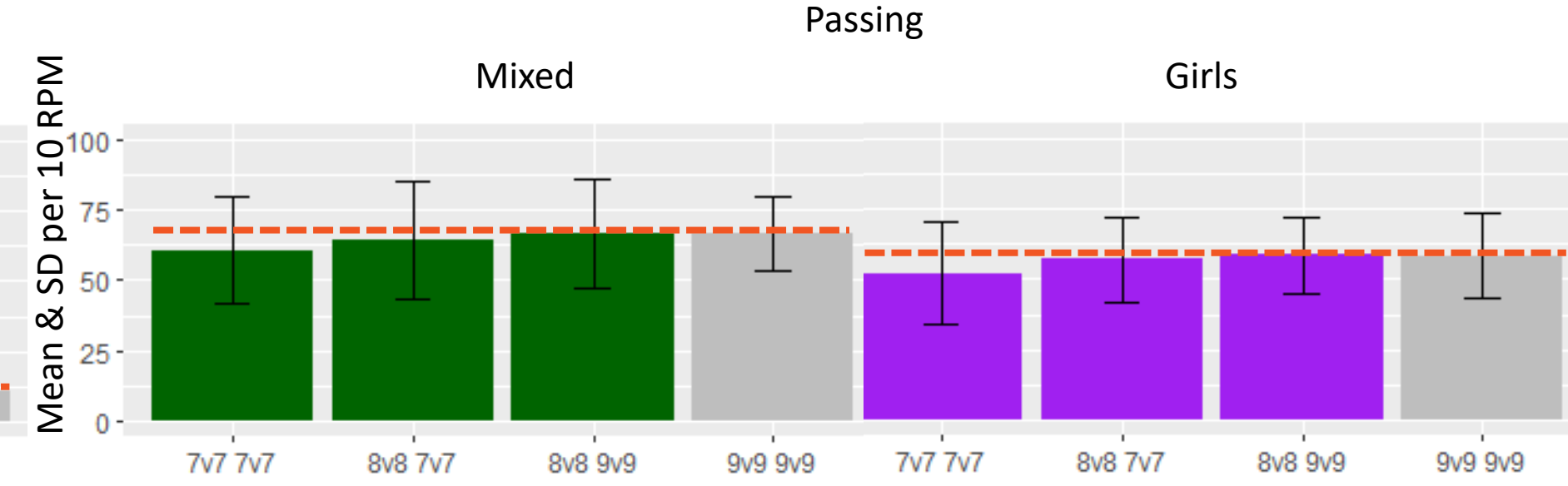
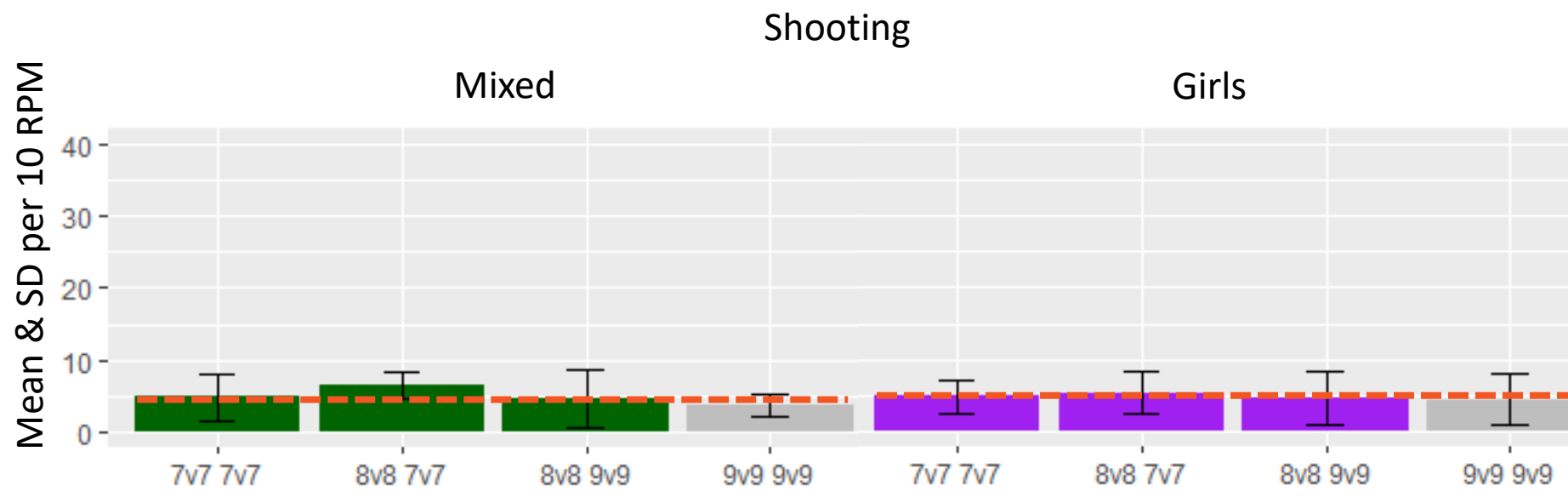
Graph 48-49: Proportion of time players spend at each PA intensity within 1 minute of standard half-length across different game formats sampled across the Mixed & Girls' pathways.

Format	Effective Playing Time (Mixed)	Effective Playing Time (Girls)
7v7 on 7v7 Pitch	15 minutes 46 seconds (53%)	14 minutes 17 seconds (48%)
8v8 on 7v7 Pitch	15 minutes 0 seconds (50%)	12 minutes 48 seconds (57%)
8v8 on 9v9 Pitch	15 minutes 36 seconds (51%)	15 minutes 41 seconds (52%)
9v9 on 9v9 Pitch	15 minutes 41 seconds (52%)	16 minutes 51 seconds (56%)

Table 20: Effective playing time by format by pathway.



Technical Actions Across Mixed and Girls' Pathways



- Graph 50-51: Average sum total of technical actions performed by all individuals on a pitch during 10 minutes of effective playing time across all formats tested within an age group (U12) contrasted by pathway. **Scale 0-40.**

- Graph 52-53: Average sum total of technical actions performed by all individuals on a pitch during 10 minutes of effective playing time across all formats tested within an age group (U12) contrasted by pathway. **Scale 0-100.**

Technical Actions Per Player

Pathway	Format	Shots per Player	Passes per Player	Dribbles per Player	Defensive Actions per Player
Mixed	7v7 on 7v7 Pitch	0.4	4.3	0.5	2.5
	8v8 on 7v7 Pitch	0.4	4	0.4	2.5
	8v8 on 9v9 Pitch	0.3	4.1	0.4	2.2
	9v9 on 9v9 Pitch	0.2	3.7	0.4	2.4
Girls	7v7 on 7v7 Pitch	0.3	3.7	0.5	2.7
	8v8 on 7v7 Pitch	0.3	3.6	0.3	2.6
	8v8 on 9v9 Pitch	0.3	3.7	0.5	2.7
	9v9 on 9v9 Pitch	0.3	3.2	0.4	2.4

- Table 21: Average technical actions per player per game in each pathway.



U12 Summary

Physical Activity Intensity

- The U12 case study is the second age group that we have analysed where the Mixed & Girls' pathway players are achieving comparable MVPA data across the game formats.

Volume of Technical Actions

- The U12 case study is the second age group that we have analysed where the Mixed & Girls' pathway players are achieving a similar volume and profile of technical actions.
- The U12 players in Mixed & Girls' pathway achieved the same or better technical returns for 7v7 vs the core format of 9v9 when the number of players on the field was accounted for.

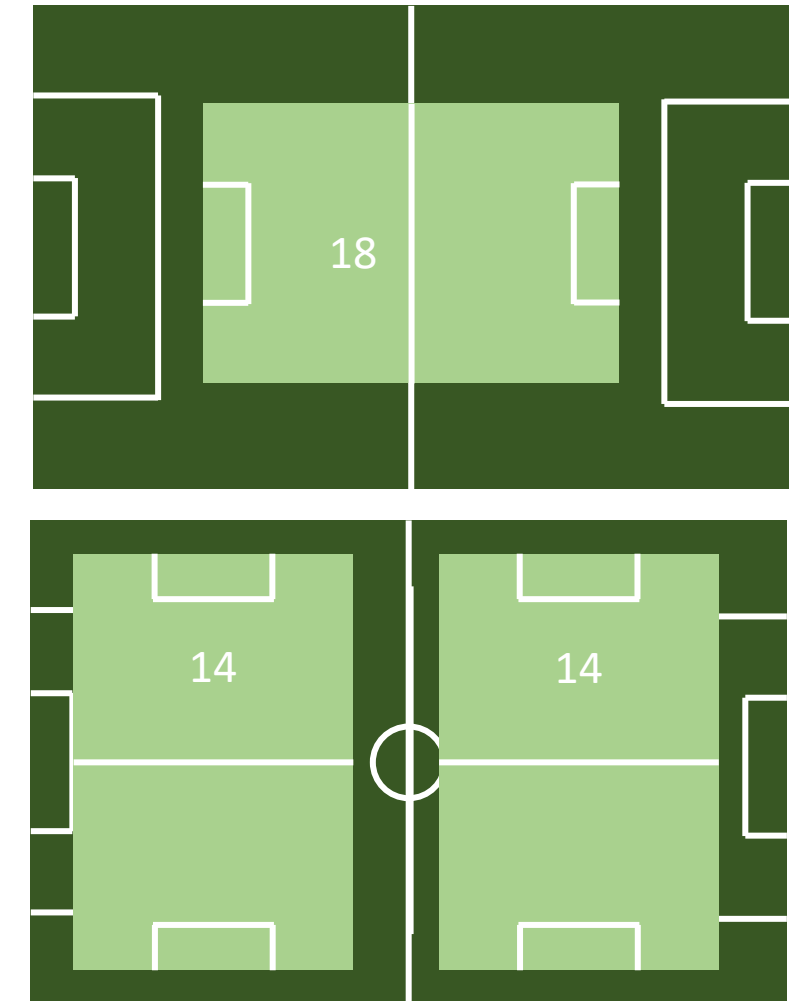


Illustration 11-12:

Within an adult 11v11 pitch, 1x 9v9 fits in line with the current largest format played for this age group.

This allows 18 children to play simultaneously within the space.

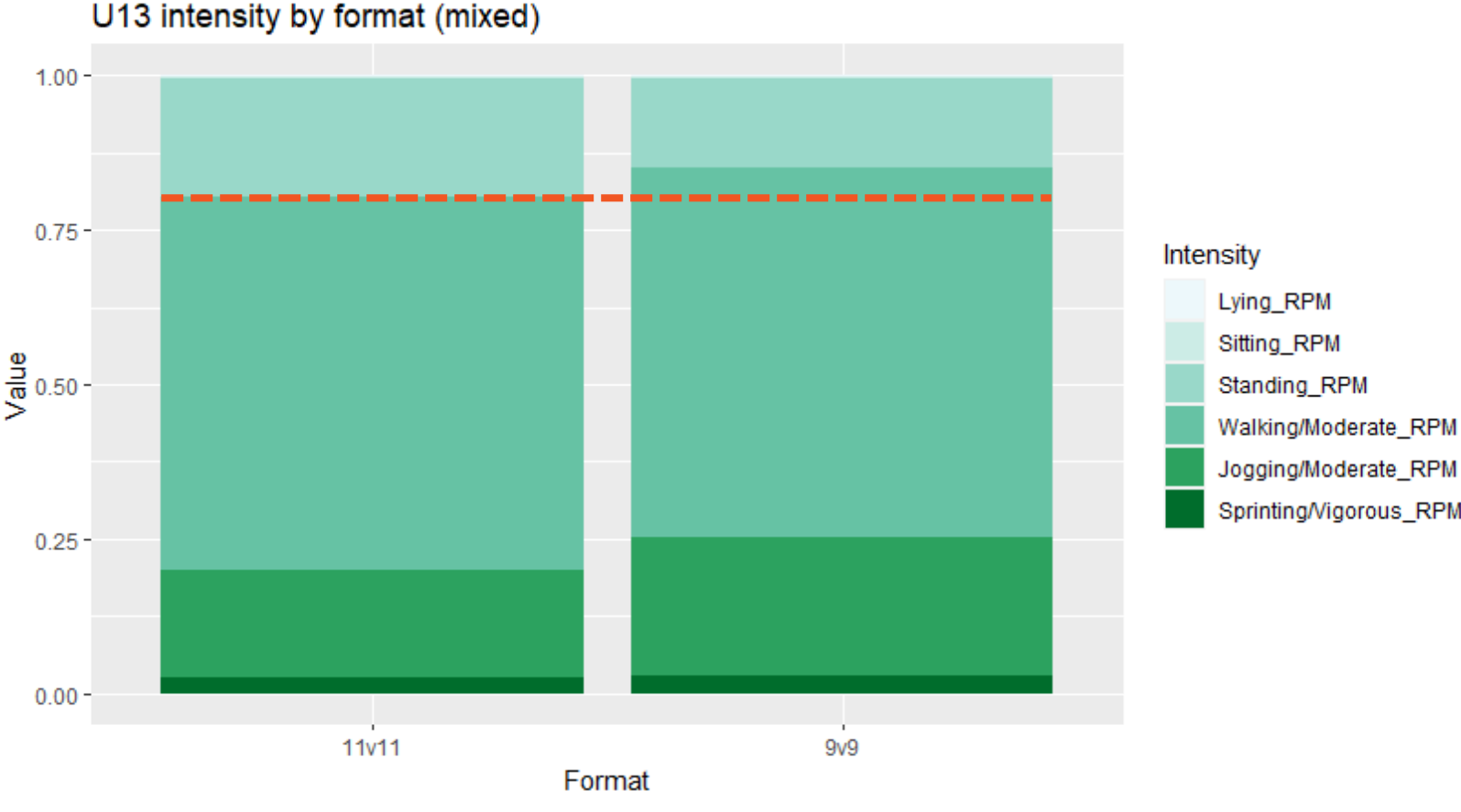
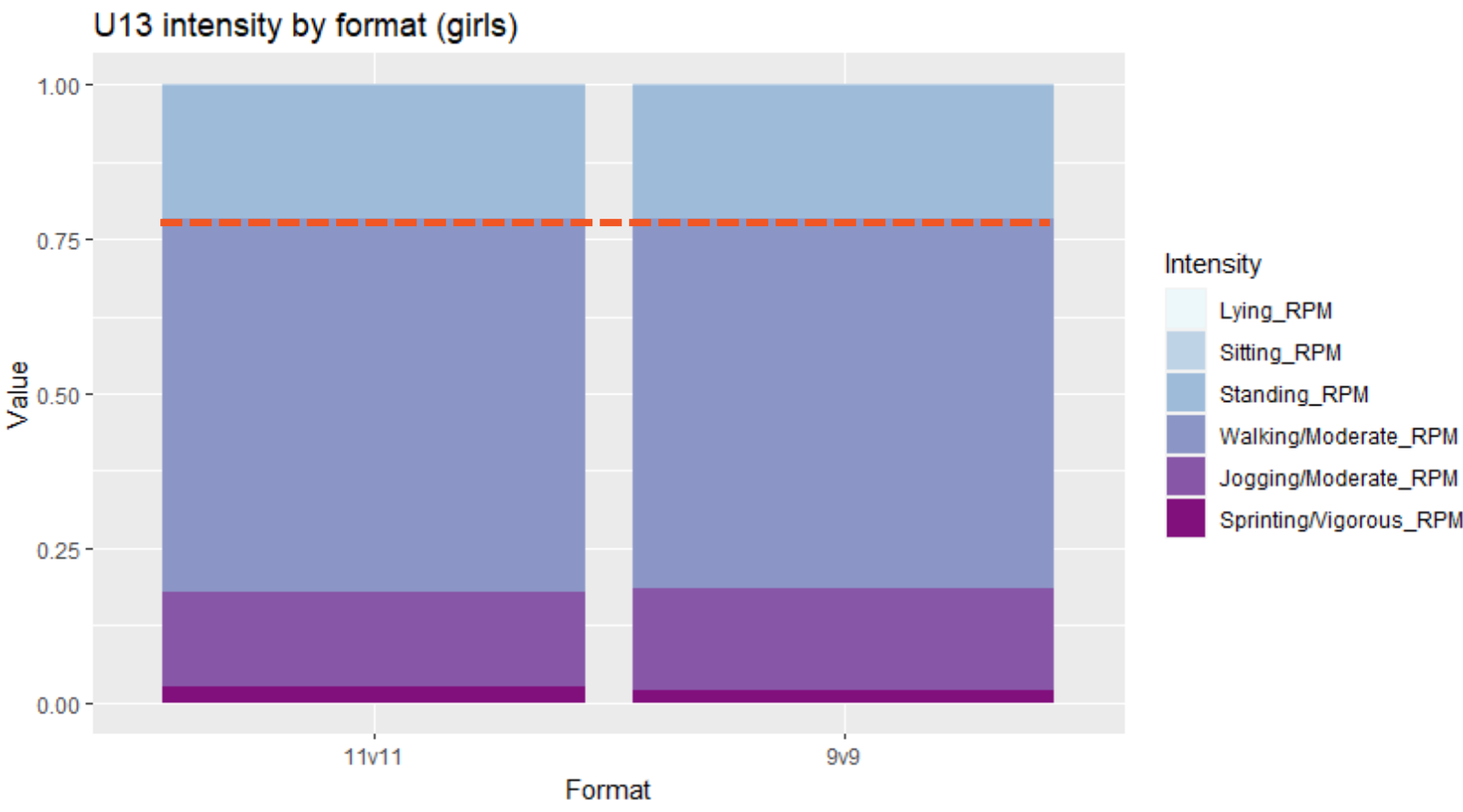
2x 7v7 pitches also fit comfortably.

This allows 28 children to play simultaneously within the space.

Case Study 8: U13 Mixed & Girls' Data



Physical Activity Intensity Across Mixed and Girls' Pathways



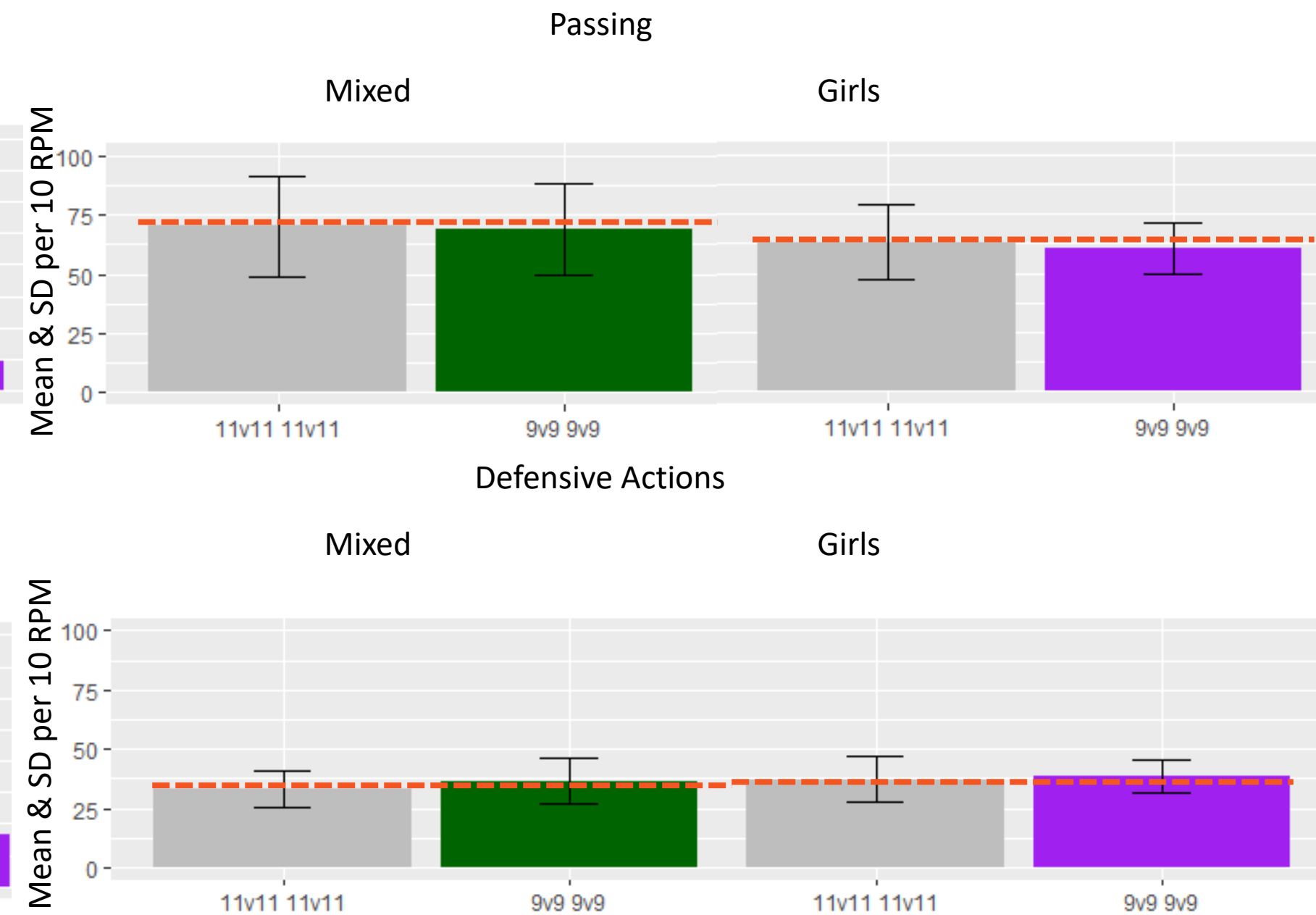
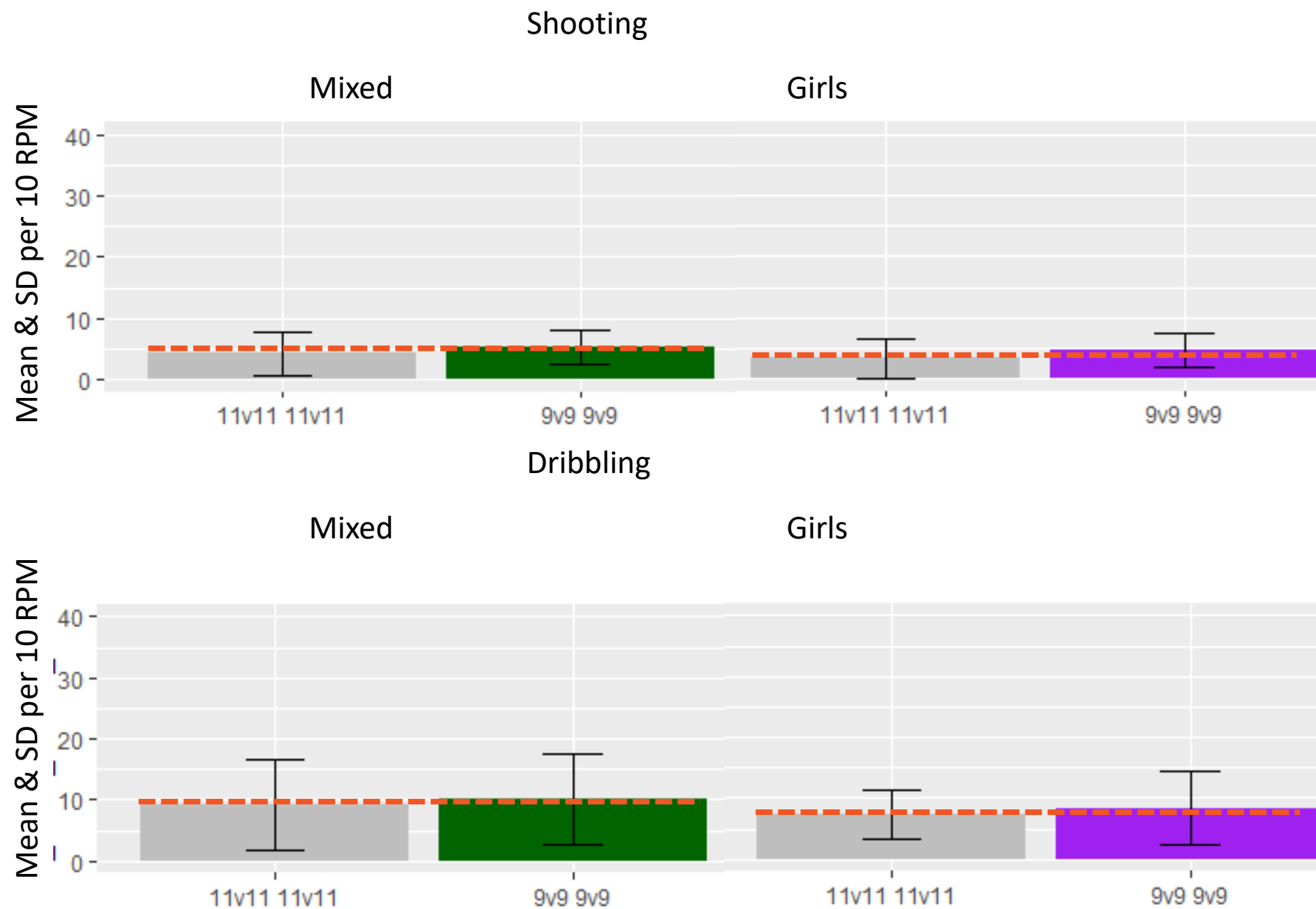
Graph 54-55: Proportion of time players spend at each PA intensity within 1 minute of standard half-length across different game formats sampled across the Mixed & Girls pathways.

Pathway	Effective Playing Time (per half)	Standard Half Length
Mixed 9v9	18 minutes 30 seconds	35 minutes
Girls 9v9	18 minutes 29 seconds	35 minutes
Mixed 11v11	20 minutes 55 seconds	35 minutes
Girls 11v1	20 minutes 25 seconds	35 minutes

Table 22: Effective playing time by format by pathway.



Technical Actions Across Mixed and Girls' Pathways



• Graph 56-57: Average sum total of technical actions performed by all individuals on a pitch during 10 minutes of effective playing time across all formats tested within an age group (U13) contrasted by pathway. **Scale 0-40.**

• Graph 58-59: Average sum total of technical actions performed by all individuals on a pitch during 10 minutes of effective playing time across all formats tested within an age group (U13) contrasted by pathway. **Scale 0-100.**

Technical Actions Per Player

Pathway	Format	Shots per Player	Passes per Player	Dribbles per Player	Defensive Actions per Player
Mixed	9v9	0.3	3.2	0.6	3.0
	11v11	0.2	3.8	0.4	2.0
Girls	9v9	0.3	3.4	0.5	2.1
	11v11	0.2	2.9	0.3	1.7

- Table 23: Average technical actions per player per game in each pathway.



U13 Summary

Physical Activity Intensity

- The U13 case study is the third age group that we have analysed where the Mixed & Girls' pathway players are achieving comparable MVPA data.

Volume of Technical Actions

- This U13 case study is the third age group that we have analysed where the Mixed & Girls' pathway players are achieving a similar volume & profile of technical actions.
- The U13 players in Mixed & Girls' pathway achieved a similar volume of technical actions 9v9 vs core format of 11v11 when the number of players on the field was accounted for.

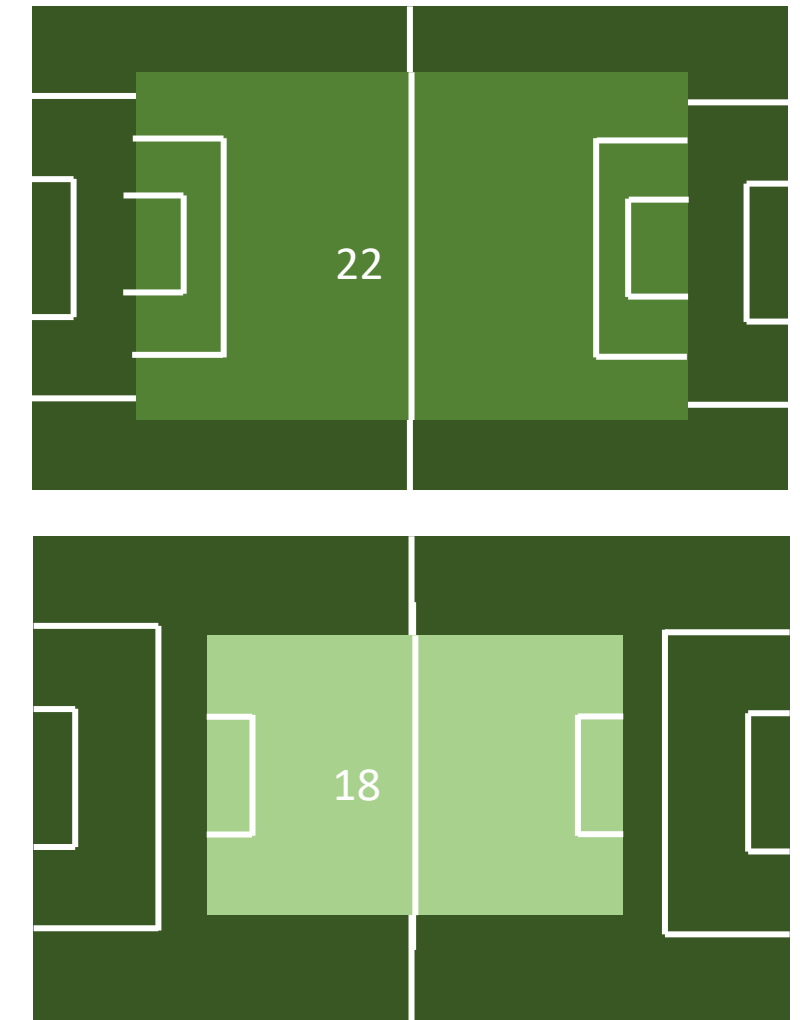


Illustration 13-14:

Within an adult 11v11 pitch, 1x 11v11 fits in line with the current largest format played for this age group. **This allows 22 children to play simultaneously within the space.**

1x 9v9 pitch also fits comfortably. **This allows 18 children to play simultaneously within the space.**

