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Fatigue and Recovery in Football

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Message from the Guest Editors

Dear Colleagues,

The football codes (soccer, American football, Australian rules football, rugby league, and union and Gaelic football) are intermittent team sports with bouts of high-intensity activity interspersed with low-intensity activities or rest. High-intensity actions are normally categorised as high-speed runs, sprints, and accelerations/decelerations, as well as collision-based activities, such as tackling, static holds, scrums, rucks, and mauls. In addition, many contextual factors influence player demand, such as physical capacity, technical qualities, playing position, tactical role, importance of the game, seasonal period, playing surface, and environmental factors.

The number of competitive matches per season is very high; consequently, athletes only have a limited timeframe to recover following training sessions and competition. There is evidence that too many matches can lead to a lack of motivation and mental burn out, as well as a decrease



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Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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