

The OKKULO LAB

The Impact

Two Sunderland Case Studies

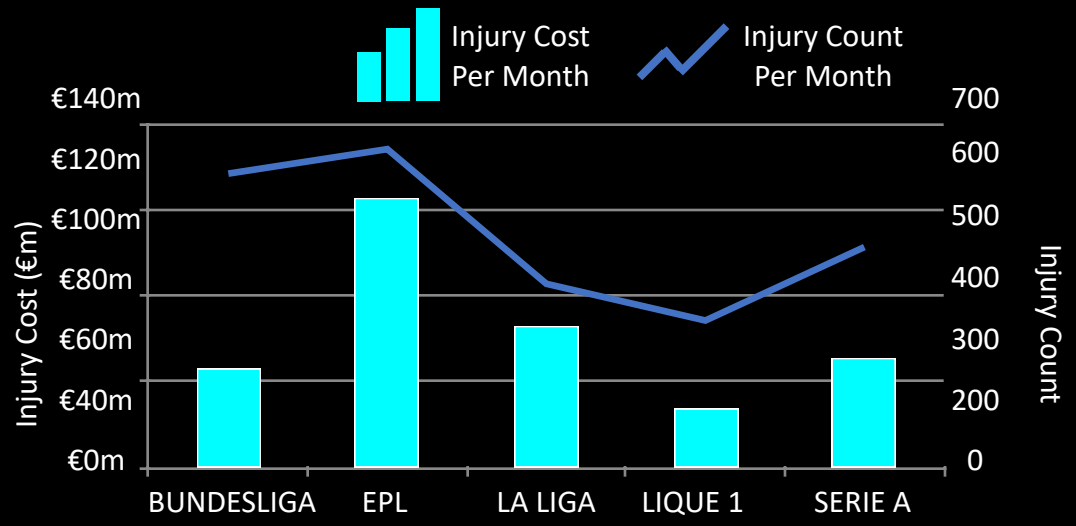
OKKULO

SEE QUICKER
PERFORM BETTER

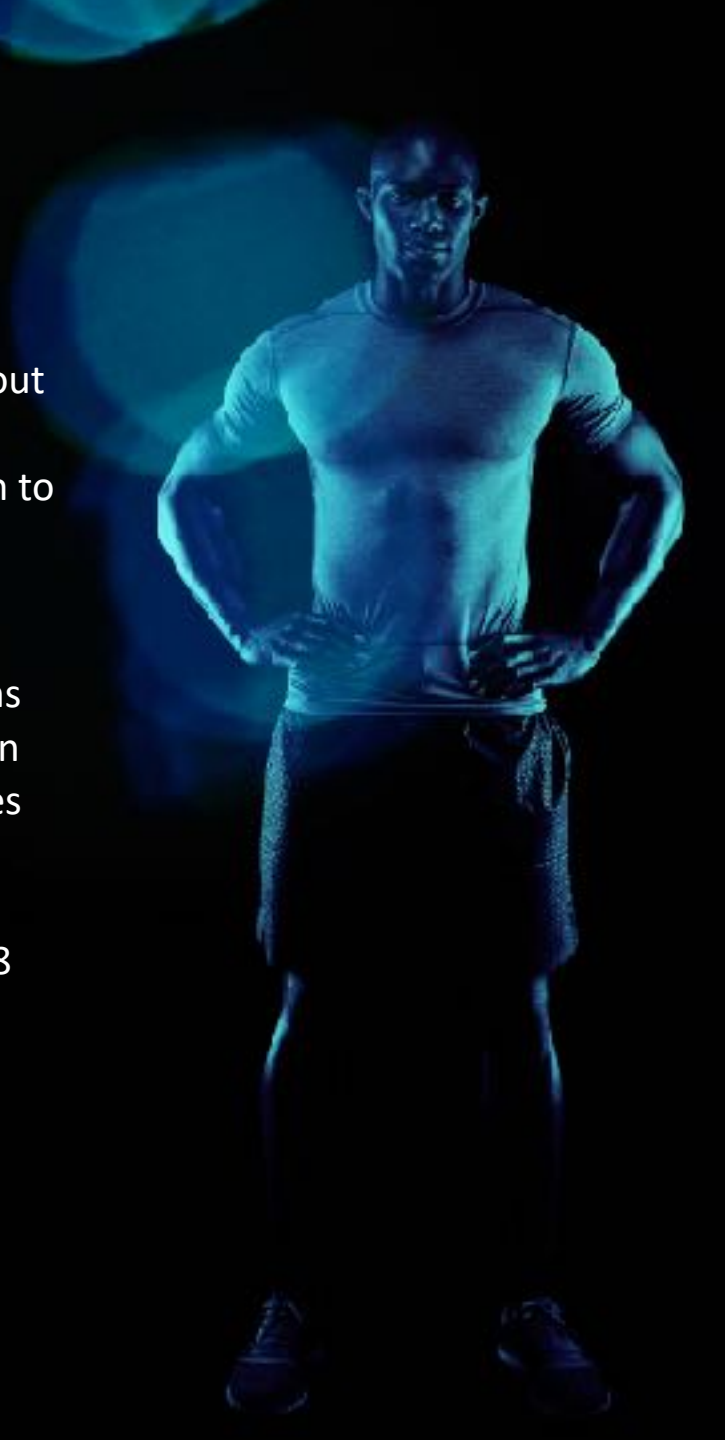
Why?

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The cost to clubs in bringing players back from injuries is a common thread throughout the footballing pyramid. After speaking with the head of medical, performance, coaching, and Luke himself we agreed that an instant win would be for him to return to his peak as soon as possible, mentally and physically.



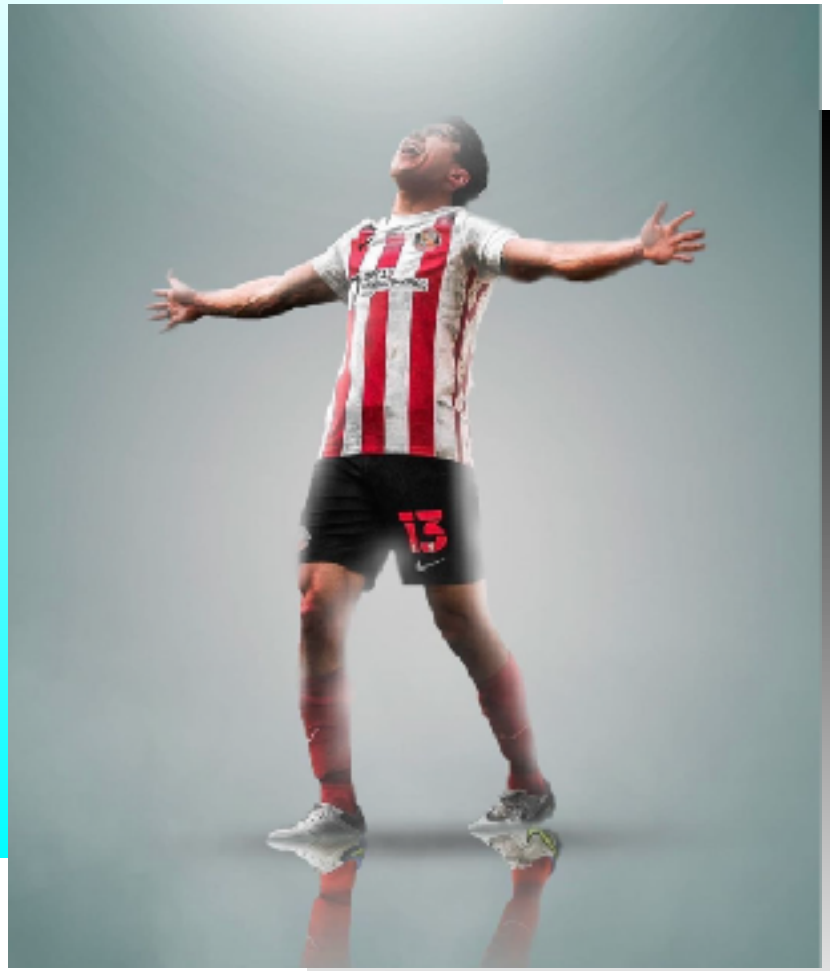
During the first 5 months of the 2021/2022 season there were 2,524 injuries at a cost to clubs of €279.49m. This is in comparison to the 3,998 injuries that were recorded in the entirety of last season.



THE IMPACT

Sunderland AFC
Luke O'Nien

Return To Play, Return To Peak, Return To Performance



Career Best Statistics

"When you're out injured for a while your touch and speed is lacking, the intensity, the speed of ball, first touch, speed of thought. These are things that can take a while to come back."

"It's just replicating the game if not making it harder in Okkulo, which is perfect for the transitioning from injury back to playing"

"The first training sessions back, where you'd normally struggle a bit, I didn't have that. My first touch has been very good. The intensity and the accuracy of passes is high which can be a problem after injury but **I feel like I have so much more time. Can't speak highly enough of how I feel**"

Luke O'Nien
Sunderland AFC

FIRST GAME BACK

Minutes Played - 28

100 % Distribution

10 Passes / 10 Accurate

[2 passes final Third / 2 Accurate]

[5 Forward Passes / 5 Accurate]

[3 Back Passes / 3 Accurate]

100% Dribble Success

Shot On Target x1 / Goals x1

RESULT 3 - 1 WIN

What the press said….

This is how it played out as Luke O'Nien's stunning return helps Sunderland seal crucial comeback win.

Luke O'Nien roared back from four months on the sidelines to give Sunderland's top six hopes a major boost.

Before Injury

35.1 Passes

80% Pass Accuracy

0.4 Through Passes

32% Through Pass Accuracy

0.0 Second Assists

1.7 Passes To Penalty Area

45% Acc Passes to Penalty Area

There is a clear improvement across all key match day metrics after the OKKULO intervention.

Improved passes by 12.5%

Pass accuracy Increased 6%

Doubled his through passes

Through pass accuracy improved by 20%

Accurate passes into penalty area increased by 16.67%

After OKKULO Intervention

Passes **40.8**

Pass Accuracy **86%**

Through Passes **0.8**

Through Pass Accuracy **40%**

Second Assists **0.3**

Passes To Penalty Area **2.2**

Acc Passes to Penalty Area **54%**

How?

We entered Luke's rehab towards the end of the process and with the input from the medical team at Sunderland AFC we started a training programme to make sure he was ready to help the team back on the pitch as soon as he was cleared to train.

This process is normally a gradual slow return into match day squads, the intention was to get his sharpness and match fitness sped up by first running sessions on a one-to-one basis in our environment and then introducing contextual drills.

PHASE 1 – Solo training to activate muscles and brain

PHASE 2 – Contextual training drills designed with all departments

PHASE 3 – Return to match fitness at your peak faster than ever







THE IMPACT

Sunderland AFC
Anthony Patterson

Activation, Focus and Deliver



Career Best Statistics

In our first week at Sunderland AFC we helped to identify the quality of Anthony Patterson. During that week, Anthony was included in goal and did not relinquish the jersey for the remainder of the season. Culminating in the season finale at Wembley, where he was one of several heroes that day and helped to guide Sunderland to promotion and into the Championship.

12 games and 7 clean sheets later, confirmed his rise after Okkulo training, giving Anthony Patterson a clean sheet percentage of 58.33%.

Anthony's save percentage prior to the Okkulo training was 66.70% but he ended the season on a save percentage of 80.56%, providing him with a 17.20% rise in improvement and a 13.86% rise in his average over the season. Check out his full range of improvements overleaf.

Pre OKKULO

66.70% Save %

1.5084 xCG

81 Shots Faced

27 Goals Conceded

54 Saves

19 Games Played

4 Clean Sheets

21.05 Clean Sheet %

There is a clear improvement across all key match day metrics after the OKKULO intervention.

Save Percentage improved by 17.20%

xCG decreased by 57% to 0.681

Clean sheets up from 4 to 7 in almost half the games

Clean sheet percentage improved by 63%

Post OKKULO

Save % **80.56%**

xCG **0.681**

Shots Faced **36**

Goals Conceded **7**

Saves **29**

Games Played **12**

Clean Sheets **7**

Clean Sheet % **58.33**

PROMOTED TO THE CHAMPIONSHIP



WEMBLEY WINNERS 2021/22

OKKULO KEY OBJECTIVE ACHIEVED

Other case studies at SAFC

RTP: Return to play, return to performance and return to your peak, we provide a detailed programme designed to reduce your timeframe at the back end of rehabilitation to ensure you are back, faster, fitter and stronger than before, case studies available on request

ACTIVATION: Activating athletes instantaneously to previous levels and then pushing them to new ones by accelerating confidence, economising their movement and generating new and improved techniques by empowering and compounding current ones, GAME STATE

ACADEMY FAST TRACKING: Benchmarking with a unique OKKULO score your Academy athletes and youth development, and fast tracking the top percentile by focusing on highlighted areas of improvement depending on 1st team needs and club direction, IDP INTEGRATED

FOCUS AND DELIVER: Giving your players the ultimate competitive edge by improving their speed of decision and contextual and peripheral awareness, sharpness and reaction whilst processing visual cues and information at a new heightened speed

THANK YOU

www.okkulo.com

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