

2025 PRECARIOUS WORKLOAD IN GLOBAL PROFESSIONAL WOMEN'S FOOTBALL

FIFPRO PLAYER WORKLOAD MONITORING

| **Women's Football Report**



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01 / WELCOME

Welcome to the annual Player Workload Monitoring report for women's football, season 2024 to 2025, which culminated with four of six confederations competing in their regional Confederation Championships.

While professional women's football continues to develop rapidly in some parts of the world, a consequence of this growth is an increased workload for some players, while other players still do not have access to enough meaningful matches. This contrast is brought to life by the data contained within this report, which demonstrates throughout that there are some players playing increasingly regularly, whilst the majority are not playing regularly enough.

Workload has become a contentious but important issue and is central to the longevity of the careers of professional footballers and their livelihoods. Meaning that the player workload monitoring report is more than data, it tells a story of a fragmented industry: a two-tier football ecosystem where investment is prevalent in some federations, leagues, and clubs and virtually absent in others. This disparity means that for many players, regardless of club and profile, they do not have working conditions that are suitable for high-performance athletes.

Beyond the fragmented workloads and exposure to meaningful competitive playing opportunities for players contained in this report, there is a pattern related to the lack of investment and prioritisation of some confederations in their national teams and the competitions they organise. Often it is left to players to push for meaningful change across the football ecosystem, and while it is the role of unions to amplify and protect their voice, other governing bodies must listen to the players and invest in their performance, legacy, and the future of football in each region.

This report underlines the need for a more balanced calendar, in combination with safeguards that protect players at both ends of the workload spectrum. More than that, this report calls for more investment into clubs, leagues, and national teams to provide players with a platform to perform at the highest level and one that protects their health and wellbeing.

Sustainable solutions are viable if we work collaboratively across the governance system, with the player voice at the centre to help shape the game in the player vision.



Sergio Marchi
President, FIFPRO



Alex Phillips
Secretary General, FIFPRO



02

KEY FINDINGS



02 / KEY FINDINGS



01

INCREASING MATCH LOAD AT THE TOP

For the first time since the 2020/21, the top 15 players in our match load ranking finished with over 50 match appearances over the course of the season, considering only those that are in the FIFPRO Player Workload Monitoring (PWM) platform's database. The key driver behind their high match load figures were the international matches they played for club and country. Aitana Bonmatí (FC Barcelona and Spain) topped the ranking with 60 appearances in total.



02

LESS TIME FOR RECOVERY

The majority of players exposed to high match load must also deal with a high number of matches played back-to-back (less than five days between two appearances). It is not unusual for a top international player to see over 60% of their matches falling into this category. This indicates that they have little time for rest and recovery during prolonged busy periods during a season.



03

UNDERLOAD IS STILL A PERVASIVE ISSUE

Underload remains a pervasive issue in professional women's football for most players. Access to international competitions (both club and national team level) is scarce, creating a widening development gap where players outside the elite context lack access to consistent competitive matches. While some professional players are exposed to numerous different competitions in a season, and therefore a higher match load exposure, this group is smaller proportionally overall.



04

LACK OF DOMESTIC MATCHES IS A PROBLEM IN MOST COUNTRIES

While international competitions are important to provide playing opportunities, the lack of matches in domestic football also exacerbates the underload issue. Domestic league sizes in most countries are still small, limiting the total playing time that can be distributed between squad members. For example, our research found that even in the German and French top divisions, an average player in many squads plays only 13-14 matches (across all competitions), which equals to roughly one-and-a-half games per month during a season. More opportunities and a more equal distribution would be needed to strengthen national talent pools in the long term.



05

UNEVEN RECORD OF 2025 CONFEDERATION TOURNAMENTS

The prize money for the UEFA Women's EURO was substantially expanded for this year's edition, reflecting the tournament's rising commercial value and growing global interest. However, prize money growth for other confederation tournaments was more limited or non-existent. While there are encouraging signs in other aspects of these competitions, concerns about playing conditions, infrastructure and attendance are still present.



06

MORE AND BETTER DATA IS NEEDED FOR DEVELOPMENT

It remains challenging to procure quality information related to major women's international competitions. This can often include basic data points such as the career path of the participating players or the number of minutes they recorded in various matches. One of the outcomes of this lack of data availability is that the data procured and offered within this report is not consistent across all confederations and regions, which can lack the global representation required to provide an in-depth picture of the realities of players.

03

2024/25 SEASON OVERVIEW

The 2024/25 season proved particularly demanding for high-usage players, largely due to the intense pressures of the international match calendar. For some, their long season also included numerous national team commitments, further increasing their workload. In this chapter, we first identify the players who accumulated the highest match and travel loads during 2024/25, before examining workload metrics in greater detail to understand how leading teams navigated the challenges posed by the calendar.



03 / 2024/25 SEASON OVERVIEW

WORKLOAD RANKINGS IN 2024/25

The following section chapter highlights the leading players in key workload metrics providing insights into the different experiences faced by today's professionals. The analysis is based entirely on the global 300-player sample of the FIFPRO Women's Player Workload Monitoring (PWM) platform. For more information about the sample and the platform itself, please refer to **the Annex**.

It is important to note that the statistics presented here consider competitive or friendly senior club and national team matches that the players were involved in. The analytical period covers the 2024/25 season, which for most players started in July or August 2024 and ended with major national team tournaments during summer 2025.

For each section, one player is selected for a more detailed analysis, providing a comprehensive view of her entire 2024/25 season and the various workload metrics that characterized it.

MATCH LOAD

The FIFPRO Women's Player Workload Monitoring report (PWM) uses clearly defined metrics to track players' match load. While load encompasses more than just match exposure, and the demands on players can vary within games depending on factors such as position, intensity, and style of play, the total number of matches played across a season remains a significant contributor to overall player load.

The highest ranked player last season was Aitana Bonmati who was once again a key member of both her club side (Barcelona) and the national team. Interestingly, she was the only one in the PWM sample who reached the 60-game threshold. In general, 8 out of 15 players from either Barcelona or Real Madrid, which is explained not only by the clubs' European campaigns but also the high number of matches in the Spanish top division (relative to other leagues).

TOP 15 PLAYERS BY MATCH APPEARANCES MADE IN THE 2024/25 SEASON

Rank	Player name	Club in 2024/25	Nationality	Date of birth	Total appearances made	of which: club - domestic	of which: club - international	of which: national team	Total matchday squad inclusions	Total minutes played
1	AITANA BONMATÍ		 Spain	18/01/1998	<div><div></div></div> 60	33	13	14	61	<div><div></div></div> 4,851
2	EWA PAJOR		 Poland	03/12/1996	<div><div></div></div> 58	36	11	11	59	<div><div></div></div> 4,626
=	FRIDA MAANUM		 Norway	16/07/1999	<div><div></div></div> 58	27	16	15	58	<div><div></div></div> 3,983
=	CLÁUDIA PINA		 Spain	12/08/2001	<div><div></div></div> 58	34	9	15	60	<div><div></div></div> 3,632
5	MARIONA CALDENTY		 Spain	19/03/1996	<div><div></div></div> 57	26	15	16	57	<div><div></div></div> 5,004
=	ALESSIA RUSSO		 England	08/02/1999	<div><div></div></div> 57	26	16	15	57	<div><div></div></div> 4,719
=	PATRI GUIJARRO		 Spain	17/05/1998	<div><div></div></div> 57	31	11	15	58	<div><div></div></div> 4,350
8	JERMAINE SEOPOSENWE		 South Africa	12/10/1993	<div><div></div></div> 56	40	7	9	58	<div><div></div></div> 3,579
9	LINDA CAICEDO		 Colombia	22/02/2005	<div><div></div></div> 55	28	8	19	60	<div><div></div></div> 4,577
=	ATHENEA DEL CASTILLO		 Spain	24/10/2000	<div><div></div></div> 55	33	8	14	56	<div><div></div></div> 3,088
11	KEIRA WALSH		 England	08/04/1997	<div><div></div></div> 54	29	9	16	57	<div><div></div></div> 4,128
=	INGRID SYRSTAD ENGEN		 Norway	29/04/1998	<div><div></div></div> 54	31	10	13	59	<div><div></div></div> 3,930
13	LEAH WILLIAMSON		 England	29/03/1997	<div><div></div></div> 53	23	14	16	57	<div><div></div></div> 4,715
=	MANUELA GIUGLIANO		 Italy	18/08/1997	<div><div></div></div> 53	32	8	13	55	<div><div></div></div> 4,567
=	THEMBI KGATLANA		 South Africa	02/05/1996	<div><div></div></div> 53	41	9	3	54	<div><div></div></div> 4,214

Source: FIFPRO Women's Player Workload Monitoring (PWM) platform

Player In Focus

AITANA BONMATI

Analysed period:
23rd August 2024 - 27th July 2025



Spain



DOB: 18/01/1998

Central
Midfield

Three-time Ballon d'Or winner Aitana Bonmati was at the cornerstone of her club's and national team's 2024/25 campaigns. Her season ended with a final defeat to England at the UEFA Women's EURO 2025 in Switzerland. At club level for FC Barcelona, Bonmati played 46 games, driving her side to a domestic double of league and cup triumphs.

Match load

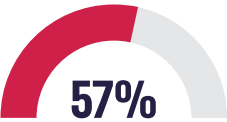
Total appearances

 60

Total minutes played

 4,851

Percentage of back-to-back games



Travel load

(cross-border)

Total trips

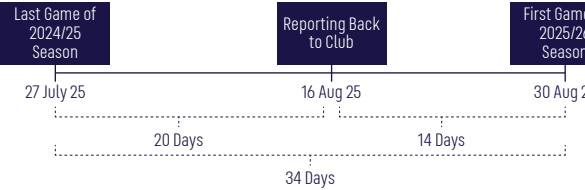
 23

Distance covered

 43,531 km

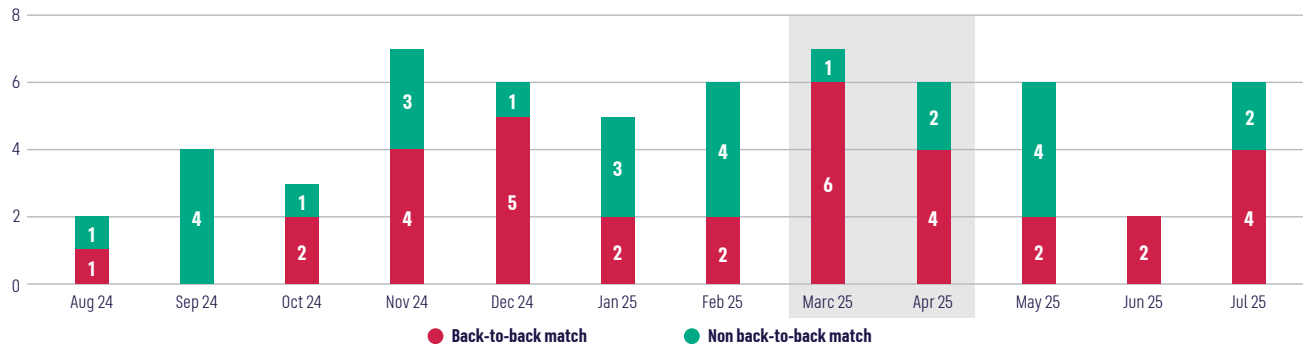
Post-Euro return to club

Bonmati had only 20 days between her last game of the 2024/25 season (the EURO final) and her return date for FC Barcelona's pre-season training.

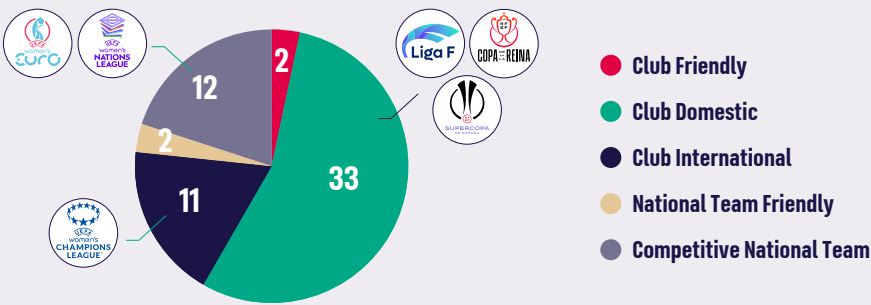


Number of back-to-back appearances by month

Bonmati's heavy workload was heightened by her March & April 2025 fixtures when she played 10 back-to-back matches for Barcelona & Spain; consisting of league, domestic cup, Women's Champions League, and Nations League matches.



Bonmati's 2024/25 Competitions



In the 2024/25 season, Bonmati made 60 appearances across various club and national team competitions. Nearly a quarter of those came with the national team, with the EUROS and Nations League contributing heavily.

RECOVERY

The term *back-to-back matches* refers to a sequence of games played with less than five days’ recovery since the previous match. Recovery is a key component of performance for professional footballers, and a high percentage of back-to-back games indicates that a player may not be receiving adequate rest, recovery, and/or preparation time between matches.

Notably, 66% of players in the top 15 for total matches played also feature in the top 15 for back-to-back appearances. Looking back to the 2023/24 season, 50% of players in the top 15 did not exceed 30 total back-to-back appearances, whereas in 2024/25, all players surpassed 30.

Prolonged exposure to back-to-back matches can adversely affect performance, recovery, and overall player well-being. The issue is particularly significant for women players, as many only have access to basic training, medical, and other recovery facilities and equipment. This lack of adequate recovery infrastructure means that the impact of an extended number of back-to-back matches may be especially pronounced.

TOP 15 PLAYERS BY BACK-TO-BACK APPEARANCES MADE IN THE 2024/25 SEASON

Rank	Player name	Club in 2024/25	Nationality	Date of birth	Total back-to-back appearances	of which: club - domestic	of which: club - international	of which: national team	Total appearances	Back-to-back %
1	EWA PAJOR		Poland	03/12/1996	<div><div></div></div> 36	22	7	7	58	<div><div></div></div> 62%
=	FRIDA MAANUM		Norway	16/07/1999	<div><div></div></div> 36	19	9	8	58	<div><div></div></div> 62%
=	ATHENEA DEL CASTILLO		Spain	24/10/2000	<div><div></div></div> 36	22	7	7	55	<div><div></div></div> 65%
4	ALESSIA RUSSO		England	08/02/1999	<div><div></div></div> 35	19	8	8	57	<div><div></div></div> 61%
5	AITANA BONMATÍ		Spain	18/01/1998	<div><div></div></div> 34	19	8	7	60	<div><div></div></div> 57%
=	PATRI GUIJARRO		Spain	17/05/1998	<div><div></div></div> 34	19	7	8	57	<div><div></div></div> 60%
=	JERMAINE SEOPOSENWE		South Africa	12/10/1993	<div><div></div></div> 34	25	4	5	56	<div><div></div></div> 61%
=	LINDA CAICEDO		Colombia	22/02/2005	<div><div></div></div> 34	13	8	13	55	<div><div></div></div> 62%
=	CAROLINE WEIR		Scotland	20/06/1995	<div><div></div></div> 34	18	9	7	51	<div><div></div></div> 67%
10	MARIONA CALDENTY		Spain	19/03/1996	<div><div></div></div> 33	18	8	7	57	<div><div></div></div> 58%
11	CLÁUDIA PINA		Spain	12/08/2001	<div><div></div></div> 32	20	5	7	58	<div><div></div></div> 55%
=	SIGNE BRUUN		Denmark	06/04/1998	<div><div></div></div> 32	18	7	7	51	<div><div></div></div> 63%
13	MANUELA GIUGLIANO		Italy	18/08/1997	<div><div></div></div> 31	17	8	6	53	<div><div></div></div> 58%
=	BETH MEAD		England	09/05/1995	<div><div></div></div> 31	15	7	9	52	<div><div></div></div> 60%
=	STINA BLACKSTENIUS		Sweden	05/02/1996	<div><div></div></div> 31	16	8	7	52	<div><div></div></div> 60%

Source: FIFPRO Women's Player Workload Monitoring (PWM) platform

Player In Focus

LINDA CAICEDO

Analysed period:
1 September 2024 - 2 August 2025



DOB: 22/02/2005

Left Winger

Colombian star Linda Caicedo spent the 2024/25 season with Real Madrid, where she continued to establish herself as a key figure in the squad across league, domestic cup and UEFA Women's Champions League competitions. At the national team level, Caicedo played a central role for Colombia as they reached the final of the 2025 Copa América Femenina.

Match load

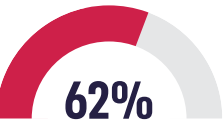
Total appearances



Total minutes played



Percentage of back-to-back games



Travel load

(cross-border)

Total trips

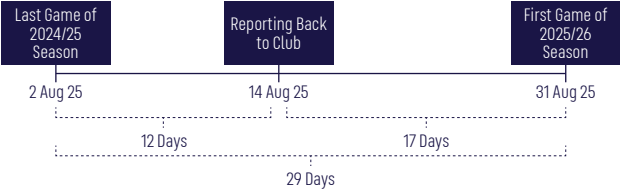


Distance covered



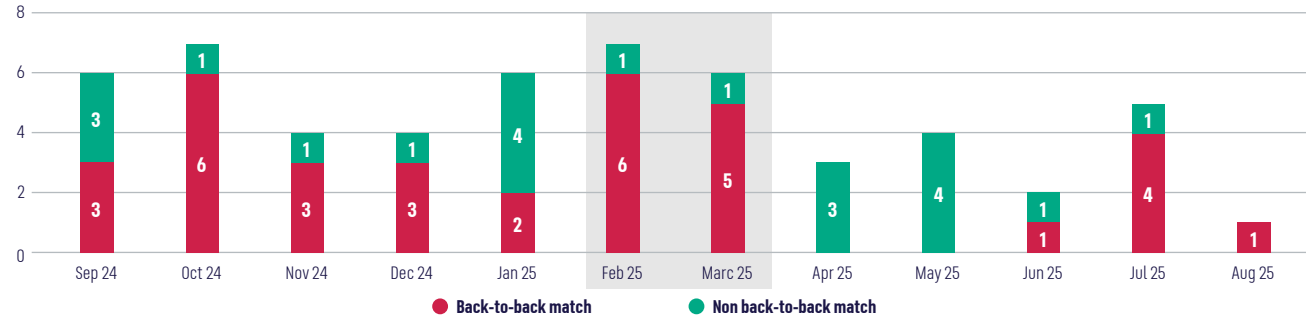
Post-Copa América return to club

After reaching the final of the 2025 Copa América with Colombia, Caicedo was afforded only 12 days of rest before being required to return to Real Madrid training.

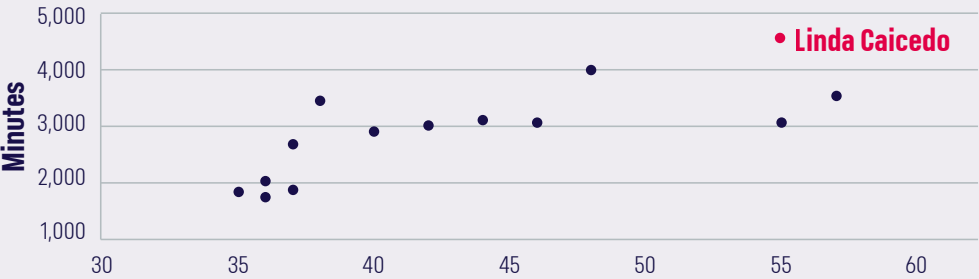


Number of back-to-back appearances by month

February and March 2025 were Caicedo’s busiest months, with 11 back-to-back matches played (plus a further two that were not back-to-back). This peak resulted from her national team featuring in the SheBelieves Cup, in the middle of an already packed schedule of league, domestic cup, and Champions League fixtures.



Top 15 players born after 2000 by appearances made



Caicedo's workload at such a young age is remarkable. Among all players of the PWM sample born in 2000 or later, she had the most minutes last season and the second most appearances.

INTERNATIONAL (CROSS-BORDER) TRAVEL

International travel is a core component of the workload for professional footballers. With the expansion of existing competitions and the introduction of new competitions, travel is set to increase for players globally. Extensive travel across continents and time zones can affect player health, well-being, and performance. The challenges presented by scheduling and the international match calendar are further exacerbated by the substandard travel conditions some players experience. It is commonplace in women's football that players do not have access to the quickest routes, are expected to make multiple layovers and travel in economy.

The top ten players of the PWM sample for the 2024/25 season includes no fewer than five Australian national team members who play their club football in England. This necessitated several long-haul flights for them during the year. Three of them were also part of Arsenal FC's UEFA Women's Champions League campaign that included cross-border trips to Germany, Italy, Norway, Spain, France, and Portugal.

TOP 10 PLAYERS BY INTERNATIONAL (CROSS-BORDER) TRAVEL LOAD IN THE 2024/25 SEASON

Rank	Player name	Club in 2024/25	Nationality	Total travel distance (km)	Total travel time (hours)	No of cross-border trips
1	KYRA COONEY-CROSS		Australia	<div></div> 168,749	218	24
2	CHARLOTTE GRANT		Australia	<div></div> 148,485	189	13
3	CAITLIN FOORD		Australia	<div></div> 146,191	191	27
4	STEPH CATLEY		Australia	<div></div> 144,116	187	25
5	CATALINA USME		Colombia	<div></div> 137,146	178	23
6	CAMILA SÁEZ		Chile	<div></div> 119,715	153	12
7	ALDANA COMETTI		Argentina	<div></div> 118,150	151	12
8	TEAGAN MICAH		Australia	<div></div> 114,922	145	8
9	JERMAINE SEOPOSENWE		South Africa	<div></div> 104,614	134	13
10	NAYADET OPAZO		Chile	<div></div> 101,481	129	10

Source: FIFPRO Women's Player Workload Monitoring (PWM) platform

Player In Focus

CAITLIN FOORD

Analysed period:
18 August 2025 - 2 June 2025



DOB: 11/11/1994

Left
Winger

Australian forward Caitlin Foord spent the 2024/25 season with Arsenal, where she maintained a consistent presence across WSL, domestic cup, and UEFA Women's Champions League fixtures. Internationally, Foord featured in friendlies and the SheBelieves Cup, but there were no major national team competitions for Australia. As a result, she played a little less overall compared to previous seasons, which shows the importance of such tournaments in elite players' match calendar.

Match load

Total appearances



49

Total minutes played



3,417

Percentage of back-to-back games



53%

Travel load

Total trips



27

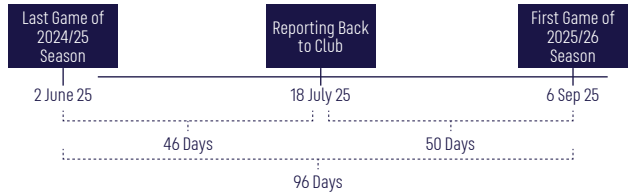
Distance covered



146,191 km

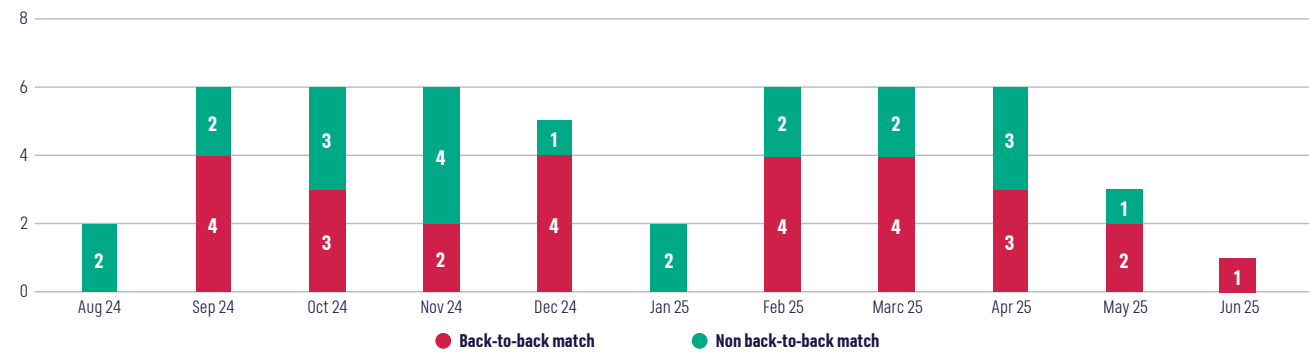
Post-season return to club

With no major national team competition following the 2024/25 season, Foord was afforded an lengthy rest period before beginning her 2025/26 campaign.



Number of back-to-back appearances by month

With national team fixtures in 2024/25 limited to friendlies and the SheBelieves Cup, Foord did not experience a significant number of back-to-back matches in any particular month of the season.



Foord's 2024/25 travel load



Even in a season without a major international tournament for Australia, the travel load for Foord (and many other senior national team players from the region) remained significant. Her three longest journeys of the campaign were, unsurprisingly, to or from fixtures played 'at home' on the east coast of Australia, involving travel from her club side, Arsenal. Each of these trips required more than 21 hours of flying across 10 time zones.

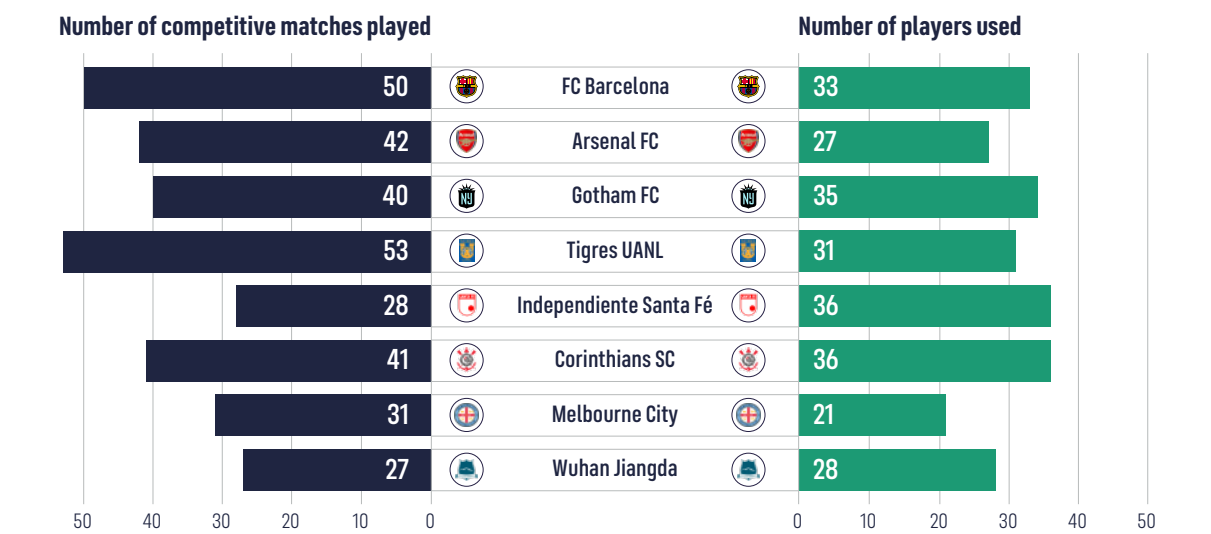
SQUAD UTILISATION TRENDS OF 2024/25

Effectively managing workload through appropriate distribution of playing time and player rotation is essential for preserving player health, improving team performance, supporting player development, and reducing injury risk.

This section presents how several prominent clubs from leading leagues address the challenges of player utilisation and the scheduling of the matches they play. In our analytical approach, a total of eight professional clubs were selected, focusing on the 2024/25 season and in the case of some clubs, the 2024 season. The selected clubs were FC Barcelona (Spain), Arsenal FC (England), Gotham FC (United States), Tigres UANL (Mexico), Independiente Santa Fe (Colombia), Corinthians SC (Brazil), Melbourne City (Australia), and Wuhan Jiangda (China).

The selected clubs represent the two most successful teams from each regional confederation based on their international competition performance during the analysed period. Santa Fe and Corinthians contested the Copa Libertadores final, Gotham and Tigres reached the CONCACAF Champions League final, Wuhan and Melbourne advanced to the AFC Champions League final, while Arsenal and Barcelona were the last two teams standing in the UEFA Women's Champions League. This selection methodology ensures representation of the highest-performing clubs across all major continental competitions.

NUMBER OF COMPETITIVE MATCHES PLAYED, AND NUMBER OF DIFFERENT PLAYERS USED IN THESE GAMES

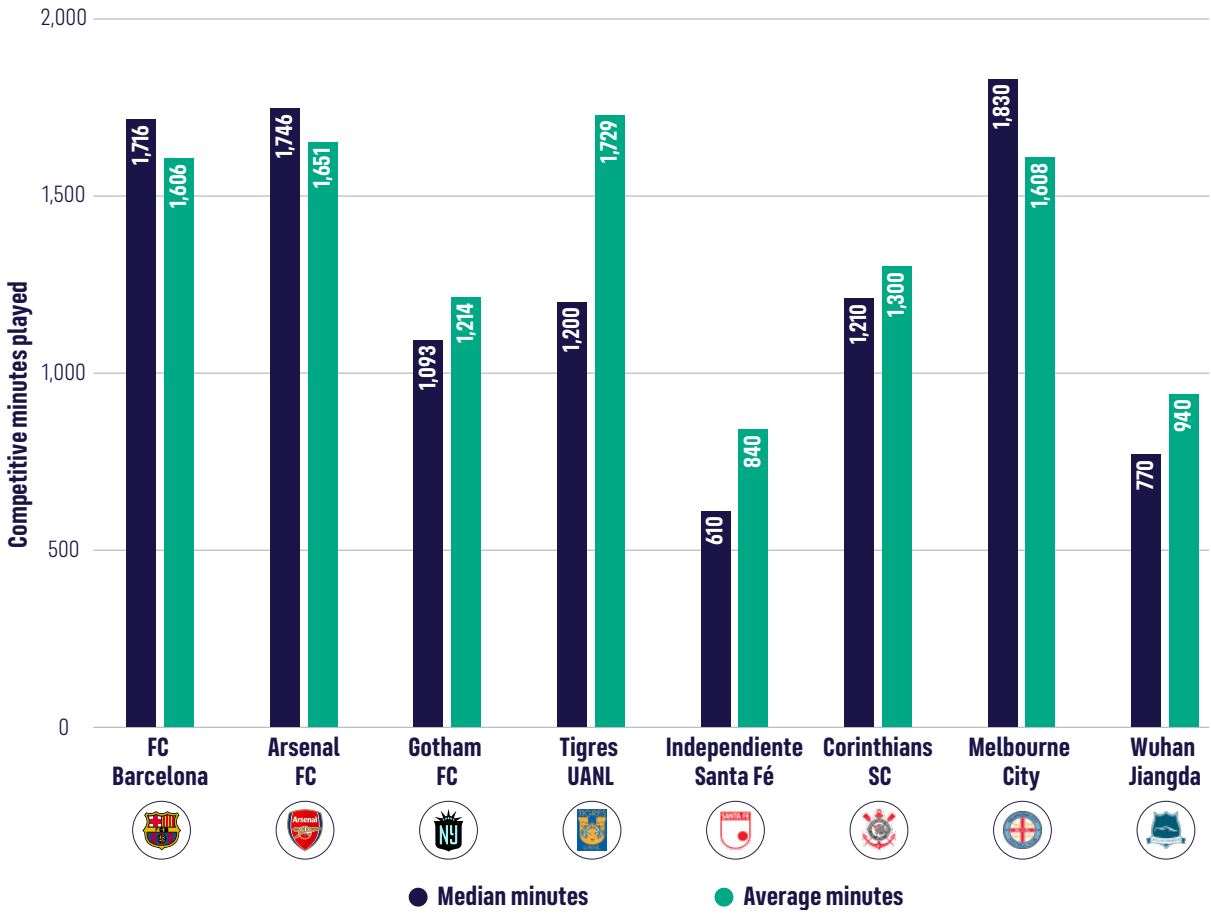


Source: FIFPRO Women's Player Workload Monitoring (PWM) research

Among the eight clubs analysed, Tigres UANL recorded the highest number of competitive matches, driven by their extended campaigns in both domestic and international competitions, reaching the finals of the Liga MX and the CONCACAF Champions Cup. FC Barcelona followed closely, completing another dominant season by securing a sixth consecutive Liga F title and advancing to the final of the UEFA Women's Champions League.

In contrast, South American teams played fewer matches overall but demonstrated notable squad rotation. Both Independiente Santa Fe and Corinthians fielded 36 different players over the course of the season. The difference in match volume between the two clubs reflects the structural characteristics of their domestic competitions. Santa Fe's schedule was limited to Colombia's first division and the Copa Libertadores, whereas Corinthians faced additional demands with participation in the Paulista State Championship, the Brazilian Série A, and the Copa Libertadores. The Confederação Brasileira de Futebol has previously indicated that an expansion of the Brazilian Série A—from 16 to 20 teams—was under consideration, which could result in additional competitive matches for clubs like Corinthians; however, no formal reforms have been confirmed. By contrast, Colombia's first division increased its league size from 15 to 16 teams in the 2025 season, fostering more playing opportunities for participating players.

MEDIAN AND AVERAGE MINUTES PLAYED BY SQUAD MEMBERS WITH AT LEAST ONE COMPETITIVE APPEARANCE

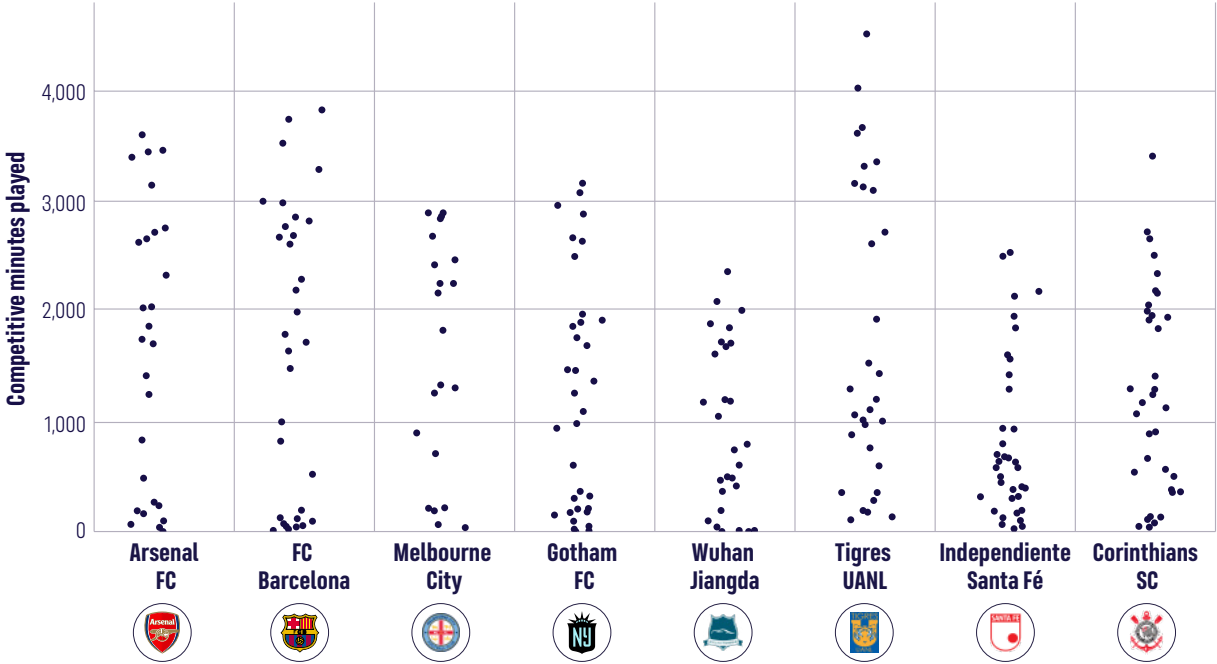


Source: FIFPRO Women's Player Workload Monitoring (PWM) research

Before analysing the median and average minutes played within these teams, it is important to note that team success typically results in more matches, as clubs progress to the later stages of competitions. This naturally increases the overall playing time for their players. Furthermore, the number of minutes accumulated by squad members is significantly influenced by the size of their domestic league—which, among the eight teams analysed, ranges from 12 to 18 clubs—and consequently by the number of league fixtures, as well as any additional domestic or international matches.

Arsenal FC recorded the second highest median and average minutes played per player, a reflection of their deep progression in elite competitions—winning the UEFA Champions League and finishing second in the Women's Super League, which is significant considering that Barcelona plays in a league with four more teams than Arsenal. Melbourne City also ranked among the top clubs in both metrics, largely due to limited squad rotation, with just 21 players featuring across their 31-match campaign. At the opposite end, Independiente Santa Fe combined one of the lowest competitive match counts with the joint-highest number of players used, resulting in significantly reduced average minutes per player.

DISTRIBUTION OF PLAYING TIME



Source: FIFPRO Women's Player Workload Monitoring (PWM) research

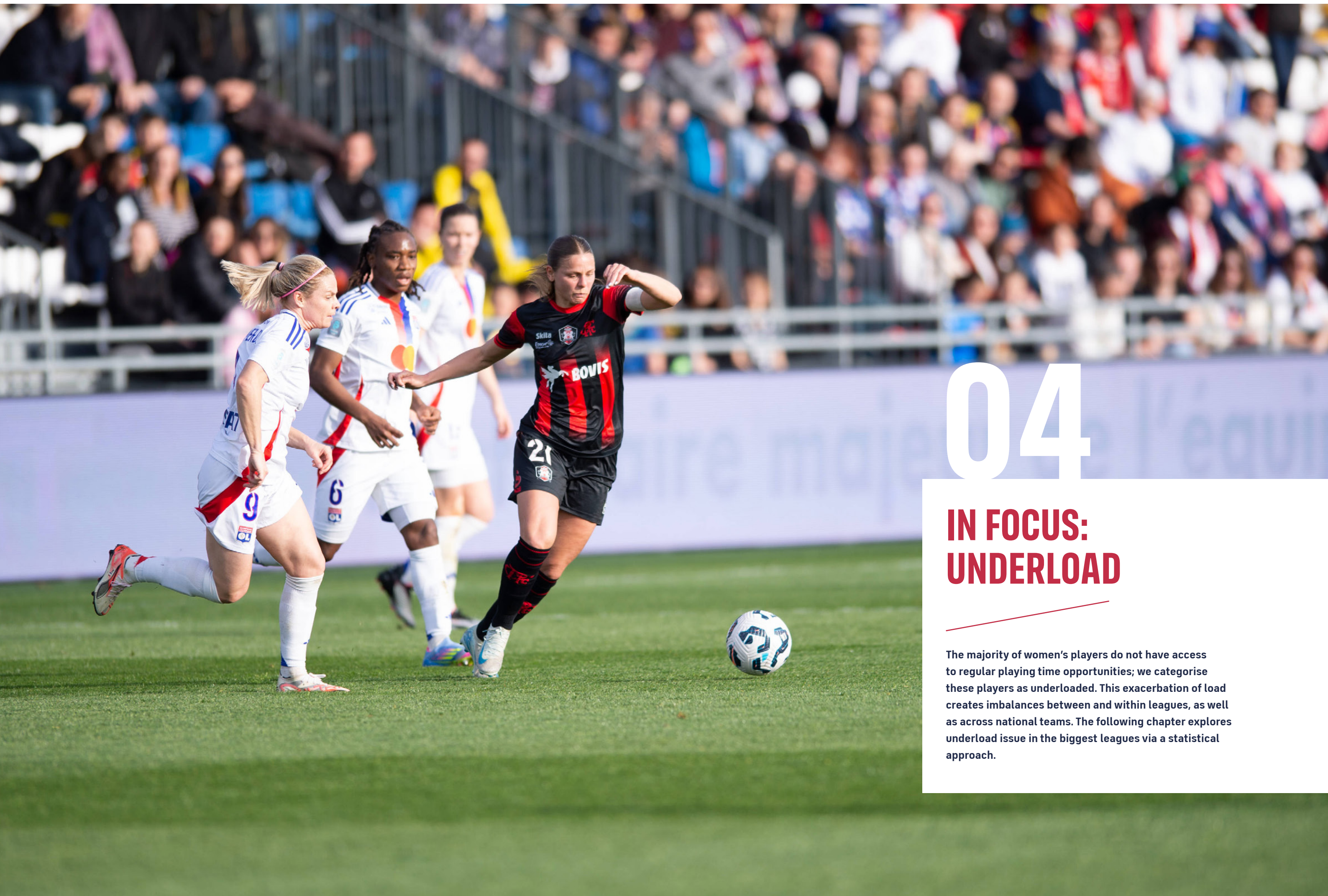
The closing section visualises all analysed players on one chart and shows how playing time was distributed between squad members at each of the ten clubs. At the top end, all teams except for Melbourne City, Santa Fe and Wuhan had at least a few stars on their books who played 3,000 or more minutes throughout the season. In the case of Tigres UANL, two players even surpassed the 4,000-minute mark.

The accompanying visualisation illustrates how evenly playing time is distributed across a squad: a smaller spread indicates a more balanced distribution of minutes (lower standard deviation), while a greater spread points to greater inequality (higher standard deviation), with some players experiencing consistently high usage while playing opportunities for some others remain limited. Minutes distribution at Tigres, FC Barcelona, and Arsenal exhibit the greatest spread, indicating a pronounced split between high-usage regulars and underused squad members. In contrast, Santa Fe and Wuhan show the lowest overall spread, consistent with a perhaps lighter match calendar and broader rotation practices that promote a more balanced allocation of minutes across the squad.

It is also clear from the visualisation that there were many players – typically younger squad players – with less than 500 minutes on record in a competitive setting at several teams, which reinforces the underload argument.

In general, the pool of high-calibre players in women's football is still relatively small. Development pathways are often inconsistent or do not exist at all (even in some of the biggest leagues globally), which limits the "supply" of new talents coming into the game. Investment into development pathways, scouting and increasing employment opportunities for players is critical to ensure a viable football ecosystem.





04

IN FOCUS: UNDERLOAD

The majority of women's players do not have access to regular playing time opportunities; we categorise these players as underloaded. This exacerbation of load creates imbalances between and within leagues, as well as across national teams. The following chapter explores underload issue in the biggest leagues via a statistical approach.

04 / IN FOCUS: UNDERLOAD

INTRODUCTION

In professional football, debates related to the load of players, often centre around those who are exposed to a higher match load, however, an equally pressing issue lies at the other end of the spectrum: underload. Many players outside the top clubs, or without the benefit of regular international football, face long stretches with too few competitive matches. In some cases, the issue stems from limited squad rotation, leaving certain players with little or no playing time. In other situations, it is the lack of access to competitions that creates disparities. Even within the same league, players can face significant differences in workload, depending on whether they participate in international fixtures.

This lack of consistent, high-quality playing time restricts player development, disrupts match preparedness, increases a player’s risk of injury, and reduces visibility on bigger stages. Addressing underload is therefore just as crucial as managing the higher exposure to load, ensuring that professional women’s footballers across all levels have sufficient opportunities to compete and grow within the game.

UNDERLOAD ANALYSIS – APPLIED METHODOLOGY

In this chapter, we analysed five of the biggest leagues in women's football from a workload perspective: first divisions of England, France, Germany, Italy, and Spain. Four clubs were selected from each league with distinct profiles and different competition calendars for the 2024/25 season. The objective was to compare players of clubs that have access to the UEFA Women's Champions League (UWCL) with those that only have domestic club games in their schedule. In addition, national team matches (youth and senior) were also considered to highlight the impact those opportunities have on overall playing time.

For every club, the 21 players with the most playing time were considered, ensuring that individuals who missed the entire season through injury or were never selected did not skew the results. This framework ultimately allowed us to measure the gap in usual match load within leagues and between leagues, as well

UNDERLOAD ANALYSIS – KEY FINDINGS

- 01

International club matches are key. Players at clubs regularly competing in the UWCL (the only international club competition on the continent before the launch of the Europa Cup in 2025/26) accumulate significantly higher competitive minutes and international exposure compared to those at mid-to-lower-table clubs.
- 02

National team minutes are still significant. On average, national team minutes represented a higher percentage out of the analysed players’ match load than international club games, which indicates that these competitions are still one of the main sources of playing time, even at the elite level.
- 03

League size matters. Unsurprisingly, it was found that players in leagues with more game weeks (rounds) can end up playing a lot more than others. For example, an average FC Badalona (Spain) player had 37% more minutes than an average Carl Zeiss Jena (Germany) player, just as a result of domestic club matches.
- 04

Underload impact. Lack of playing time opportunity creates a widening development gap where players outside the elite context lack access to meaningful matches and thus fall behind in readiness and national team selection. Additionally, underloaded players are also more susceptible to injury.
- 05

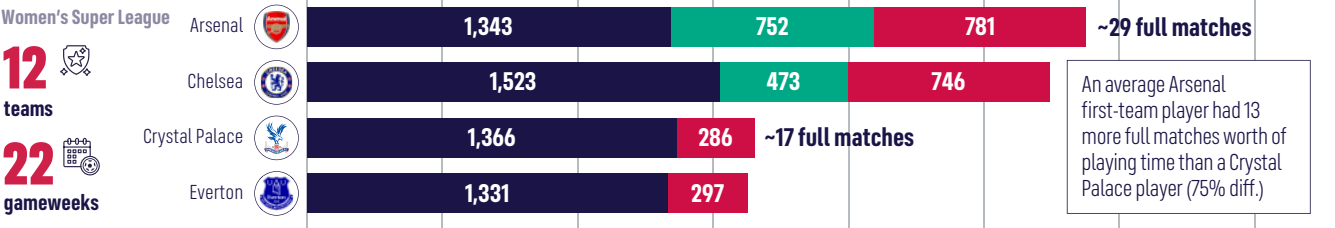
How to address the gap? Going forward, federations and leagues should prioritise broadening access to meaningful games for a wider pool of players. This can be achieved via 1) expanding domestic leagues to increase matchdays for all clubs, 2) introducing or revamping domestic cup competitions that guarantee competitive match minutes against top-level opposition, or 3) creating more international competition slots to ensure broader exposure beyond a handful of elite sides (like the UEFA Europa Cup from 2025/26). Such changes would distribute development opportunities more evenly, improving overall player readiness and strengthening national team talent pools in the longer term.

INTRA-LEAGUE AND INTER-LEAGUE MATCH LOAD DIFFERENCES

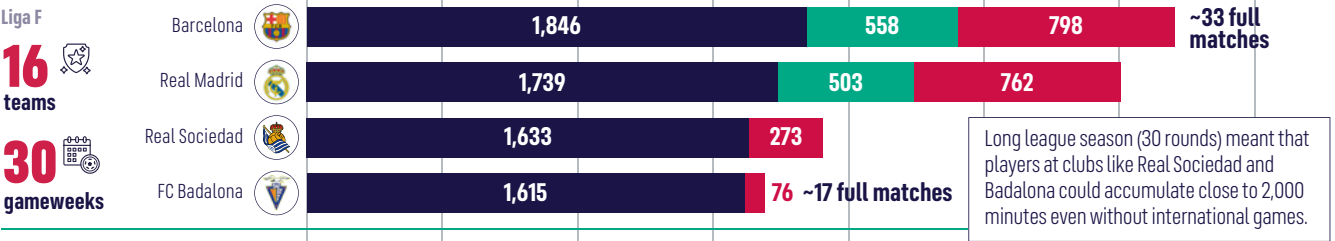
HOW MUCH DID AN AVERAGE FIRST-TEAM PLAYER OF SELECTED TEAMS PLAY IN THE 2024/25 SEASON?

■ domestic club competitions (league and cups) ■ UEFA Women's Champions League ■ national team

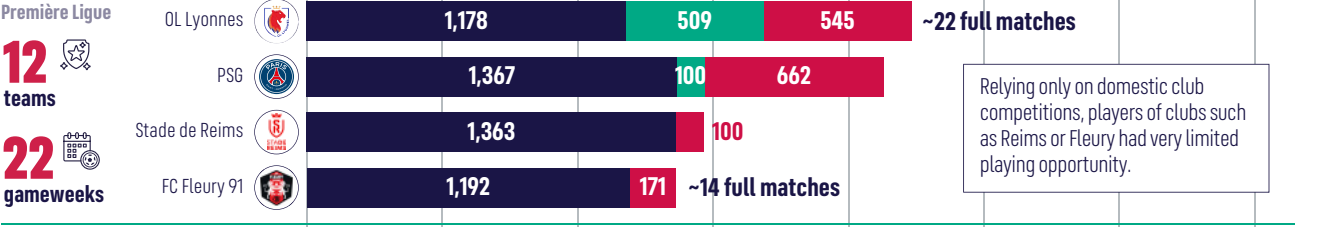
+ ENGLAND



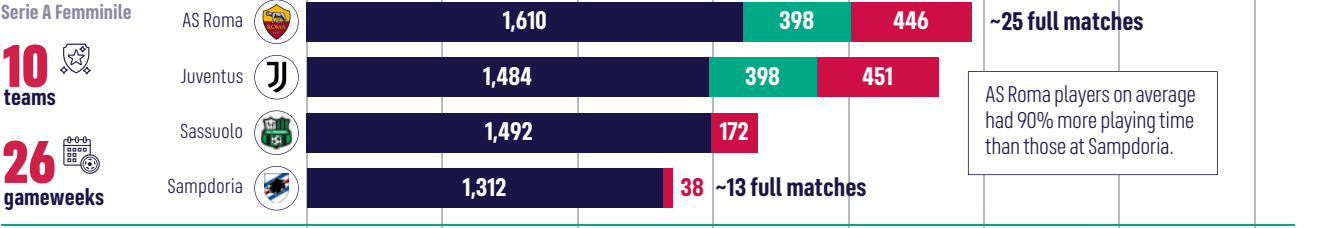
SPAIN



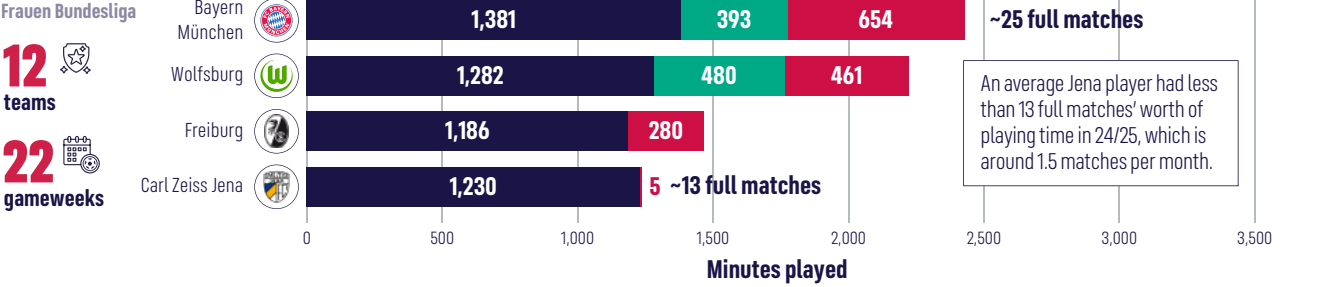
FRANCE



ITALY



GERMANY



Calculation methodology: first, we ordered all members of the first-team squad by their total playing time during the 2024/25 season, including all club and national team matches. Then, we took the average of the top 21 players; this ensured that squad size differences did not impact on the results. Competitive club matches and all national team matches (including national team tournaments of July-August 2025) were all part of the calculation. League sizes are shown on the left for all five analysed leagues. This is an important factor as the number of rounds played over the course of a season partially explain the difference between the average match load of players in different leagues.

UNDERLOAD ANALYSIS – LEAGUE-LEVEL AND GENERAL INSIGHTS

- Two Arsenal players (Mariona Caldentey and Emily Fox) were close to or surpassed 5,000 competitive minutes, while three more exceeded 4,000 minutes. Chelsea had one player and Manchester City had two players above 4,000 minutes, while Crystal Palace had none.
- Barcelona and Real Madrid finished first and second in Liga F, both reaching the Champions League knockout phase (Barcelona progressed to the final, while Real Madrid were eliminated in the quarter-finals).
- On average, Barcelona and Real Madrid players played more than 3,000 minutes in the 2024/25 season, while Real Sociedad and FC Badalona players did not even reach 2,000 minutes on average - at least 50% playing time difference compared to the top two.
- Real Madrid and Barcelona players averaged more than 750 national team minutes (over 7 international matches per season). For Real Sociedad this equated to fewer than 3 matches, and for Badalona fewer than 1 match on average.
- At Juventus, 14 players accumulated at least 2,000 minutes last season, compared to only three at Sampdoria. Even Juventus’ 12th “most-used” player logged more minutes than Sampdoria’s most relied-upon player.
- In France, OL Lyonnes won the league and reached the semi-finals of the Champions League. PSG failed to progress past the Champions League qualifiers but advanced to the Coupe de France Féminine final. OL and PSG players both averaged more than 2,000 minutes, while only three players at Fleury 91 and Stade de Reims reached that figure. On average, Fleury and Reims players accumulated fewer than 16 matches’ worth of minutes during the 2024/25 season.
- In Germany, Bayern and Wolfsburg both averaged over 2,200 minutes thanks to their European runs and national team representation.
- Despite SC Freiburg having 14 of their 21 players appear for national teams, the squad’s average minutes still stayed below 1,500 due to the relatively low number of domestic club matches and no involvement in international club competitions.
- Carl Zeiss Jena, who finished 11th, had just one player with national team minutes (Mariella El Sherif).
- Across all assessed clubs, players from UWCL teams played on average 71% more minutes than those from clubs that did not even reach the qualifiers. National team involvement was also far higher, with UWCL players averaging nearly 300% more minutes (618 minutes vs. 155 minutes).
- Comparing leagues, Spanish clubs had the highest player workload on average. Even non-UWCL Spanish teams averaged nearly 1,800 minutes in the 2024/25 season. Similar clubs in Germany (lower and mid-table) averaged just 1,350 minutes — nearly 5 matches fewer per player than leading German clubs.
- When assessing league differences, league size must be considered. For example, Liga F had 16 teams, while all other analysed countries’ top divisions had only 12, which helps to explain some of the match load differences.



05

UEFA EUROPEAN WOMEN'S CHAMPIONSHIP 2025

The UEFA European Women's Championship is regarded as the premier continental competition for women's national teams, setting the standard for sporting quality and professional development across Europe. The 2025 edition further reinforced its status, reflecting the growth, visibility, and commercial impact of the women's game. This chapter examines the tournament's broader context, highlighting the factors that make the EURO a benchmark competition and providing the foundation for a detailed analysis of squad composition, player workload, and match experience.



05 / UEFA EUROPEAN WOMEN'S CHAMPIONSHIP 2025

INTRODUCTION

This chapter is the first of four chapters that analyse the confederation championships that took place across the European summer of 2025: UEFA Women's European Championships, CAF Women's Africa Cup of Nations, OFC Women's Cup and CONMEBOL Copa America Femenina.

Conversely, compared to 2022, these championships did not serve as qualifiers for the FIFA Women's World Cup in 2027. Each confederation will host their own standalone competitions in 2025 and 2026 for World Cup qualification, which should be considered as an indicator of the continued global development of women's football, particularly when it comes to national team football. However, it is worth noting that some confederations will use their Confederation Championships as the qualifiers for the 2028 Olympics, namely CONMEBOL and CONCACAF.

This specific chapter examines UEFA EURO 2025, focusing on the competition's development and impact — including attendance trends and structural reforms — and the implications on player workload. It also assesses squad composition and analyses the total minutes accumulated by players across club and national team competitions. Distribution of match experience within squads is also explored, while highlighting disparities between established and emerging nations. It is worth noting that within this chapter, the data and information related to the confederation championships are not distributed evenly. Due to a lack of access to credible data sources, procuring information and data remains a significant challenge in women's football; there are fewer record-keeping standards and gaps in archives.

UEFA WOMEN'S EURO COMPETITION DEVELOPMENT AND IMPACTS

The 2025 UEFA Women's Championship, the 14th edition of Europe's premier women's national team competition, took place in Switzerland from 2 to 27 July 2025, bringing together 16 national teams in an almost month-long tournament, over the course of 31 matches.

To host the tournament, eight established venues across the country were selected, balancing large-capacity arenas such as St. Jakob-Park in Basel and Stadion Letzigrund in Zurich with smaller sites like Arena Thun and Stade de Tourbillon in Sion. The selection process was not without its challenges: Stadion Wankdorf in Bern, originally hoped to host the final, was limited to use only up to the quarterfinals following concerns from the men's team BSC Young Boys about potential turf damage, highlighting the ongoing tension between the priorities of men's and women's football.

The UEFA Women's European Championship has been at the forefront of growth and development among women's national team continental competitions over recent years, with the following competition elements highlighting its comparative success.

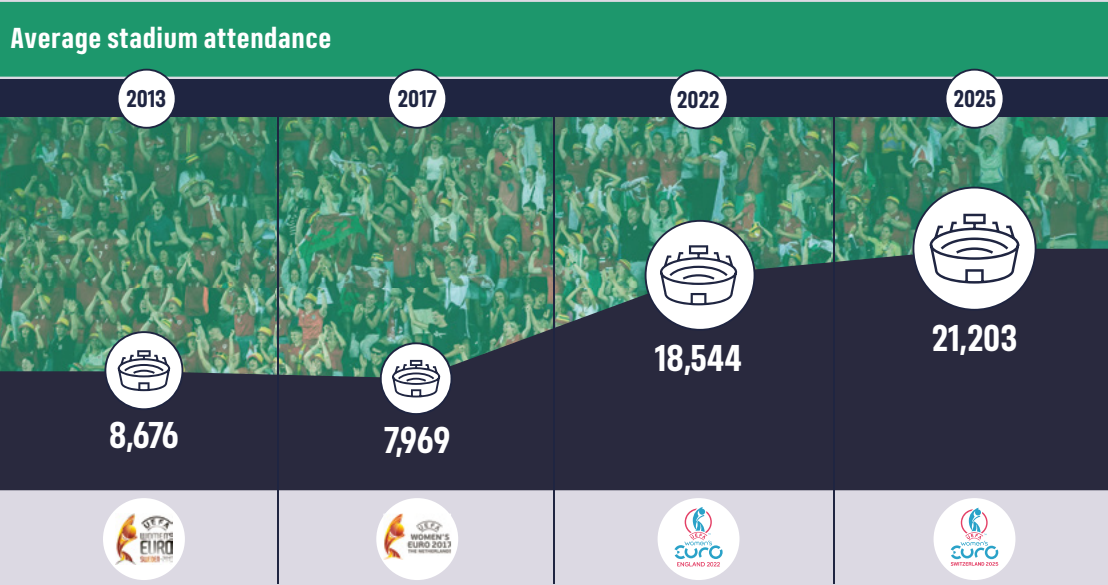


ATTENDANCE

SUMMARY: STADIUM ATTENDANCE ACROSS EURO COMPETITIONS HAS BEEN GROWING

Despite the lack of recent competition restructuring, the interest in the competition has gone from strength to strength. Stadium attendances provide a clear illustration of this trajectory. In fact, the only decline in average attendance across a competition came in 2017, when the figure fell slightly to 7,969 from 8,676 in 2013 (even though the total competition attendance rose by over 30,000+). From that point onwards, however, the growth has been consistent. In total, just under 1.7 million fans attended matches across the last four editions of the competition.

The 2022 edition in England recorded an average of 18,544 spectators per match, before the 2025 tournament in Switzerland raised the figure further to 21,203. These statistics highlight the growing appeal of women's football on the European stage and the importance of international competitions to raise its profile.




PRIZE MONEY

SUMMARY: PRIZE MONEY FOR THE UEFA WOMEN'S EURO HAS EXPANDED SUBSTANTIALLY, REFLECTING THE TOURNAMENT'S RISING COMMERCIAL VALUE AND GROWING GLOBAL INTEREST

Across the last three editions, total prize money has increased from EUR 8 million in 2017 to EUR 16 million in 2022, and further to EUR 41 million in 2025—a 156% increase from 2022 and a more than fivefold rise over eight years. This growth has been underpinned by heightened visibility, stronger commercial partnerships, and record media rights that have now approached EUR 91 million for the 2025 edition of the competition.

The 2025 tournament also introduced a minimum 30% player participation allocation within the overall prize fund and an enhanced club compensation scheme for clubs releasing their players to the competition. Developed through a partnership between UEFA, FIFPRO Europe, and the European Football Clubs (EFC) (formerly the European Club Association), these mechanisms ensure that a defined share of financial rewards directly benefits both the players whose performances drive the competition and the clubs that support their development. Together, they represent a more structured and sustainable approach to distributing the economic gains of the women's game, laying stronger foundations for its continued growth.



COMPETITION STRUCTURE

SUMMARY: COMPETITION STRUCTURE CHANGE FOR THE 2017 EURO MEANT MORE PARTICIPATING TEAMS AND OVERALL MATCHES

The competition format of the UEFA Women's EURO has remained consistent since 2017, with 16 teams competing across a tournament lasting over three weeks. This format has provided some of Europe's best players with a meaningful platform to compete on the international stage, while also ensuring representation from a wide range of member associations.

The last edition before the expansion, held in Sweden in 2013, involved 12 teams, and featured only 25 matches compared with 31 today. The move to 16 participants, therefore, marked a significant step forward, creating new opportunities for emerging nations to compete at the competition and giving their players a larger stage to showcase their talents to fans, sponsors, and broadcasters alike.




QUALIFICATION PATHWAY

SUMMARY: A NEW EURO QUALIFICATION FORMAT HAS ALLOWED FOR MORE BALANCED AND COMPETITIVE QUALIFICATION MATCHES

In addition to the extra competitive match load created by the competition's expansion in 2017, the qualification pathway for the competition has also evolved in recent years, reaching a new milestone during the 2025 cycle. A record 51 teams entered qualification, which comprises the entire UEFA confederation, up from 47 in 2022, underlining the growing depth of the women's game across the continent.

This cycle also marked the introduction of a new league-based qualification structure, the UEFA Women's Nations League, with teams placed into Leagues A, B and C according to their relative team strength. This system allowed nations of similar levels to compete against each other more frequently, creating a more balanced and competitive qualification phase. It also provided a gradual progression pathway for lower-ranked teams seeking to bridge the gap with established nations.



WHAT COULD AN EXPANDED, 24-TEAM, UEFA WOMEN'S EURO COMPETITION LOOK LIKE?

SUMMARY: AN EXPANDED UEFA WOMEN'S EURO COMPETITION COULD LEAD TO FURTHER PLAYING TIME OPPORTUNITIES FOR UEFA NATIONAL TEAM PLAYERS THAT WOULD NOT ORDINARILY QUALIFY FOR THE TOURNAMENT

In a recent interview, UEFA's director of women's football, Nadine Kessler, confirmed that there are no immediate plans to expand the UEFA Women's EURO beyond its current format, with the 2029 edition set to remain at 16 teams. However, she did acknowledge that expansion could be considered in the future, particularly given the growth of the women's game in Europe. This has fuelled debate around the potential implications of moving to a 24-team structure, aligning the UEFA Women's EURO more closely with the men's competition.

Assuming a 24-team tournament will be the intended format in future, it is likely that the 16 nations that qualified for the 2025 edition will be able to qualify for the proposed expanded competition. Analysis of the current FIFA world rankings highlights the next tier of UEFA member associations that might benefit from an enlarged competition. Among the ten highest-ranked non-2025 UEFA Women's EURO participants (excluding Russia), only one has previously appeared in multiple EUROs, and none have ever participated in the Olympic Games as independent nations. For these teams, participation in a major continental tournament could have transformative effects, accelerating development both on and off the pitch.

The benefits of expansion could be wide-ranging. At the national team level, greater opportunities to compete in high-quality international matches could elevate playing standards and strengthen competitive balance. At a domestic level, the increased visibility of these emerging nations' players on the European stage could stimulate league development, encouraging investment in professional clubs and helping accelerate pathways to full professionalisation. For individual players, greater exposure in a high-profile environment could not only improve performance standards but also create more sustainable career opportunities.

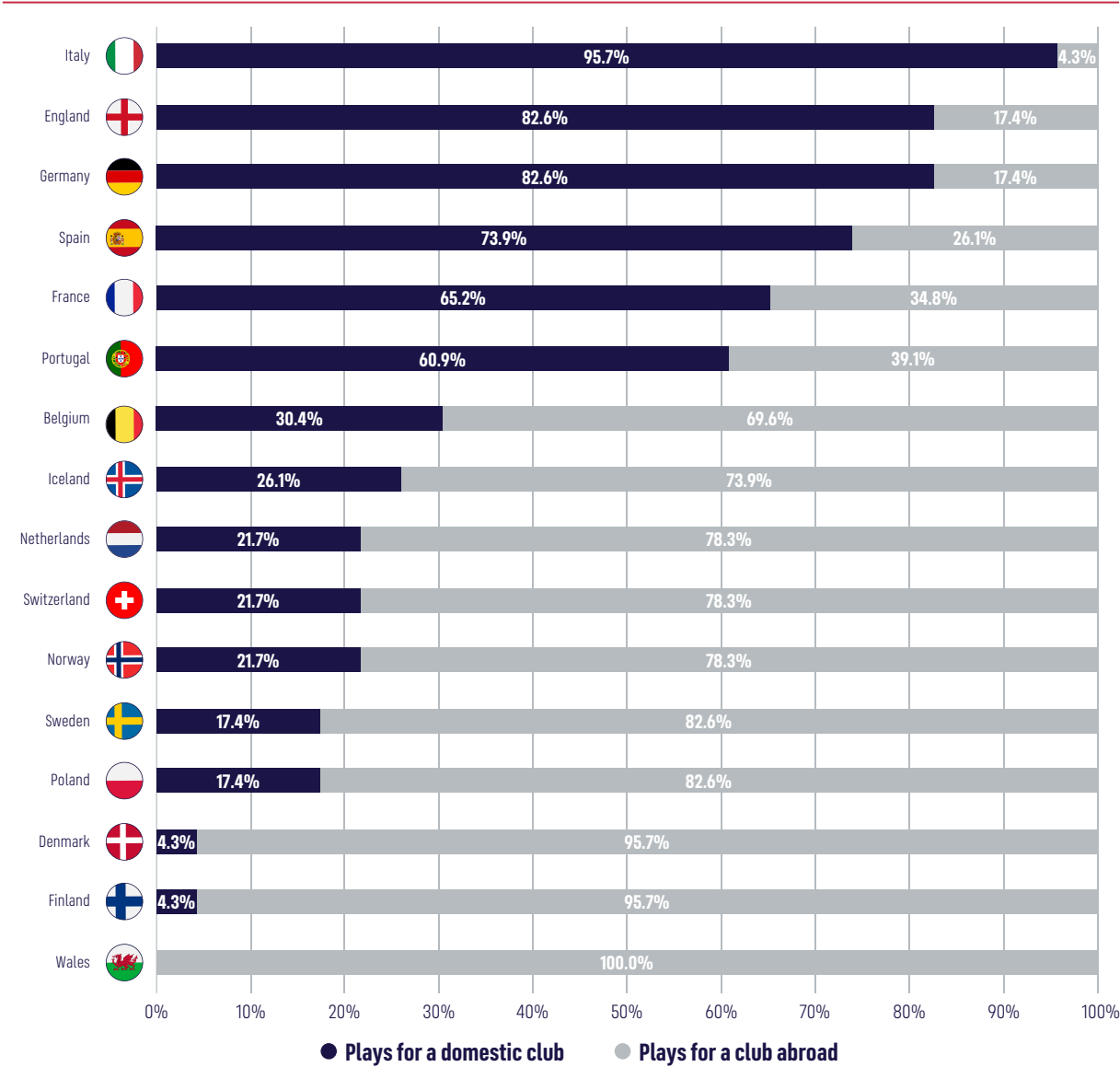
At the grassroots level, visibility of new nations competing on the European stage can inspire the next generation, attracting more girls to take up the sport and broadening the participation base in competing nations. The increased spotlight on women's football through national team matches can also create a more compelling case for commercial stakeholders, encouraging new investment from sponsors, broadcasters, and government bodies.

National team	FIFA World ranking (as of Aug 2025)	Previous EUROs appearance?	Past EUROs appearances	Past FIFA World Cup appearances	Domestic top division teams (2025 2025-26 season)
 AUSTRIA	19	 Yes	2	—	10
 SCOTLAND	25	 Yes	1	1	12
 REP. OF IRELAND	27	 Yes	1	1	12
 CZECHIA	31	 No	—	—	8
 UKRAINE	34	 Yes	1	—	10
 SERBIA	35	 No	—	—	8
 SLOVENIA	38	 No	—	—	11
 NORTHERN IRELAND	44	 Yes	1	—	9
 HUNGARY	47	 No	—	—	12
 SLOVAKIA	48	 No	—	—	10

PLAYER AND SQUAD WORKLOAD ANALYSIS

SQUAD COMPOSITION ANALYSIS

% OF PLAYERS COMPETING DOMESTICALLY, ABROAD, OR AS A FREE AGENT BY PARTICIPATING NATION



Source: FIFPRO Women's Player Workload Monitoring (PWM) research

For most national teams at UEFA EURO 2025, the majority of players were contracted to clubs abroad, reflecting the pull of stronger professional environments in established leagues. The main exceptions are – naturally – the countries with stronger domestic leagues themselves, such as Italy, England, Germany, Spain, France, and Portugal, where national squads are predominantly composed of home-based players. England’s squad illustrates this clearly, with 19 of 23 players active in the English Women’s Super League, while Italy presented an even more concentrated case, with 22 of 23 players drawn from Serie A Femminile, spread across just six clubs.

By contrast, players from other nations often seek opportunities abroad. Finland’s squad featured only one domestic-based player, with the majority competing in neighbouring Sweden or in England's top tier. Similarly, Wales, where the Adran Premier League remains semi-professional, 18 of the players in the Welsh squad were registered with English clubs, while others played in the United States, Spain, and Sweden.

All in all, the reliance on leagues abroad indicates that a handful of leagues are developing more quickly or are already at a more advanced stage than others and can thus offer better playing conditions to the best European talent.

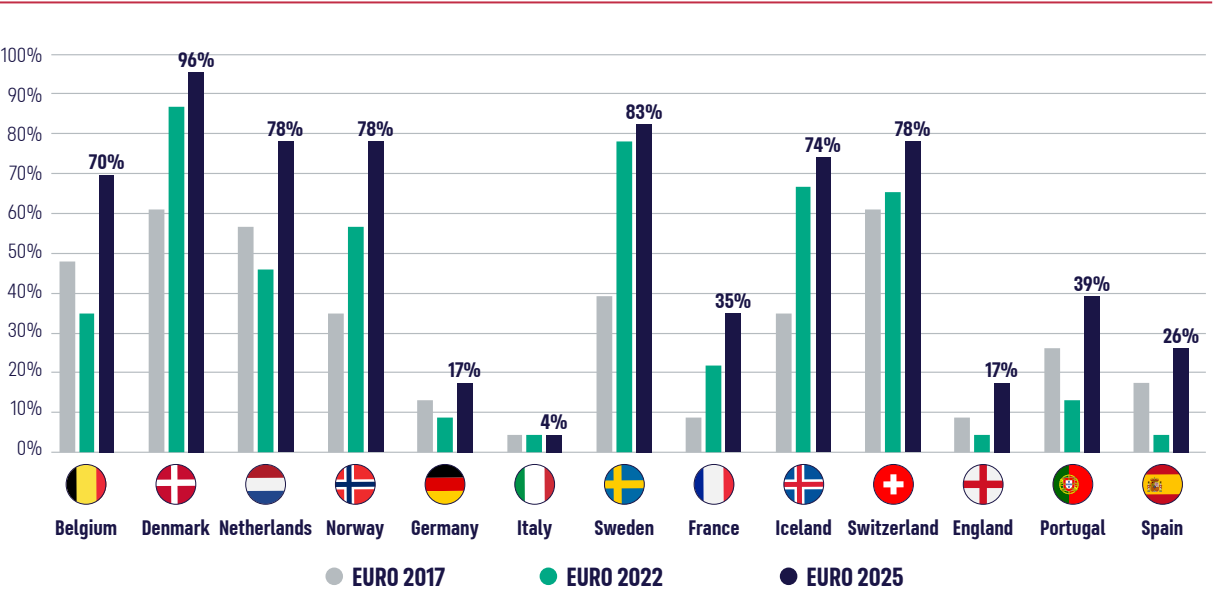
EVOLUTION OF SQUAD COMPOSITION ACROSS TOURNAMENTS

When analysing player mobility trends, data shows that participation in foreign leagues has risen significantly in recent years across the major continental tournaments. **At UEFA EURO 2017, only 34% of players were registered with clubs outside their domestic league, whereas by 2025 this figure had increased to 61%.** This sharp rise indicates that the majority of elite players now pursue careers abroad, increasing the talent concentration in a handful top leagues.

Similar patterns can be observed in other flagship tournaments: compared to two tournaments ago, at this summer’s **Copa América the share of players based abroad rose from 41% to 56%, while at the Women’s Africa Cup of Nations the increase was from 38% to 60%.** Across these three prestigious continental competitions, more than half of all participating players were plying their trade away from their home countries.

A closer look at past editions of the UEFA EURO further underscores this shift. Almost every nation that appeared in all three tournaments (2017, 2022 and 2025) - with the exception of Italy - recorded an increase in the share of players competing abroad.

EVOLUTION OF % OF PLAYERS PLAYING ABROAD BY PARTICIPATING NATION



Source: FIFPRO Women's Player Workload Monitoring (PWM) research

Across most nations, the proportion of players competing in **leagues abroad** has steadily increased over the past three tournament cycles. This trend reflects the growing mobility of elite players seeking opportunities in established professional environments across Europe and beyond. It also highlights the uneven development of domestic competitions, with players from nations with less developed leagues more likely to move abroad to gain higher-level experience and competitive exposure.

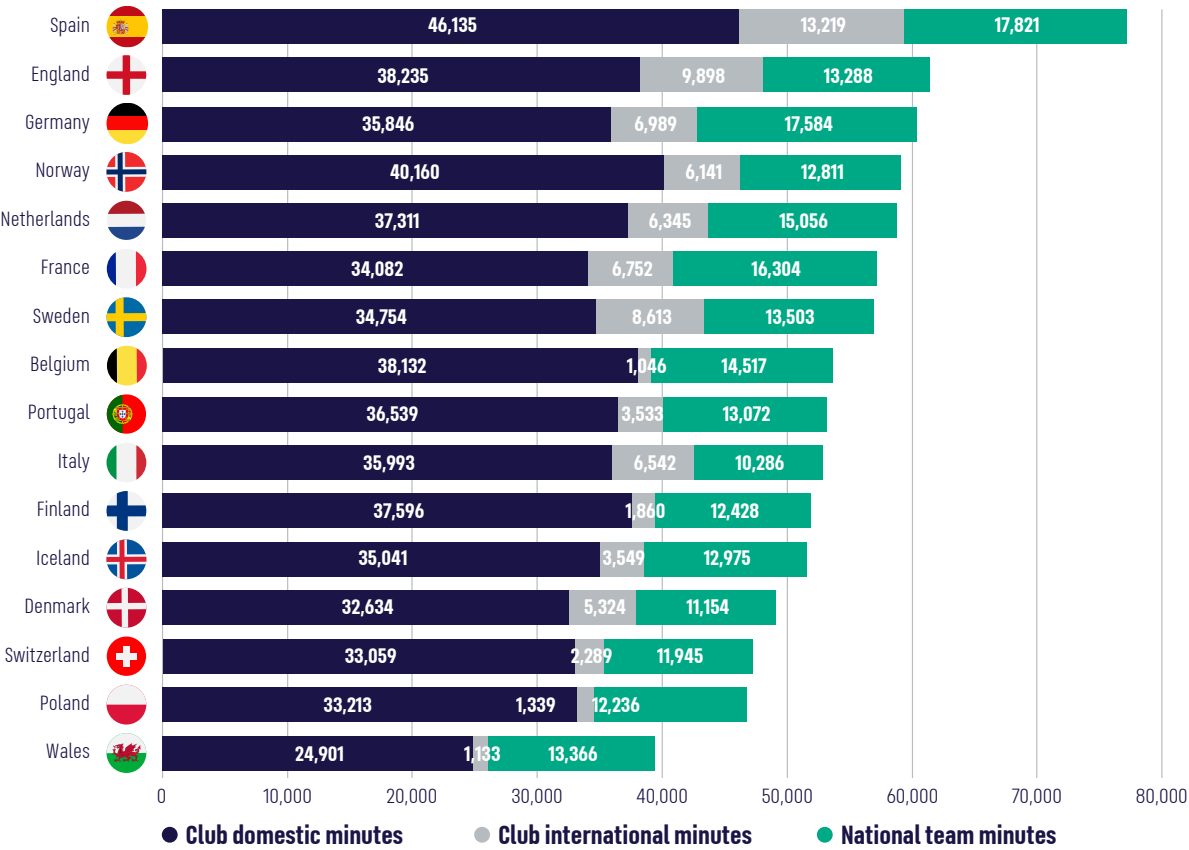
Italy remains a key outlier, consistently naming squads made up almost entirely of domestic-based players, with only one player abroad in each of the last three editions. Sweden illustrates one of the most notable changes in this pattern. In 2017, 61% of its squad were based in the domestic league, but by 2025 this proportion had fallen to just 17%. Over the same period, the number of Swedish players competing in England has doubled, with 35% of the 2025 squad active in the Women's Super League.

HOW PREPARED WERE THEY? SQUAD MATCH LOAD BEFORE EURO 2025

In this section, an assessment is undertaken around the total minutes (across a player's club and national team) accumulated by players for each national team in the 365-day period before EURO 2025.

It is perhaps not surprising to see that those nations with relatively well-established and professional domestic leagues, e.g. Spain, England, and Germany, have, as a squad, accumulated most minutes over the period. Conversely, nations with less developed domestic leagues, competitions, and limited access to continental competitions, e.g. Poland and Denmark, have, as a squad, accumulated much fewer on-pitch minutes over the assessed period.

BREAKDOWN OF MINUTES PLAYED BY 2025 UEFA EURO SQUADS BY COMPETITION TYPE



Source: FIFPRO Women's Player Workload Monitoring (PWM) research

Players from the strongest national teams are typically those competing across the most demanding club competitions and playing key roles for their clubs, which results in higher overall minutes. Unsurprisingly, the squads with the highest cumulative minutes were the finalists, Spain and England. Within these squads, 16 players were also part of Arsenal FC or FC Barcelona, the two teams that reached the UEFA Women's Champions League final, further extending their seasons through long European club campaigns. This combination of domestic and international workload underlines the intensity and physical demands placed on elite players from top-tier nations and highlights the importance of squad rotation and player management ahead of major tournaments.

By contrast, players from nations outside the traditional elite, such as Wales and Poland, generally record fewer club minutes. For example, the Welsh player with the most minutes in the 2024/25 season was Lily Woodham, representing Crystal Palace. Notably, the squad's top workload player did not participate in any international club competitions, resulting in a comparatively "underloaded" calendar. This disparity in cumulative minutes illustrates the structural differences in club competition access across Europe and suggests that players from less competitive leagues may face different preparation and conditioning challenges entering international tournaments.

DISTRIBUTION OF MATCH EXPERIENCE WITHIN SQUAD

The women's game has seen an unprecedented level of growth in some parts of the world. With this growth has come increased recognition and professionalisation globally. However, a **significant disparity persists in terms of the availability of quality playing time** for women's football players across the globe. Underload is a key problem for the majority of professional women's footballers, especially in countries where domestic football leagues have not yet professionalised.

For a better understanding, we have categorised all players within the 2025 EUROs squads into four groups based on the total number of match appearances they made. Naturally, more players in a higher category imply that a squad had accumulated more total match minutes over the analysed period and has more opportunity to prepare for the tournament, conversely, players in the higher category have played more games and therefore fatigue could be an issue.

NUMBER OF PLAYERS IN SQUAD BASED ON ALL APPEARANCES IN YEAR LEADING UP TO EURO 2025

Nation	0-9 appearances	10-19 appearances	20-29 appearances	30+ appearances
Spain	—	—	1	22
Norway	—	1	5	17
Sweden	2	2	3	17
Italy	3	—	4	16
Netherlands	—	3	4	16
Germany	—	1	7	15
England	—	2	7	14
Iceland	1	2	6	14
Belgium	—	3	7	13
France	—	1	9	13
Portugal	2	1	7	13
Denmark	1	3	8	11
Finland	1	1	13	8
Switzerland	1	1	14	7
Poland	—	2	14	6
Wales	4	3	13	4

Source: FIFPRO Women's Player Workload Monitoring (PWM) research

06

CAF WOMEN'S AFRICA CUP OF NATIONS 2024

The Women's Africa Cup of Nations (WAFCON) is the premier national team competition in Africa. The WAFCON serves to determine the most successful team in Africa, and Nigeria have now won the competition a record 10 times out of 13 since it became a full-scale tournament in 1998. The WAFCON is also held biannually and acts as a qualifier for both the Olympics and the FIFA Women's World Cup. While the WAFCON serves as the premier national team competition in Africa, there have been reports from players regarding substandard conditions, which affect the ability of players to perform and their well-being.



06 / CAF WOMEN'S AFRICA CUP OF NATIONS 2024

INTRODUCTION

This chapter explores WAFCON 2024 (took place in 2025) and its earlier editions, focusing on the competition's development and overall impact — including attendance trends, the evolution of prize money, and both recent and planned structural reforms — alongside the implications on player preparation and squad workload. It also examines squad composition, particularly with reference to domestic versus international club representation, and considers the growing impact of the strengthening of certain domestic leagues on their respective national teams. Bringing these factors together provides insight into how the tournament has evolved and contributes to the broader professionalisation and visibility of women's football across Africa.

CAF WOMEN'S AFRICA CUP OF NATIONS: COMPETITION DEVELOPMENT AND IMPACTS

The 2024 Women's Africa Cup of Nations (WAFCON) took place in Morocco from 5 to 26 July 2025. The 12-team tournament, originally due to take place in 2024, was postponed by CAF until 2025 due to the summer Olympics taking place in Paris 2024. The 15th edition of the tournament featured 12 national teams competing across six venues in five different cities.

Unlike the previous edition in 2022, which was also hosted in Morocco and used three venues, the most recent WAFCON made use of six stadiums across Rabat, Casablanca, Mohammedia, Oujda and Berkane, which spread the WAFCON more diversely across Morocco. The final, played at Stade Olympique in Rabat, saw Morocco face Nigeria, with Nigeria securing the title (3-2). This victory came just two years after Morocco had also finished as runners-up, that time to South Africa (2-1), in a tournament they also hosted.

The WAFCON held in 2025 presented both encouraging signs of progress and ongoing areas for improvement in the development of women's football across Africa. However, during the tournament itself, players raised concerns through their social media platforms about the conditions and treatment of players at the WAFCON. Continued investment and development are needed to ensure that players are provided with environments that reflect the status of the tournament and, indeed, the high-performance status of the players.

Shortly after the final was played, CAF announced an expansion to 16 teams for the upcoming 2026 WAFCON. The proposed timing of the competition (17 March to 3 April 2026), much like the timing of the 2026 AFC Women's Asian Cup, will sit outside of a FIFA-designated window and during a time when key club fixtures are played. This will mean players will be faced with a choice between their national team and domestic club, a choice a player should not have to make.



ATTENDANCE

SUMMARY: LIMITED ATTENDANCE DATA IS AVAILABLE, BUT REPORTING SUGGESTS FIGURES WERE POOR, LIKELY STEMMING FROM MINIMAL PROMOTION AND SCHEDULING ISSUES

In terms of attendance, the tournament faced challenges. Official crowd figures were rarely published, and reports indicated that matches not involving hosts Morocco drew particularly low attendances. It is expected that the poor attendance stemmed partly from the limited promotion of the competition, undermining its potential impact.

Further criticism came from South Africa coach Desiree Ellis, who noted that the scheduling of the 2024 edition — which was delayed until the following year — led to a clash with the UEFA Women's EURO in 2025. This overlap was thought to have restricted international media coverage and reduced the global visibility of WAFCON, an issue that underlines the need for better alignment of the women's football calendar.



PRIZE MONEY

SUMMARY: WAFCON HAS SEEN PRIZE MONEY GROWTH FOR NATIONAL TEAMS, BUT THIS HAS NOT ALWAYS BEEN ALLOCATED AS PROMISED

One of the most positive indicators was the increase in prize money. The total prize money for the tournament rose to USD 3.475 million, up from USD 2.4 million in 2022 and almost quadruple the USD 975,000 awarded in 2018. The prize growth was also felt at all levels of the competition, with rewards increasing across all stages of the competition rather than being concentrated only at the top.

Nevertheless, despite these improvements, WAFCON prize money remains significantly below that of the 2025 UEFA Women's EURO and the men's AFCON. Furthermore, persistent concerns over prize money distribution have been highlighted, with reports that Ghana's "Black Queens", who finished third, had yet to receive their USD 350,000 prize money from their federation.



Placing



Team prize money



	WAFCON 2022	WAFCON 2024
WINNER	USD 500,000	USD 1,000,000
RUNNER UP	USD 300,000	USD 500,000
SEMI-FINALISTS	USD 225,000	USD 300,000 – 350,000
QUARTERFINALIST	USD 180,000	USD 200,000
3RD IN GROUP	USD 130,000	USD 150,000
4TH IN GROUP	USD 100,000	USD 125,000



COMPETITION STRUCTURE

SUMMARY: A COMPETITION EXPANSION IN THE 2022 WAFCON HAS RESULTED IN MORE TEAMS AND COMPETITIVE MATCH OPPORTUNITIES

Structurally, the tournament has undergone significant changes in recent years. The 2018 edition featured only eight teams and a total of 16 matches, whereas the 2022 edition expanded to 12 teams competing over three weeks. This expansion allowed four debutants—Togo, Burundi, Burkina Faso, and Botswana—to participate, providing more competitive match opportunities for these nations.

Furthermore, 26 matches played in the most recent edition, the broader tournament format has increased meaningful workload opportunities, particularly for athletes representing less-established footballing nations. This trend of competition expansion is set to continue with reports stating that the 2026 edition of will feature four additional teams (rising from 12 to 16), providing more nations with the opportunity to play in high-stakes, competitive matches.



QUALIFICATION PATHWAY

SUMMARY: QUALIFICATION HAS REMAINED RELATIVELY UNCHANGED

WAFCON's qualification has remained relatively unchanged in recent editions. The latest edition's qualifiers, following the same structure as 2022, had two rounds of two-legged ties determining the 11 finalists alongside hosts Morocco.

This format provides participating African players with the same potential number of international minutes, allowing developing football nations to test themselves against stronger opposition. The same system has been retained for the ongoing 2026 qualification campaign.



WHAT COULD THE EXPANDED, 16-TEAM WAFCON MEAN FOR AFRICAN FOOTBALL?

SUMMARY: REPORTS FROM OCTOBER 2025 INDICATE THAT THE WAFCON IS SET TO EXPAND FROM 12 TO 16 TEAMS FOR THE 2026 EDITION OF THE TOURNAMENT.

In late 2025, it has been suggested that WAFCON will undergo a format change ahead of the next edition, which is scheduled to take place in Morocco for the third consecutive time, from 17 March to 3 April 2026. The expansion will see the number of participating nations rise from 12 to 16, with the exact competition format still to be confirmed.

The increase in the number of teams may have a transformative effect across different layers of the women's football structure in Africa. For national teams, the increase in participating nations will broaden access to competitive international football, offering a wider pool of players the opportunity to perform on the continental stage. This greater exposure to tournament-level competition can allow for enhanced development for those national teams that would not normally qualify for such continental competitions.

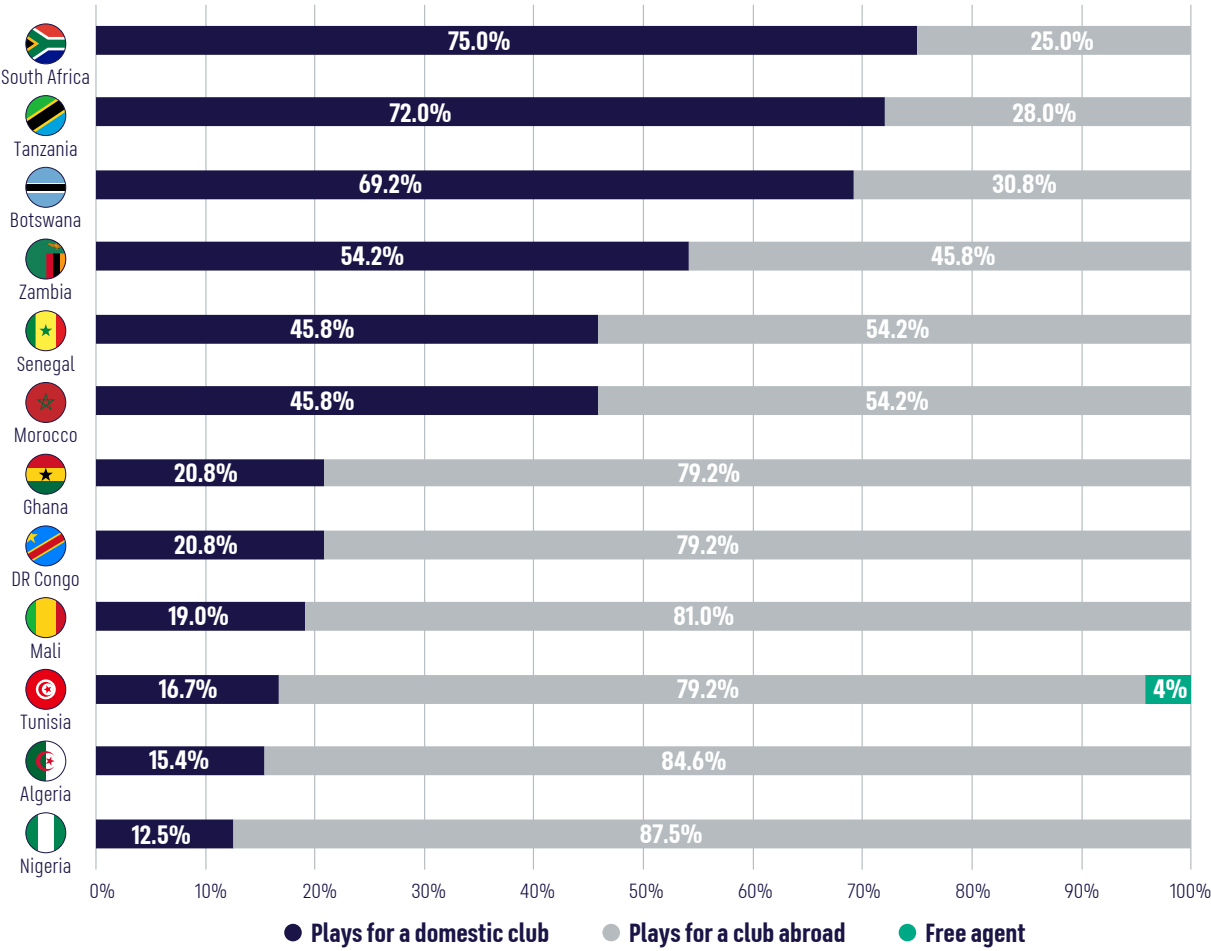
At the domestic level, the participation of additional nations is likely to heighten interest and visibility around women's football, particularly from those nations appearing on this stage for the first time. This visibility could act as a catalyst for league development, strengthening local infrastructures, and creating new entry points for sponsorship, media coverage, and club investment—all of which are critical to advancing professional standards.

For the players, WAFCON's expansion represents a valuable platform to showcase talent and attract professional opportunities both within Africa and internationally. Competing regularly in a high-profile continental event can accelerate player development and support the creation of more stable and sustainable career pathways.



SQUAD COMPOSITION ANALYSIS

% OF PLAYERS COMPETING DOMESTICALLY, ABROAD, OR AS A FREE AGENT BY PARTICIPATING NATION



Source: FIFPRO Women's Player Workload Monitoring (PWM) research

Many of Africa's leading national teams rely heavily on players who have moved abroad, reflecting typical pathways for elite women's football across the continent. A clear example is Nigeria's squad: of the 24 players selected for the tournament, only three were based in the domestic league, while the remainder were spread across 12 different football markets, including CONCACAF, various European competitions, the Gulf States, and China. This diverse squad, shaped by international club experience, went on to win the 2024 WAFCON.

Impact of strengthening domestic leagues on African national team football

The development of some of Africa's domestic and continental club competitions is increasingly shaping national team competitiveness. Stronger club structures and greater investment in such competitions have provided some players with higher-quality training, more competitive matches, and clearer pathways to senior international football. DR Congo's qualification for the WAFCON for the first time since 2006 illustrates this trend, supported by the success of club side TP Mazembe, winners of the 2024 CAF Women's Champions League.

Increased prize money and investment in the CAF Women's Champions League have also benefited the South African and Moroccan national teams, as leading clubs in both countries supply a significant share of domestic-based players to their squads. These developments show that robust domestic leagues can complement the experience of internationally based players, strengthening overall national team performance.





07

CONMEBOL COPA AMÉRICA FEMENINA 2025

The Copa América Femenina is the primary women's football competition in South America. However, similarly to WAFCON, players used their platforms to voice their frustrations and disappointment regarding the level of investment, promotion and resources provided by the tournament organiser, CONMEBOL. It is discouraging that, while women's football continues to grow globally, players in some regions are still not afforded the support and infrastructure required to perform to their full potential.

07 / CONMEBOL COPA AMÉRICA FEMENINA 2025

INTRODUCTION

This chapter examines the 2025 Copa América Femenina, focusing on competition development and its impact across infrastructure, prize money, attendance, and tournament organisation. It also considers the tournament’s shifting role in the global football calendar — no longer serving as a direct qualifier for the FIFA Women’s World Cup but still providing pathways to other competitions. The analysis then evaluates squad composition, including age profiles and the balance between domestic and internationally based players, assessing how these factors shape competitive outcomes. Taken together, these dynamics offer insight into how the Copa América Femenina continues to influence opportunities for women’s football across South America.

CONMEBOL COPA AMÉRICA FEMENINA: COMPETITION DEVELOPMENT AND IMPACTS

The 2025 Copa América Femenina was held from 11 July to 2 August 2025 in Ecuador, with all ten CONMEBOL member nations participating. Matches were played across three pre-existing stadiums, concluding with the final on 2 August. In a dramatic conclusion, Brazil triumphed over Colombia 5–4 in a penalty shootout after a 4–4 draw in extra time, securing yet another continental title.

ATTENDANCE

SUMMARY: LIMITED ATTENDANCE DATA IS AVAILABLE, BUT REPORTING SUGGESTS FIGURES WERE POOR, LIKELY STEMMING FROM MINIMAL PROMOTION AND SCHEDULING ISSUES

Attendance at the 2025 Copa América Femenina was also notably low, compounding the perception of a lack of promotion, investment, and resourcing. **No official figures were released**, but reports suggested extremely poor turnouts, with the host nation’s opening match drawing only around 6,000 spectators in a 12,000-capacity stadium, and some other matches reportedly attended by only double-digit numbers.

These figures are indicative of poor promotion and organisational planning; for example, general ticket sales began only eight days before the opening match. The limited promotion and planning not only create a negative perception of the current tournament but could also hinder the long-term growth of future editions and of the women’s game in the region.















PRIZE MONEY

SUMMARY: PRIZE MONEY GROWTH AT THE COPA AMÉRICA FEMENINA HAS BEEN LIMITED COMPARED TO ITS PEERS

Prize money for the competition also reflected developmental shortcomings. Compared to tournaments like the UEFA Women’s EURO and WAFCON, Copa América Femenina was relatively late in introducing prize money for the national team’s performance. Unlike the steady increases observed in other continental competitions, the 2025 edition **did not raise its prize money**. Furthermore, it has been reported that women’s teams earned far less than their male counterparts, with the winners receiving USD 1.5 million compared with USD 16 million for the men’s champions.

A compounding issue is that the reported USD 1.5 million figure has not been confirmed by CONMEBOL, suggesting a lack of transparency and/or poor communication on the part of the competition organiser, similar to what was observed regarding the tournament’s attendance figures. The stark disparity between each of the aforementioned continental competitions underscores the relative stagnation of financial incentives of the Copa América Femenina and points to ongoing barriers to professionalisation in the women’s game in the region.

All in all, the contrast between prize money of different continental competitions underscores the uneven pace of development in women’s football across different confederations, highlighting persistent disparities in investment, professionalisation, and competitive opportunities worldwide.

Prize money comparison			
 Copa América Femenina	 0 USD (2017)	 2.035M USD (2022)	 2.035M USD (2025)
 Women's Africa Cup of Nations	 975K USD -	 2.4M USD (2022)	 3.475M USD (2024)
 UEFA Women's Euro	 8M EUR (2017)	 16M EUR (2022)	 41M EUR (2025)



QUALIFICATION PATHWAY

SUMMARY: ALL CONMEBOL MEMBER NATIONS REACH THE COPA AMÉRICA FEMENINA, BUT THE COMPETITION ITSELF WILL NO LONGER SERVE AS A QUALIFIER FOR THE 2027 FIFA WOMEN'S WORLD CUP

All ten CONMEBOL member nations automatically qualify for the Copa América Femenina, meaning that no competitive qualification matches are played. While this guarantees full participation from the confederation's teams, it limits opportunities for national squads to gain meaningful competitive minutes outside the final tournament.

Unlike previous editions, the 2025 Copa América Femenina did not serve as a qualifier for the 2027 FIFA Women's World Cup. That role has now been assumed by the new CONMEBOL Liga de Naciones Femenina, first taking place in 2025-26, providing national teams with more consistent, meaningful fixtures.

Despite this shift, the Copa América Femenina continues to offer competitive incentives, including qualification slots for the 2028 Summer Olympics and three slots for the 2027 Pan American Games. These allocations maintain the tournament's relevance by providing important international opportunities, even as its role in global World Cup qualification has changed.



POOR INFRASTRUCTURE

SUMMARY: INFRASTRUCTURE INVESTMENT FOR THE COMPETITION WAS LIMITED AND FOSTERS A POOR PERCEPTION FOR FUTURE EDITIONS

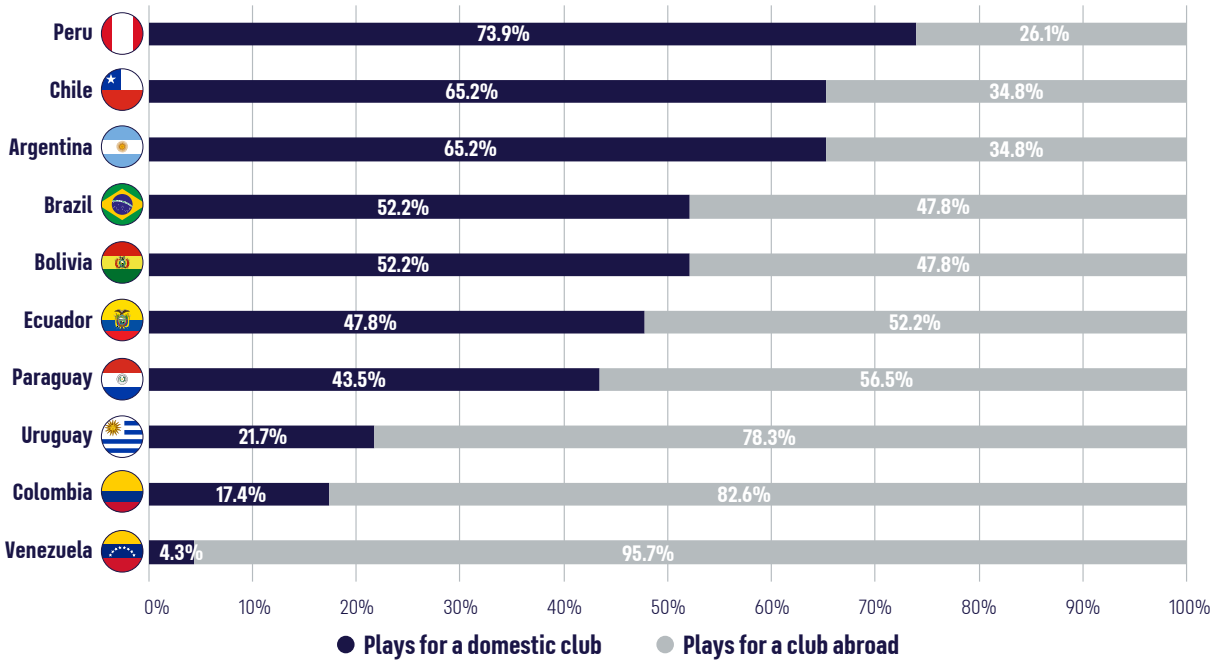
Unlike some of its continental counterparts discussed in this report, the 2025 Copa América Femenina highlighted worrying signs regarding competition and structural development. The tournament's infrastructure drew significant criticism from players, team staff, and national federations.

During the group stage, only two stadiums were used, resulting in all matches being played on the same pitches repeatedly. This placed strain on the playing surfaces, with reports noting that for two rounds, players were not permitted to warm up on the pitch to preserve grass quality. Such limitations, coupled with structural issues familiar from other CONMEBOL competitions, suggest a lack of investment in basic tournament infrastructure and operational planning by CONMEBOL.



SQUAD COMPOSITION ANALYSIS

% OF PLAYERS COMPETING DOMESTICALLY, ABROAD, OR AS A FREE AGENT BY PARTICIPATING NATION



Source: FIFPRO Women's Player Workload Monitoring (PWM) research

Across Copa América squads, there is a roughly even split between national teams whose players are primarily based abroad and those whose squads are largely composed of domestic-based players. Several factors contribute to these contrasting patterns. In some nations with less developed football structures and limited international pathways, the majority of players remain at home. Peru provides a clear example, with 17 of their 23 squad members selected from domestic clubs. However, this does not necessarily indicate league strength, as Peru exited the tournament with zero points and just one goal scored, highlighting the gap between domestic participation and competitive performance.

Conversely, strong, and competitive domestic leagues are able to retain a portion of top talent while still producing players who succeed abroad. Brazil, Argentina, and Chile illustrate this dynamic. Brazil ultimately won the tournament, Argentina secured third place, and Chile narrowly missed out, losing to Paraguay in the battle for fifth place. In these cases, domestic league quality enables a core group of players to remain home without limiting overall squad competitiveness.

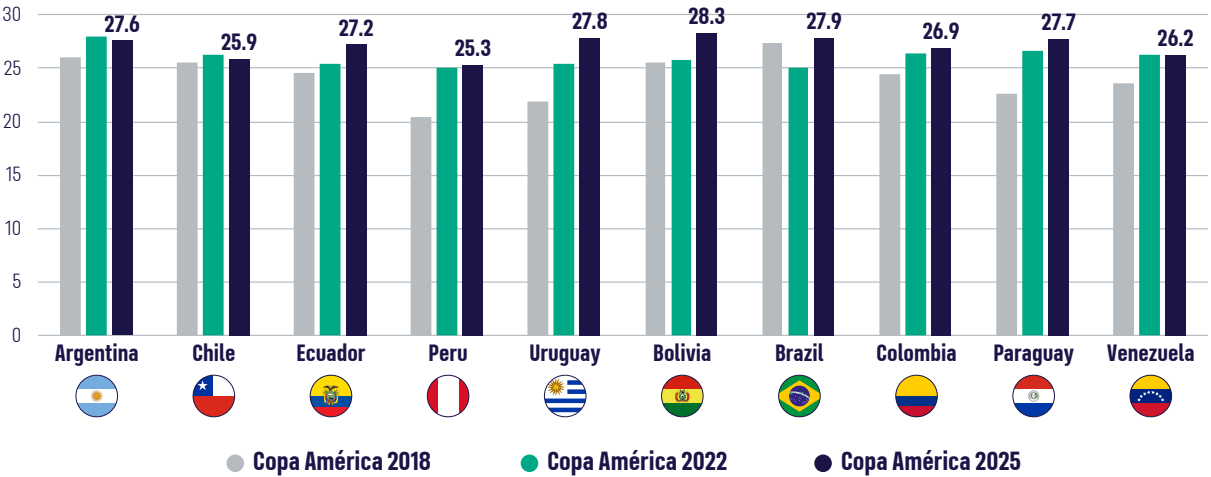
Venezuela represents a distinct scenario. Only 4.3% of their squad played in the domestic league, while nearly half (11 of 23 players) were based in Europe, primarily in Spain. This pattern reflects the instability of the Venezuelan women's league in recent years, characterised by short seasons, interruptions, and limited resources, which has compelled players to seek stable and competitive careers abroad.

EVOLUTION OF SQUAD COMPOSITION ACROSS TOURNAMENTS

In each of the past three editions of the Copa América Femenina, every nation that participated across all three tournaments named a comparatively older squad than in the previous cycle. This has pushed the median age of participating players from 24.0 to 25.2 between the 2018 and 2025 editions, highlighting the slight shift toward more seasoned squads at the elite international level. An illustrative example is Peru, whose average squad age rose from just over 20 years in 2018 to above 25 in 2025, with only four players appearing in both editions.

Compared with the 2018 Copa América, when 15 players were aged 21 or younger, the 2025 squads of the competition featured only seven in this category. At the same time, the proportion of players over 30 increased from 5% to 17%, while those under 23 fell from 35% to 31%.

EVOLUTION OF AVERAGE SQUAD AGE BY PARTICIPATING NATION IN RECENT TOURNAMENTS



Source: FIFPRO Women's Player Workload Monitoring (PWM) research

08

OFC WOMEN'S NATIONS CUP 2025

The OFC Women's Nations Cup is the premier women's national team competition in Oceania. First taking place in 1983, the OFC Women's Cup became a qualifier to the FIFA Women's World Cup after its inaugural tournament in 1991. The tournament takes place every four years and, up until 2025, has acted as the qualifier for the FIFA Women's World Cup and the Olympics. However, for the Women's World Cup 2027, for the first time, the OFC will host separate qualifiers; consequently, this will mean more meaningful competitive opportunities for national team players in the region.

08 / OFC WOMEN'S NATIONS CUP 2025

INTRODUCTION

This chapter examines the 2025 OFC Women’s Nations Cup, with particular attention to its development and influence across areas such as attendance, competition structure, and availability of competition data. The analysis further explores the tournament’s evolving role in the international calendar following the introduction of a new FIFA Women’s World Cup qualification process for OFC nations. Squad composition from the competition has also been assessed through assessing the balance between domestic and foreign-based players, alongside the growing influence of diaspora communities. Together, these factors highlight both the ongoing challenges and the incremental progress of women’s football across Oceania.

OFC WOMEN'S NATIONS CUP: COMPETITION DEVELOPMENT AND IMPACTS

The 2025 OFC Women’s Nations Cup took place from 4 to 19 July 2025 in Fiji, marking the 13th edition of the tournament. Eight teams competed across two venues, with the final held at HFC Bank Stadium seeing the Solomon Islands claim their first title, defeating Papua New Guinea 3–2 after extra time.

In terms of stadium infrastructure, the 2025 edition—again hosted in Fiji—used two venues, unlike the 2022 tournament. Group A played their fixtures at Churchill Park in Lautoka, while Group B and all knockout-stage matches were held at HFC Bank Stadium in Suva, which had hosted all games in the 2022 edition.



ATTENDANCE

SUMMARY: ATTENDANCE FIGURES WERE NOT STRONG, BUT GIVEN THE LANDSCAPE OF THE REGION, INCREMENTAL STEPS ARE NEEDED

The average attendance per match across the last three editions of the OFC Women’s Nations Cup was all below 700 people, with the highest attendance among these competitions’ finals recorded in the 2022 edition, with 1561 people in attendance. This modest amount suggests that there is a long way to go in terms of women’s football development in the region.



COMPETITION STRUCTURE

SUMMARY: THE COMPETITION GROWTH HAS SEEN A SLIGHT INCREASE IN THE NUMBER OF MATCHES PLAYED, ALLOWING PLAYERS MORE COMPETITIVE MATCH OPPORTUNITIES

From a competition structure perspective, the gradual growth in the number of matches has been more encouraging. Earlier editions of the tournament, such as the 2014 edition, which featured only four participants and six matches being played, offered limited meaningful playing time for players. Since then, the competition has steadily expanded, with 16 matches in 2018, 17 in 2022, and 18 in 2025, including additional placement fixtures such as a fifth and seventh-place play-off. While incremental, these increases provide valuable competitive minutes for players who would otherwise have limited access to international football.



QUALIFICATION PATHWAY

SUMMARY: NO QUALIFICATION IS REQUIRED FOR THE OFC WOMEN'S NATIONS CUP

Unlike some of the other continental competitions mentioned in earlier chapters, the OFC Women’s Nations Cup does not have qualifiers for competition; rather, all 11 FIFA-affiliated OFC nations are eligible to play in the competition, with most choosing to participate.



LIMITED INFORMATION

SUMMARY: OVERALL, VERY LIMITED INFORMATION IS AVAILABLE ABOUT THE OFC WOMEN'S NATIONS CUP

Coverage of the tournament was constrained. With resources across the region limited and the geographical dispersion of OFC member nations creating logistical challenges, information and media exposure of the competition remained minimal. This limitation in visibility has been a recurring issue for the women’s game in Oceania, with its impact felt from a football development perspective.



PARTICIPANTS

SUMMARY: AUSTRALIA AND NEW ZEALAND’S LACK OF PRESENCE AT THE OFC WOMEN’S NATIONS CUP HAS LIKELY IMPACTED THE PUBLIC ATTENTION AROUND THE COMPETITION

The list of participants has also influenced the dynamics of the tournament. Since Australia’s departure from the OFC to join the AFC in 2006, New Zealand has been the dominant force in the competition. However, the “Football Ferns” have not featured in the OFC Women’s Nations Cup since 2018. No formal reason has been given, but a number of factors have seemingly contributed to their absence. These include New Zealand’s significant talent advantage over other OFC nations, the preference to compete against stronger international opposition, automatic qualification for the 2023 FIFA Women’s World Cup as co-hosts, and the introduction of a new qualification format for future World Cups, meaning participating in the OFC Women’s Nations Cup is no longer required.

Their absence has inevitably affected the competitive standard and overall appeal of the OFC Nations Cup, with consequences for its long-term role in developing women’s football across Oceania.



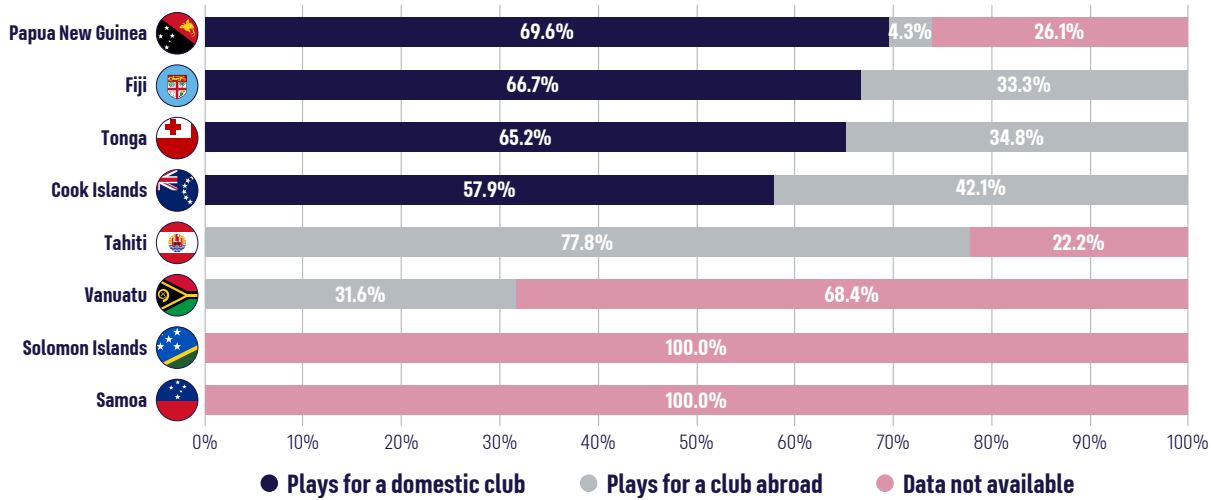
NEW COMPETITION IN THE REGION

SUMMARY: A NEW WORLD CUP QUALIFICATION COMPETITION HAS BEEN CREATED IN THE REGION, PROVIDING MORE MEANINGFUL PLAYING TIME OPPORTUNITIES FOR PLAYERS

A significant development for the region in 2025 was the creation of a new FIFA Women’s World Cup qualification process tailored to OFC nations. Previously, qualification for the World Cup was determined through the OFC Nations Cup. The new system offers OFC teams additional opportunities to compete in meaningful, structured matches beyond the continental championship. For developing football nations in the region, this represents an important step forward, providing increased exposure, greater competitive balance, and more consistent playing opportunities in the calendar.

SQUAD COMPOSITION ANALYSIS

% OF PLAYERS COMPETING DOMESTICALLY, ABROAD, OR AS A FREE AGENT BY PARTICIPATING NATION



Source: FIFPRO Women's Player Workload Monitoring (PWM) research

In the OFC Women's Nations Cup, a significant number of players are listed without any available club data, reflecting the underdevelopment of women's football in the region and highlighting one of the broader challenges in women's football, which is the accessibility of data and information related to players. Moreover, the limited professional structures of some women's domestic competitions, within the OFC region, mean that many players either compete at amateur levels or lack formally registered clubs, which affects data availability and complicates benchmarking.

Among the countries with available information, Samoa stands out. Every player with recorded club data was based abroad, largely due to the country's sizable diaspora community in the United States. This connection allows Samoa to identify players eligible through parental or grandparental heritage, thereby widening their talent pool. As a result, their OFC Nations Cup squad featured nine players competing in the United States, primarily within high school and university teams, highlighting the crucial role of international networks in providing competitive opportunities for nations with less developed domestic leagues.



09

ANNEX

The findings presented in this report are largely based on the methodology and metrics of the Women's Player Workload Monitoring (PWM) platform covering the match, rest & recovery, travel, and other workload statistics of professional footballers from around the world.

09

METHODOLOGY

WOMEN'S PLAYER WORKLOAD MONITORING (PWM) PLATFORM

The PWM platform illustrates workload and match scheduling across different competitions, maximising data, and knowledge to address the growing information needs in football. The tool supports decision-makers to make informed decisions about the next generation of sustainable and integrated competitions in women's football.

MISSION STATEMENT & OBJECTIVES

Originally launched in 2021, the Women's Player Workload Monitoring Platform illustrates player workload and match scheduling across different competitions, maximising data, and knowledge to address the growing information needs of the football industry on aggregated player load across multiple competitions.

The platform supports decision-makers to make informed decisions about the next generation of sustainable and integrated competitions. The core objectives of the platform are:

- Prioritise player health, career, and performance;
- Enable workload and match schedule monitoring;
- Provide scientific data analysis across competitions;
- Support evidence-based decision-making.



ABOUT PLAYER WORKLOAD MONITORING

The Women's Player Workload Monitoring Platform provides transparent and regular player workload updates to the football industry, covering a global sample of professional footballers.

The platform allows multi-level analysis with the purpose of improving the integrated management of match calendars and player workload. It includes metrics such as general match schedules, basic player match load information, a break-down of competition formats, season-by-season analysis, accumulated duration of international travel, as well as the duration of rest and recovery periods.

The digital platform enables an objective analysis of a player's workload, supporting the development of player-centric competition calendars that convey a commitment to peak performance and sustainable career paths. The platform is an ongoing and innovative monitoring tool that is scalable, open, and able to address the entire match schedule and related workload of players across competitions at a global level.

ABOUT FOOTBALL BENCHMARK

Football Benchmark Group are the global leaders in serving those investing and operating in the football industry. Our expertise lies in generating unparalleled value through our advisory services, powered by our world-renowned football business intelligence solution. We have been working together with FIFPRO on various projects since 2019 with the PWM platform at the centre of the cooperation.

REPORT PREPARATION NOTES

In order to put the analyses carried out for this report into context, it is important to understand the key characteristics of the underlying dataset sourced from the PWM platform.

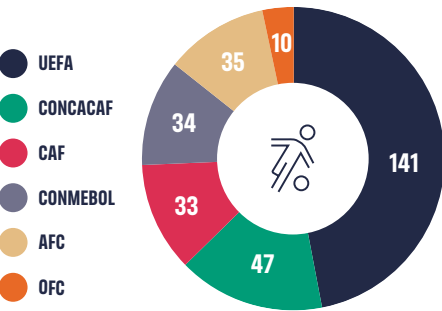
PLAYER SAMPLE & PROFILES

There are currently 300 professional women's football players in the PWM platform, representing a wide range of nationalities. The visual shows the breakdown by the confederation of the players' nationality.

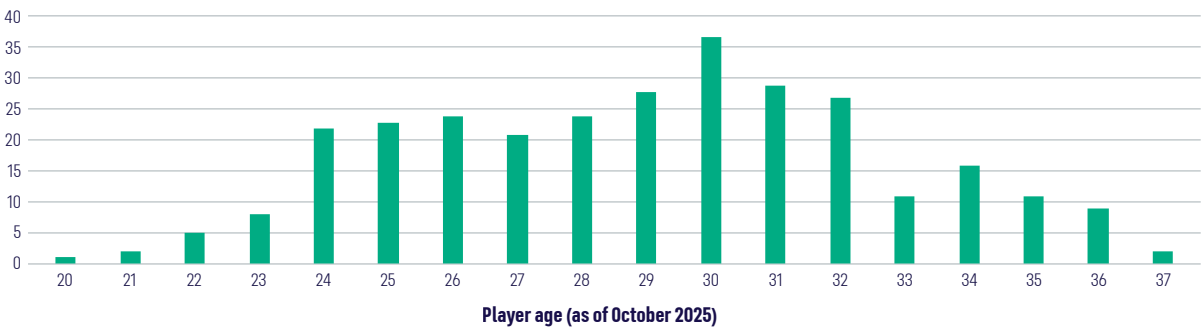
More than 30 domestic leagues and over 100 different football clubs are represented by the players of the database as of the 2024/25 season.

Footballers of all ages between 20 and 37 are in the sample. Players aged between 29 and 31 make up almost one-third of the database.

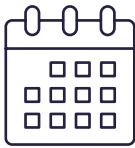
NUMBER OF PLAYERS BY NATIONALITY (REGION)



NO OF PLAYERS BY AGE



SEASONS AND MATCHES COVERED




In total, close to 70,000 player match records are currently available in the PWM platform, providing a strong basis for this report's analysis. The matches analysed for the purposes of most chapters took place between August 2024 and August 2025, covering the entire 2024/25 football season.


TERMS & DEFINITIONS


The following terms are used throughout the report to illustrate the workload situation of professional football players. The same principles are applied within the FIFPRO PWM platform.


WORKLOAD STANDARDS


 **PLAYER WORKLOAD** – the term refers to all applicable workload indicators such as match load, rest & recovery, and international travel. The concepts of overload and underload are related to the imbalance between the load induced on players and their recovery. It is important to note that it is the cumulative exposure to over or underload that constitutes an issue for player health, performance, and career longevity.


MATCH LOAD

 **MINUTES PLAYED** – number of minutes spent on the pitch by a player in a match. Added times at the end of the two halves are included in the calculation, as well as the extra time in competitions where it is applicable.


 **APPEARANCES MADE** – an appearance is when a player has any minutes played in a match, either as a starter or after being substituted on.


 **MATCH FORMAT** – matchday squad inclusions, appearances and minutes on the pitch are divided into various categories based on the format of the match: domestic league, domestic cup, international club competition, national team matches and friendlies.


 **BACK-TO-BACK LOAD** – a match is considered to be in the “back-to-back” category if the player made an appearance (played any minutes) in it and his previous match appearance ended within the preceding 5 days (or 120 hours). Back-to-back minutes refer to minutes recorded in back-to-back matches.

 **UTILISATION RATE** – the number of minutes played by a player divided by the total number of minutes of their team over the same period. This metric is generally calculated only in the case of club matches. A high utilisation rate means that a player is an important and often relied upon member of the team.


REST & RECOVERY


 **TIME BETWEEN MATCHES (RECOVERY TIME)** – the period between two inclusions in the matchday squad. It is calculated as the number of hours that passed between the end of a player's match in which he was in the matchday squad and the kick-off time of the next one. Even if the player did not play a single minute, he is required to be on standby, thus his inclusion in the matchday squad constitutes a part of his workload. According to FIFPRO's 'At the Limit' study, players need at least 120 hours between games to perform at their best over a season and manage injury risk. To exclude outliers, the time between matches is capped at 336 hours in our calculations.


 **OFF-SEASON BREAK** – the period (expressed in calendar days) without matches or training a player is provided by their club between two seasons in order to recover and regenerate. Off-season breaks are mandatory, should last at least 5 weeks and must take place outside of the club and national team environment.


 **IN-SEASON BREAK** – the period (expressed in calendar days) without matches or training a player is allowed during a season. Should last at least 2 weeks and must take place outside of the club and national team environment.

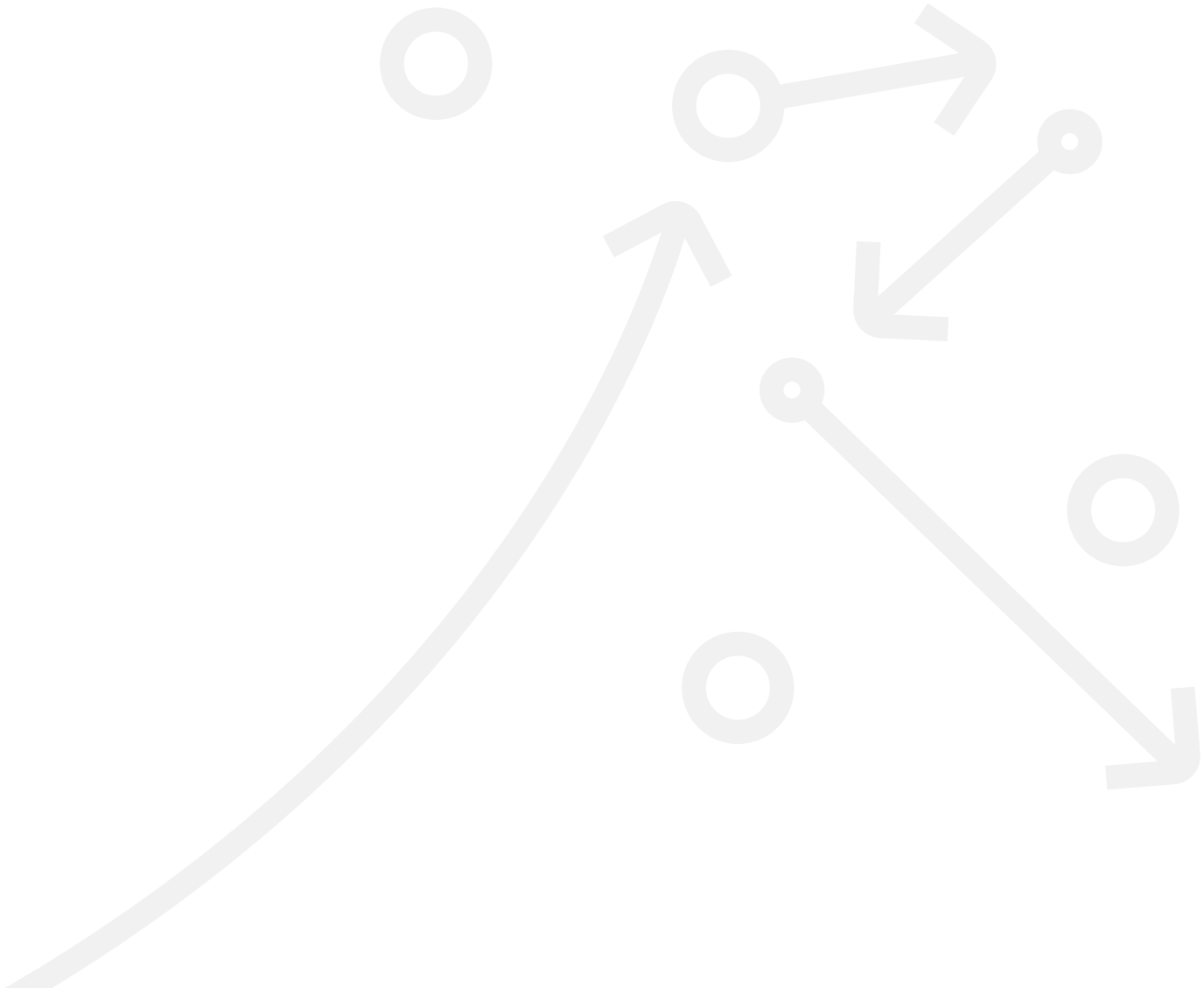
TRAVEL LOAD (INTERNATIONAL ONLY)

 **TRIPS MADE** – only the following type of trips are categorised as international travel: trips made for international club matches (including friendlies) and for national team matches played abroad. Only cross-border trips are considered.

 **TRAVEL DISTANCE** – the flight distance in kilometres between the departure and arrival location of a trip to a national team or an away club match played abroad. If a departure or arrival city does not have an international airport, then the one closest to it is used in our calculations.

 **TRAVEL TIME** – the flight time between two locations expressed in minutes. For every travel time calculation, the speed of an average commercial flight is assumed (approx. 800km). 20 minutes are added to account for take-off and landing.

 **TIME ZONES CROSSED** – a time zone is an area that observes a uniform standard time defined according to the Coordinated Universal Time (UTC). In our calculations we consider the number of time zones crossed by the player while travelling to and from national team and club matches abroad.





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