

SITUATION

Olympique de Marseille (OM) was founded in 1899. They are the most successful French football team in history. OM have been French champion 10 times. In 1993, OM became the first French club to win the UEFA Championships League. In 1994, OM were relegated because of a bribery scandal. During the subsequent years, OM made it back to Ligue 1 and frequently contested the number 1 position with its main rivals, PSG and Olympique Lyonnais. In 2012/13 and 2013/14 they had disappointing seasons, missing out on an important European competition place for the first time in 10 years.

THE CHALLENGE

For the 2014/15 season, a new head coach was appointed. He was tasked to implement methods based on the latest scientific knowledge to help the performance of his players. The game is constructed on possession, duplication of effort and aggressiveness in recovery of the ball. Therefore physical excellence is paramount.

THE VISION

- Achieve physical excellence through professional asset management
- Implement continuous monitoring system using latest measurement equipment such as GPS, gyroscopes, accelerometers
- Apply cutting edge performance management techniques

PROJECT HIGHLIGHTS

In June 2014, TopSportsLab's founder Jan Van Winckel was hired as head of strength and conditioning. Jan has been successful in both physical optimisation of top teams as well as the implementation of injury prevention strategies maximising the availability of the best players. Jan has fully implemented the TopSportsLab system. He has been able to fully align it with the football strategies and objectives of OM's head coach.

Objectives

Olympique De Marseille started this season with only **17 players** due to a limited financial budget. Therefore, it was the aim of the technical staff to prevent injuries and increase match availability. The coach's methodology implies a continuous pressing and is characterised by a lot of HI efforts. Using the overuse predictor on a daily basis, the technical staff aims at stabilising physical performance in order to maintain these HI efforts throughout the season.



ACHIEVEMENTS 2014-15

Football

- **Winter Champion - Ligue 1**

Sports Science

- Unprecedented fitness level of the players. The distance in sprint (+24km/hour) measured during the matches against their nearest contenders: PSG (+6,5%), Lyon (+13%), Monaco (+30%), with hardly any backfall measured during the second half.
- Extremely successful injury prevention program: they reported 0,2 missed matches/player/month versus an average in the Ligue 1 of 0,5.
- Continuous workload monitoring (mechanical and physiological). TopSportsLab's overuse indicator manages their daily training load.
- OM reported **only 1 muscle injury** during the first half of the season.

Comments

- **Marcelo Bielsa, coach OM:** "No team has run as much as OM since the start of the season", "LFP statistics reveal another reality: in their 19 games of the first round, OM has always had the ball more than their rivals, including against PSG, with an average of 56.7% of possession, and amounting to 59.6% in the last 5 games".
- **Leonardo Jardim, l'entraîneur monégasque :** 'Marseille c'est le leader du championnat et est la meilleure équipe du championnat. Marseille est une équipe très physique.'
- **Michel Der Zakarian (entraîneur du FC Nantes, battu par l'OM, 0-2):** «Cette année, les Marseillais affichent une autre mentalité. Ils imposent des duels, des courses, S'ils conservent cette faculté, ils peuvent ennuyer le PSG.

