



PLAYER BRIEFING

MATCH WORKLOAD & COMPETITIONS

BACKGROUND

Excessive workload can have negative effects on players' health and performance. The absence of individual and collective player safeguards further aggravates the problem. In this briefing you will find:



Data on average player workload and competition innovations



FIFPRO's recommendations on specific player workload safeguards and future competitions

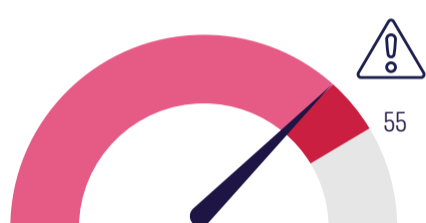


Facilitate player feedback on specific player workload safeguards and future competitions.

WHAT DOES AN AVERAGE INTERNATIONAL PLAYER'S WORKLOAD LOOK LIKE? (2020/21)*

Player union recommendations

Average number of matches during 2020/21

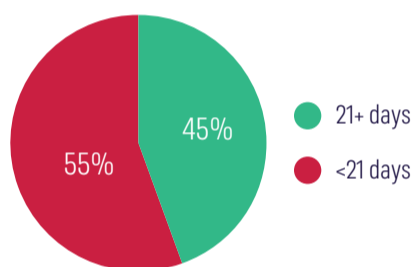


Excessive number of matches

Most players played in excess of 50 matches with some even playing more than 70 in the 2020/21 season.

PREVENT the excessively high number of matches that many players are exposed to in order to mitigate injury risk and mental burn-out.

Off-season break length

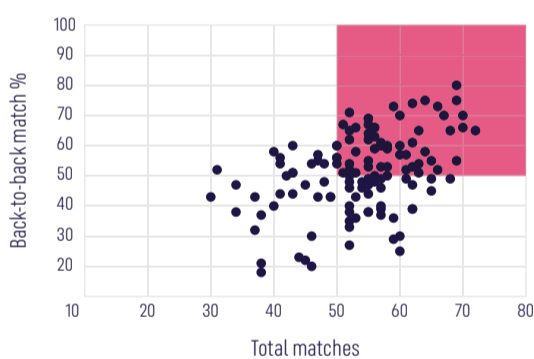


Unprotected season breaks

Before the 2020/21 season the recommended length of off-season break was only met in 45% of the cases.

PROTECT the full physical and mental recovery of players by protecting and enforcing mid- and off-season breaks from all team activities.

Total number of appearances and back-to-back match appearance %

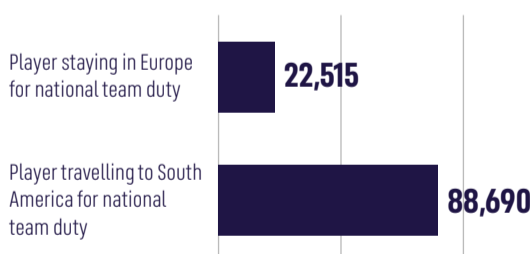


Consecutive back-to-back matches

Many players played more than 50 matches with a high % of them played back-to-back.

LIMIT the amount of consecutive back-to-back matches, with less than 5 days recovery, that players can play in a row.

One team, two stories - Total international travel distance (km) in 2020/21



Excessive international travel

Even club teammates face differences in travel load due to national team duty. The player travelling to South America travelled 4 times more than his teammate staying in Europe.

REDUCE the amount of international travel that players need to undertake during each season.

* An "international player" is someone who played several national team and international club competition matches in 2020/21. Data is based on the FIFPRO Player Workload Monitoring Platform, which was developed in cooperation with KPMG Football Benchmark.



WHAT CHANGES ARE EXPECTED IN THE COMPETITION CALENDAR?



FIFA World Cup every 2 years



UEFA Champions League with more matchdays from 2024/25



Domestic leagues Games to be played overseas



European Super League Failed attempt without player consultation

WHAT DOES FIFPRO AND PLAYER UNIONS RECOMMEND?

No additional matches without new player workload safeguards

Protection of domestic playing markets & investment in small- and medium sized competitions

Sustainable growth of international club and national team competitions