A Comparison of Performance Indicators Between University-Level Rugby Union and Rugby Union Sevens Matches

Authors : Pieter van den Berg, Retief Broodryk, Bert Moolman

Abstract : Firstly, this study aimed to identify which performance indicators (PIs) discriminate between winning and losing university-level Rugby Union (RU) teams and, secondly, to compare the significant PIs in RU and Rugby Union Sevens (RS) at university level. Understanding the importance of PIs and their effect on match outcomes could assist coaching staff to prioritise specific game aspects during training to increase performance. Twenty randomly selected round-robin matches of the 2018 Varsity Cup (n=20), and Varsity Sports sevens (n=20) tournaments were analysed. A linear mixed model was used to determine statistical significant differences set at p≤0.05 while effect size was reported according to Cohen's d value. Results revealed that various PIs discriminated between winning and losing RU teams and that specific PIs could be observed as significant in both RU and RS. Therefore, specific identified tactical aspects of RU and RS should be prioritised to optimise performance

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