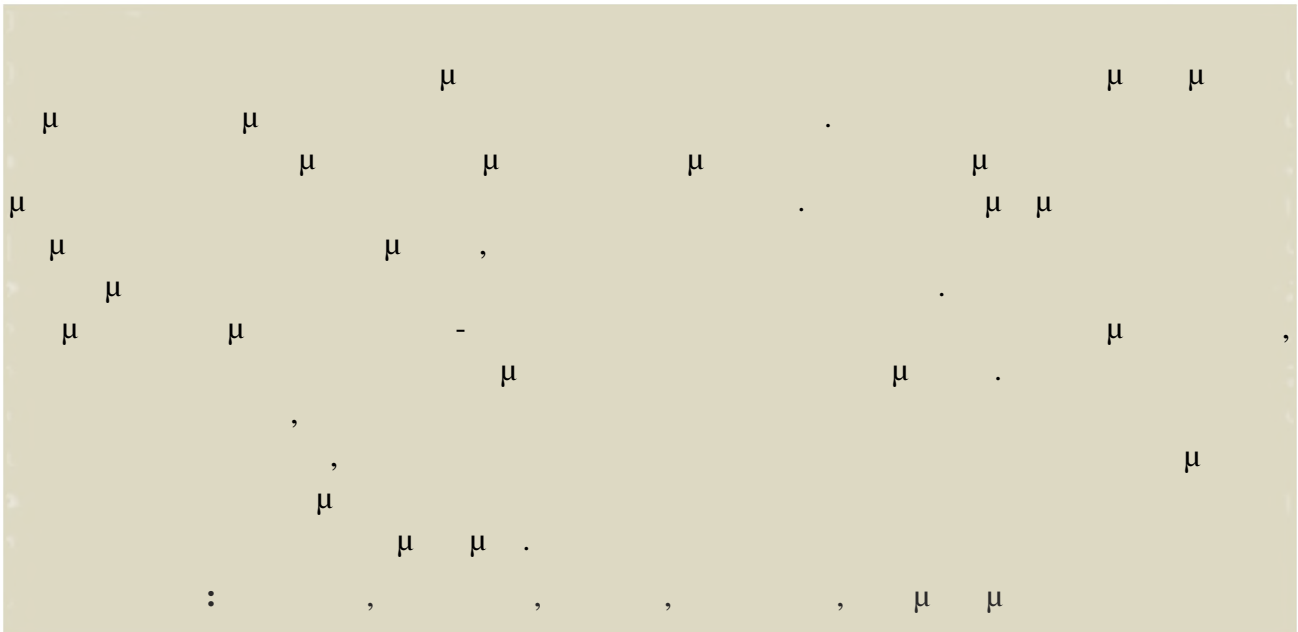




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Novel technologies of workload monitoring in Soccer: Implications for competitive performance and injury prevention

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ABSTRACT

The systematic monitoring of training load has an important role in training load management in sports. In recent years there has been an extensive use of advanced systems, which record the position of the players in relation to time at very high frequencies. These systems are used in combination with the recording of biometric and other related parameters, to evaluate the physiological responses and adaptations of football players during training and competitive matches. Using this information in combination with the physiological and psychological load out-of-training, coaches and sport scientists proceed to the design of the training plan on a team and individual player basis. The aim of this round table was first to describe the physiological requirements of training and game playing in football, the development and use of novel technologies of load monitoring aiming to optimize performance, and the management of training load with the aim to reduce the likelihood of injuries.

Key words: technology, workload, performance, football, injury

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