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Monitoring Load, Recovery, and Performance in Soccer Players

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Message from the Guest Editors

Various factors contribute to elite performance and recovery in soccer. Additionally, numerous methods are employed to track and monitor athletes' performances and their subsequent recovery periods. These methods have gained acceptance in the elite soccer environment; still, practitioners continuously seek to gather appropriate data supporting player-centred decision-making processes to further enhance performance.

While many of these training and recovery methods have been implemented to improve technical and physical performances in acute and chronic periods, there is still a need to optimize athletic excellence and provide practitioners with contemporary methods for data collection, analysis, interpretation and intervention. It is vital that practitioners have up-to-date, useable and applicable information about a variety of techniques so that optimal protocols may be selected and employed according to the needs of differing athletic populations. This Special Issue will supplement the existing body of knowledge providing contemporary research on various aspects of elite adult soccer.



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Special Issue



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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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