



Performance Analysis of 2022 Women's European Football Champion England National Team

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Abstract

After big organizations in football or at the end of the season, researchers definitely examine the game systems of successful teams, the technical-tactical parameters of successful and unsuccessful teams, the differences and the performances of the athletes. In this direction, this study was conducted to analyze the England National Team, which was the champion in the 2022 Women's European Football Championship, in terms of different variables. Research data were obtained from the UEFA official website.

The number of goals scored and conceded in competitions, the distribution of goals according to time periods, the region of the goal scored, the way the goals occurred. The position of the player who scored the goal, the percentage of ball possession in the first half and throughout the match, the duration of the ball in the game, the number of passes, the number and percentage of successful passes technical-tactical parameters and the average total distance travelled by the team were analyzed. The data obtained were recorded in SPSS 23 package program, frequency and percentage values were calculated and interpreted. It was determined that the England national team scored a total of 22 goals with an average of 3.67 goals per match, and 2 goals were scored in their own goal with an average of 0.33 goals per game. Considering the time period in the match, the England National Team scored 45.5% (10 goals) of the 22 goals in the first half, 45.5% (10 goals) in the second half, and the remaining 2 goals in the 1st and 2nd overtime periods; It has been revealed that he conceded 2 of his goals in the second half. It was determined that 86% of the goals scored were scored from inside the penalty area and most of the goals were scored from the number 3 area of the penalty area (13 goals, 59.1%); 54.5% of these goals (12 goals) were scored as a result of organized attacks; and the players who scored the most goals (8 goals, 36.4%) were the wingers. The England national team, which had 57% possession per match, kept the ball in the game for 29 minutes and 33 seconds in 90 minutes; the successful pass percentage was 84% and the average percentage of ball possession is 57%. In addition, the total distance travelled by the team per match was 116.6 km. Based on these results coaches; use the 3rd zone, which is the critical zone in the penalty area in terms of offense, more effectively; in terms of defense, it can be suggested that these regions be defended more effectively. In addition, considering that the most important factor determining the result in football is goals and that these goals are the result of organized attacks, it is thought that both the contribution of the players other than the strikers to the score and the organization activities are important and therefore it would be useful to plan the technical-tactical activities of the teams accordingly.

Keywords: Analysis, women, football, technical, tactical, UEFA

2022 Kadınlar Avrupa Futbol Şampiyonu İngiltere Milli Takımının Performans Analizi

Özet

Futbolda büyük organizasyonlardan sonra veya sezon sonlarında araştırmacılar başarılı takımların oyun sistemlerini, başarılı başarısız takımların teknik-taktik parametrelerini, aradaki farkları ve sporcuların performansları gibi durumları mutlaka incelerler. Bu doğrultuda bu çalışma, 2022 Kadınlar Avrupa Futbol Şampiyonası'nda şampiyon olan İngiltere Milli Takımının farklı değişkenler açısından analiz edilmesi amacıyla yapılmıştır. Araştırma verileri, UEFA resmi internet sitesinden elde edilmiştir. Müsabakalarda atılan ve yenilen gollerin sayısı, gollerin zaman dilimlerine göre dağılımı, atılan golün bölgesi, gollerin oluş şekli, gol atan oyuncunun mevkisi, ilk yarı ve müsabaka boyunca topa sahip olma yüzdeleri, topun oyunda kalma süresi, pas

sayısı, başarılı pas sayısı ve yüzdesi teknik-taktik parametreleri ile takımın ortalama kat ettiği toplam mesafe analiz edilmiştir. Elde edilen veriler SPSS 23 paket programına kaydedilmiş, frekans ve yüzde değerleri hesaplanarak yorumlanmıştır. İngiltere milli takımının, maç başına 3.67 gol ortalaması ile toplam 22 gol attığı, maç başına 0.33 gol ortalaması ile 2 golü de kendi kalesinde gördüğü belirlenmiştir. Müسابakalarda zaman dilimi göz önüne alındığında, İngiltere Milli Takımının, attığı 22 golün %45.5'ini (10 gol) ilk devre, %45.5'ini (10 gol) ikinci devre, geri kalan 2 golü 1. ve 2. uzatma devrelerinde attığı; yediği gollerin 2'sini de ikinci devre yediği ortaya konmuştur. Atılan gollerin %86'sının ceza sahası içinden ve en çok golün ceza sahasındaki 3 numaralı bölgeden atıldığı (13 gol, %59.1); bu gollerin %54.5'inin (12 gol) organize atak sonucu kaydedildiği; en çok gol atan oyuncuların ise (8 gol, %36.4) kanat mevkiindeki oyuncular olduğu belirlenmiştir. Maç başına %57 oranında topa sahip olan İngiltere milli takımının 90 dakikalık sürede topu oyunda 29 dakika 33 saniye tuttuğu; başarılı pas yüzdesinin %84, topla oynama yüzdesi ortalamasının ise %57 olduğu tespit edilmiştir. Ayrıca, takımın maç başına kat ettiği toplam mesafenin 116.6 km olduğu ortaya konmuştur. Bu sonuçlara dayanarak antrenörlere; hücum bakımından ceza sahası içindeki kritik bölge olan 3. bölgeyi daha etkin kullanmaları; savunma açısından da yine bu bölgeleri daha etkin savunmaları önerilebilir. Ayrıca, futbolda sonucu belirleyen en önemli etkenin gol olduğu ve bu gollerin de organize ataklar sonucu olduğu göz önüne alınırsa, gerek forvet oyuncuları dışında kalan futbolcuların da skora katkı yapmasının gerekse de organizasyon çalışmalarının önemli olduğu, bundan dolayı da takımların teknik-taktik çalışmalarını buna göre planlanmasının faydalı olacağı düşünülmektedir.

Anahtar Kelimeler: Analiz, kadın, futbol, teknik, taktik, UEFA

INTRODUCTION

In competitive sports, especially in football, the level of performance is determined by a number of interrelated skills and abilities such as technique, tactics, psychological factors and finally fitness (24). Although football is a complex sport, coaches should be able to control all factors that may affect club success (42) and increase the strengths of the team during the competition. For this purpose, the coach should be able to comprehend the game strategies, identify the opponent's strengths and weaknesses during the match, make critical decisions during the match, adapt to the different games encountered, and adjust the harmony between the game strategy and the team's abilities (13). At this point, match analysis helps this adjustment and reveals different types of data (14). The main aim of the analysis is to determine the weaknesses of the team that need to be improved and the strengths that can be developed (5). Match analysis, which is widely used in many sports, helps coaches to collect objective information that can be used by coaches to provide feedback in terms of performance (6), match-related statistics of various actions of players, useful data on the performance parameters of successful or unsuccessful teams (31) and helps coaches to access detailed information about the performance of their players (29).

Although football is considered a male sport, the development of women's football has reached a level that few people can imagine (33). Recently, many young girls and women participated in football organizations, leagues are organized, and World and European Championships are organized (4). Finally,

the Women's European Football Championship was organized by UEFA at the A team level, hosted by the champion England. In general, after such big organizations in football or at the end of the season, researchers examine the game systems of successful teams, the technical-tactical parameters of successful and unsuccessful teams, the differences between them and the performances of athletes. In the literature, there are many studies on match analysis that support this idea. However, almost all of these studies were conducted in the light of data obtained from tournaments, leagues, or teams in which male football players participated (22; 14; 2; 8; 24; 25; 29; 32; 42; 15; 7; 16; 35; 1; 18; 20; 43; 10; 19; 31; 32; 9; 17; 23; 24; 39; 3; 34; 11). There are fewer studies on tournaments or leagues involving women than men in the literature on this subject (4;27;40;28;30).

Due to the development of the game style of football day by day, the need for continuous recording and evaluation of competitions is increasing. In addition to helping to meet this need, it is thought that the results of such scientific studies on women's football will increase the development speed and quality of women's football. In addition, the information collected through these studies is very important for coaches to organize appropriate training plans for their teams and to follow current football trends that have been implemented recently. In this context, the aim of this study is to analyse the tournament performance of the 2022 European Women's Football Championship champion England national team in different categories.

MATERIAL AND METHOD

Research Group: A total of 6 match played by the England national team, the champion of the 2022 Women's European Football Championship, during the championship constitute the Sample of the study. All matches were included in the study and the analysis was carried out in 10 different categories (1. the number of goals scored and conceded, 2. the time of goals, 3. the area of goals, 4. the way the goals occurred, 5. the position of goal scorer, 6. the percentage of possession, 7. the time the ball was in play, 8. the number of passes, 9. the number and percentage of successful passes, 10. total distance travelled).

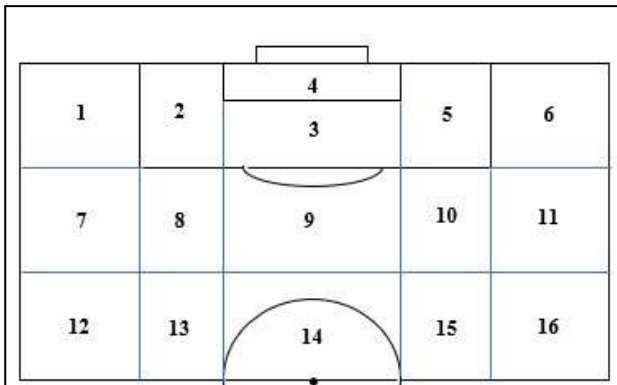


Figure 1. Defined goal regions

Data Collection Tools: The data of the study were collected by the researcher by watching and recording the 6-match played by the champion England national team. Goals scored in 45+ and 90+ minutes were included between 31-45 minutes and

76-90 minutes, respectively. 1 goal was determined as an own goal scored by the opponent and analyzed by including it in the appropriate category according to way the goal occurred. In addition, the players who scored the goal were evaluated and analyzed according to their regions and positions in that match.

Procedure: In the 2022 European Women's Football Championship, the data of the England national team were obtained from the official website of UEFA (<https://www.uefa.com/>). A total of 6 matches played by the England national team were included in the analyses and the data were analyzed in 10 parameters (the number of goals scored and conceded in the matches, the distribution of goals according to time periods, the region of the goal scored, the way the goals occurred, the position of the player who scored the goal, the percentage of possession in the first half and throughout the match, the time the ball was in play, the number of passes, the number and percentage of successful passes). However, this parameter was analyzed over 5 matches due to the missing data on running distances in the semi-final match against Sweden. All goals were analyzed by a football coach (UEFA B) who is also a match analysis coach.

Data Analysis: The data were analysis in SPSS 23.0 package programme and frequency and percentage distributions analysis were used among descriptive statistics.

RESULTS

Table 1. Distribution of goals scored and conceded according to the competitions

	Times	Group Matches		Quarter, Semi-Final and Final Matches	
		Goal	%	Goal	%
Goals Scored	First Half	9	40.9	1	4.55
	Second Half	5	22.7	5	22.7
	First Overtime	0	0.00	1	4.55
	Second Overtime	0	0.00	1	4.55
	Total	14	63.6	8	36.4
	Defeated Goals	First Half	0	0.00	0
Second Half		0	0.00	2	100.0
First Overtime		0	0.00	0	0.00
Second Overtime		0	0.00	0	0.00
Total		0	0.00	2	100.0

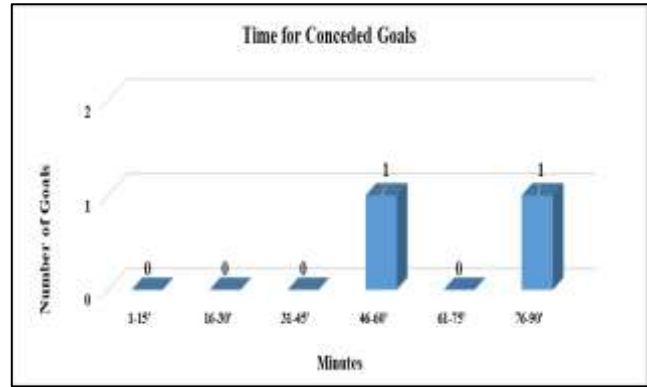
England national team scored 22 goals and conceded 2 goals during the tournament. Of the 22 goals scored, 14 (63.6%) were scored in group matches and 8 (36.4%) in quarter-final, semi-final and final matches. 10 (45.5%) of this 22 goals were scored in the first half, 10 (45.5%) in the second half, 1 (4.5%) in the first overtime period and 1 (4.5%) in the second overtime period. The England national team, which did not conceded a goal in the group matches, conceded 2 goals (100.0%) in the second half of the quarter-final and final matches (Table 1).

It was determined that 10 of the total 22 goals recorded in the organization with an average of 3.67 goals per match were scored in the first half (45.5%), 10 in the second half (45.5%) and the remaining 2 goals (9%) were scored in the Overtime periods, the most goals were scored between the 31-45th minutes of the match (6 goals; 27.3%) and the least goals were scored between the 16-30th, 91-105th and 106-120th minutes (1 goal each; 13.6% in total) (Graph 1).



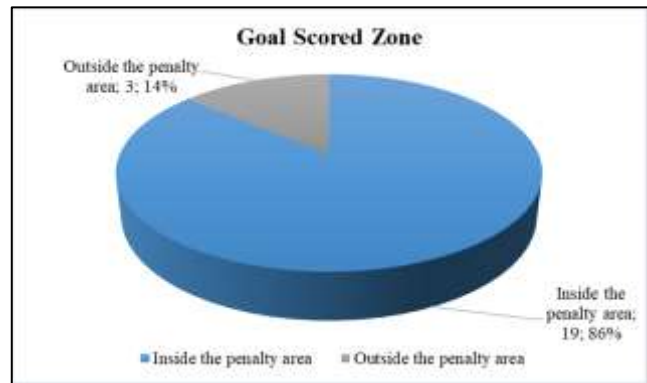
Graph 1. Distribution of goals scored according to time periods

In the organization, with an average of 0.33 goals per match, 2 of the 2 goals conceded were scored in the second half; 1 goal was scored between the 46th and 60th minutes and 1 goal was scored between the 76th and 90th minutes (Graph 2). The England national team conceded 2 goals as a result of organized attacks and these goals were scored zones 3 and 4 inside the penalty area.



Graph 2. Distribution of conceded goals according to time periods

When Graph 3 is analyzed, it is seen that the most goals were scored from inside the penalty area with 19 goals (86.4%), while 3 goals (13.6%) were scored from outside the penalty area.



Graph 3. Goal scoring area

According to the definition made by dividing the half-court into 16 parts and used in the goal area analysis (Figure 1), it is observed that most of the goals (13 goals, 59.1%) were scored from the zone 3 inside the penalty area, followed by 6 goals (27.3%) from the zone 4 inside the penalty area. In addition, 2 goals (9.1%) were scored from zone 9 and 1 goal (4.5%) from zone 10. No goals were scored from other areas (Graph 4).



Graph 4. Goal scoring area (defined)

When Graph 5 is analyzed, it is seen that most of the goals scored in the matches were scored when the ball was in play and these goals were scored as a result of organized attacks (12 goals, 54.5%). The least number of goals were scored from corners and free-kicks (1 goal each; 9.1% in total). Transitions with the ball in play (attacking by snatching the ball from the opponent), which is another form of goal formation, was found to be the category in which most goals were scored after organized attacks (8 goals, 36.4%). The England national team did not score from set-pieces and free-kicks.



Graph 5. Formation of goals

Graph 6 shows the distributions of the remaining 21 goals, excluding the 1 own goal scored by the opponent, according to positions. With 8 goals (36.4%), the players playing in the wing position scored the most goals, with 6 goals each (12 goals in total, 54.6%), the players playing in the forward and midfield positions scored the most goals after the wingers; the players who scored the least number of goals were the players playing at fullback with 1 goal (4.5%).



Graph 6. Position of goal scorers

Table 2: Percentage of possession and time in possession in the first half and throughout the match

	Matches	(%)	Game Duration (min + sec)
During the Match	Match 1 (group)	59	33' 14"
	Match 2 (group)	61	31' 01"
	Match 3 (group)	68	35' 24"
	Quarter Final	44	23' 69"
	Semi-Final	60	31' 46"
	Final	50	23' 81"
Art. Average	57	29' 23"	
First Half at Last	Match 1 (group)	60	17' 45"
	Match 2 (group)	54	12' 02"
	Match 3 (group)	69	16' 40"
	Quarter Final	46	12' 55"
	Semi-Final	66	18' 25"
	Final	45	10' 28"
Art. Average	57	14' 33"	

*Calculation is based on 90 minutes duration.

In the matches held in organization, it is seen that the possession percentage of the England team was 57% throughout the match and this percentage is similar to the possession percentage in the first half (57%). Based on 90 minutes, the team managed to keep the ball in play for 29 minutes on average (Table 2).

Table 3: Shots scored, shots on target, number of passes, number of successful passes

Parameters		Average per Matches
Number of Passes (Number)	3095	516
Number of Successful Passes (Number)	2608	435
Passing Accuracy (%)	Group Match 1	87
	Group Match 2	89
	Group Match 3	90
	Quarter Final	79
	Semi-Final	83
	Final	74

Throughout the organization, the England national team threw a total of 3095 passes, of which 2608 (84%) were accurate, averaging 435 successful passes per match (Table 3).

Table 4. Distance travelled by the team during the tournament (km)

Matches	Minutes	Distance travelled (km)
Group Match 1	90	106.1
Group Match 2	90	106.3
Group Match 3	90	98.9
Quarter Final	120	141.8
Final	120	130.1
Art. Centre.	102	116.6

*The semi-final match against Sweden was not included in the calculation due to lack of data.

At the end of the 5 matches played by the England national team, it was determined that the team travelled 116.6 km in an average of 102 minutes (Table 4).

DISCUSSION

5% (10 goals) were scored in the first half, 45.5% (10 goals) in the second half, 54.5% (12 goals) as a result of an organized attack, 86.4% (19 goals) from inside the penalty area and 59.1% (13 goals) from the third zone defined inside the penalty area. At the same time, the England national team scored the most goals (6 goals, 27.3%) between the 31-45th minutes, while the players who scored the most goals were the players playing on the wing with 8 goals (36.4%), the team possessed the ball 57% on average throughout the tournament, kept the ball in play for an average of 29 minutes 33 seconds, had a successful pass percentage of 84% and travelled a distance of 116.6 km.

When the studies on match analysis in the literature are examined, it is seen that almost all of these studies consist of matches in leagues, tournaments, or championship in which male football players take part. The studies on such organizations in which women football players take part are less than the studies on male football players. However, recently, due to the increasing interest in women's football leagues and championships and the increasing performance of women footballers, some studies have started to be conducted in the literature to determine technical and tactical parameters other than physical performance and demands (4;40). Baskaya ve Senturk (4) analyzed the performance of the 2015 FIFA Women's World Cup Champion USA national team with different variables. As a result, the researchers determined that the USA national team played with an average of 2.00 goals per match, scored a total of 14 goals and conceded 3 goals; and had a ball possession percentage of 52.86%. They also determined that the players who contributed the most to the score throughout the tournament were the midfielders (10 goals in total) and stated that in order for a team to leave the field successfully, it is necessary to score goals and in this direction, it is important that the players other than the strikers contribute to the score, so it would be useful for the teams to plan their technical-tactical activities accordingly. In the matches held during the organization, it was determined that the average possession percentage of the USA national team was 52.86%, the actual playing time was 26.29 minutes, and the average percentage

of possession was similar to the values obtained in the first half (53.71%). Wang and Qin (40) analyzed the goals scored and shots taken in the 2019 Women's World Cup and found that 79% of the 146 goals scored were scored from inside the penalty area (from the area between the penalty spot and the goal area). In the same study, 57.5% of the goals were scored in the second half, the most goals were scored in the last 15 minutes of the match and the most goals were scored by forwards (63.1%).

According to Michailidis et al. (29) goals scored constitute a key role for the success of teams and a Good analysis in sports games and organizations such as tournaments. From this point of view, in this study, in which we also analyzed the goals scored by the team, similar results were obtained with the results of studies conducted on male football players. Goral (15) reported that the number of goals per match in Germany, whose national team was the 2014 World Cup champion, was 2.57. Gurkan et al. (18) analyzed the goals scored in UEFA Champions League according to time periods and found that the number of goals scored per match was 2.7. In a study analyzing goals scored in the 2010 World Cup, the researcher found that 2.27 goals were scored per game in the tournament (32).

Studies on competition analysis have also examined the timing of goals scored in tournaments or leagues, and most studies have found that more goals are scored in the second half of the match (25;16;10;37;9). On the other hand, in one of the studies that analyzed goals by dividing the competition into 15-minute periods, 3614 goals scored in the Turkish Super League over 5 seasons were analyzed and it was determined that most goals were scored between the 76th and 90th minutes (221 goals, 21.7%) (7). Similarly, Imamoglu et al. (22) reported that the highest number of goals occurred between these minutes with 24.8% in the 2010 World Cup. Njororai (32) also found in his study that 35 goals (24.14%) were scored in the last 15 minutes of the 2010 World Cup, more than in any other 15-minute period. In another study, Goral and Saygin (14) reported that 12 (25.5%) of a total of 47 goals scored came between the 76th and 90th minutes and this period was the 15 minutes in which the most goals were scored. Akgül and Pepe (1) analyzed the goals scored in the Süleyman Seba Season (873 goals) and found that teams were more likely to score between the 76th and 90th minutes. Kubayi and Toriola (23) also found that the most goals were scored in the last 15 minutes of the competitions (196

goals, 24.7% of the total number of goals scored) in all the world cup organizations organized by FIFA between 1998-2014. Ertetik and Müniroglu (11) found statistically significant differences in the 15-minute periods of the goals scored in 40 matches and determined that the most goals were scored between the 76th and 90th minutes with 27%. In another study, the distribution of 3426 goals scored in the UEFA Champions League in the last 10 years was analyzed in 15-minute periods, and it was found that most goals were scored between the 76th and 90th minutes (635 goals, 18.53%) (18). Researchers have attributed this to increased fatigue and loss of concentration on the part of the teams, but also to the defensive risks taken by the defeated teams at the end of the match. In another study in line with this idea, researchers stated that the best performance in competitions is directly related to physical performance, and the less physical wear and tear, the higher the performance. Therefore, they argue that in the first minutes of the match, players are better able to perform certain actions and face the same conditions as their opponents. Based on this, they reported that the more frequent occurrence of goals in the second half of the game may be due to a team's better resistance to the decline of its physical, psychological and technical performance and tactical organization (12). In our study, findings that relatively support these results were obtained. As a result of our study, goals scored between 76-90th minutes (4 goals) ranked second after goals scored between 31-45th minutes (6 goals). In a study supporting the results of our study in the literature, Tousios et al. (38) found that most goals were scored in the 31-45th and 46-60th minutes (19% each) and 18% of the goals were scored in the 76-90th minutes in Euro Cup 2016. From a different perspective, the fact that more goals were scored in the last 15 minutes of the first and second halves may be a critical indicator that in a football match that lasts at least 90 minutes, it is important to spread the struggle and game discipline over the entire time period. All these results may also suggest that it is due to the fact that both male and female football players did not break their desire to win and their game discipline, that they had the fitness to spread their struggle for 90 minutes and that they concentrated well in all time periods of the match.

In addition to analyzing the goals scored according to time periods, it is also important to analyze the areas of the pitch from which these goals were scored. In one of the studies related to this issue

in the literature, the 3rd zone offensive organizations of teams in 4 different football leagues were analyzed and it was revealed by the researchers that most of the goals scored were from the penalty area (43). Akgül and Pepe (1) found that 83% of the 873 goals they analyzed were scored from inside the penalty area. Çobanoğlu (9) stated that 133 of the goals scored in the 2018 World Cup were scored from inside the penalty area and 60.5% (95 goals) of these goals were scored from the number 3 area. Similarly, Çobanoğlu and Terekli (10) found that 83.3% of the goals scored in their study were scored from inside the penalty area and 61.1% of these goals were scored from the number 3 area within this area. Imamoglu et al. (22), reported that 82% of the goals scored in the 2010 World Cup were scored from the penalty area. Tokul and Mulazimoglu (37) analyzed 97 goals in EURO 2016 excluding own goals and penalty goals and found that 72.22% of these goals were scored from inside the penalty area. The results of these researchers regarding the penalty area are similar to the results of our study. The reason for this may be that football players want to increase the accuracy of their kicks closer to the goal and teams want to create more disadvantages for goalkeepers.

When we analyzed how the goals were scored in our study, it was found that the majority of the goals were scored as a result of an organized attack while the ball was in play and studies supporting this finding were also found in the literature. Leite (25) found that the goals scored in the 2012 European Championship were more often the result of organized attacks (54%). Cerrah et al. (7) emphasized that 2594 goals (71.8%) in their study were scored after an organized attack. In other studies, the rate of goals scored as a result of organized attack was found to be 53.3% by Cobanoglu and Terekli (10), 63.69% by Cobanoglu (9) and 77.9% by Imamoglu et al. Similarly, Akgul and Pepe (1) found that 41.6% of the 873 goals scored by the teams in the Suleyman Seba Season in 306 matches were scored by organized attack. The results of our study and these results in the literature show that organized attacking practices are important in goal scoring pathways.

In addition to the time, place and location of the goal, the position of the player who scored the goal is also an important category of analysis studies. In the majority of the studies in the literature, it has been determined that the majority of goals scored in matches are scored by forwards (22;10;9). There are also studies in the literature that emphasize that wingers contribute to goals scored as much as

forwards. Gursakal et al. (20) also found at the end of their research that the players who play a key role in the offense are wingers. In our study, it was determined that wingers scored the most goals after forwards. Considering the results of these studies, this finding supports the researchers.

One of the important parameters for teams in a competition is the time they can keep the ball in play and another is the percentage of possession. Goral (15) determined the average possession percentage of Germany national team as 56.71% during the tournament. Araya and Larkin (2) found the average possession percentage of the teams ranked in the top ten at the end of the league as 53.48±4.96%. Castellano et al. (6) found this average to be 51.6±6.8% in their study and determined that there was a significant difference between the possession percentages of the winning teams and the possession percentages of the defeated and tied teams. In a study analyzing Turkish teams participating in European cups, it was reported that the winning teams had higher positive passing averages and possession percentages than the defeated teams (11). In his study, Collet (8) emphasized that there is a strong link between more possession of the ball and the number of goals scored and successful passes made, and also that there is a significant relationship between team success and passing. From this point of view, the fact that the champion England women's national team had a high ball possession percentage of 57% throughout the tournament, that their actual playing time was longer than the other teams, and that their passing rate was at a very important level of 84% suggests that their success was not a coincidence.

Recently, in addition to technical and tactical analysis, movement and performance analysis have also started to be performed in competition analysis. In a related study, the competitions in the Turkish Spor Toto Super League 2016-2017 season were analyzed and it was determined that the league average in terms of distance traveled was 110.1 km (34). Yang et al. (41) found that the total distance traveled by the top 4 teams in the Chinese Super League was 108 km on average; 107.6 km for teams ranked 5th to 8th; 107.9 km for teams ranked 9th to 12th; and 109.1 km for teams ranked 13th to 16th. The data in these studies were obtained at the end of 90 minutes of football matches on average, and in our study, it was revealed that the England national team covered a distance of 116.1 km in an average of 102 minutes. Taking this data into account, it can be said that the team covered an average distance of 102 km

in a 90-minute football match. This is in line with the results of studies in the literature. Although there are studies reporting that running performance alone is not sufficient to win competitions and that these values are similar in winning and losing teams (17;21;36), it is thought that running distance values are important for developing women's football, especially in terms of physical performance and movement analysis. The champion England women's national team's successful performance throughout the tournament was determined by the fact that not only the forwards, but also all players in other positions made an effort to score goals and contribute to the score.

As a result, it can be said that competition analysis is the best source for coaches to obtain objective information about the performances of their own team and athletes, as well as their opponent teams and athletes in the healthiest way, to increase the current performance of their athletes, to make the right decision and to determine what can be done in the next practice and tactical understanding. In organizations such as the European Championships, where performances are displayed at the highest level, there are multiple performance indicators that must be achieved in order to reach the set targets. It can be said that the England national team's success was also due to the high rate of possession in the first half and throughout the match, and that these factors positively affected the other performance elements and led to a successful performance. One of the important results of this study is the goals scored from the third zone inside the penalty area, which leaves the defenders ineffective. Based on these results, it can be suggested to the coaches to use the third zone, which is the critical zone in the penalty area, more effectively in terms of offense and to defend these zones more effectively in terms of defense. In addition, considering that the most important factor that determines the result in football is the goal and these goals are the result of organized attacks, it is thought that it is important for the players other than the strikers to contribute to the score and organizational activities, and therefore it would be useful to plan the technical-tactical activities of the teams accordingly.

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