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Cutting-Edge Research on Physical Fitness Profile in Soccer Players

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Message from the Guest Editor

Football is a sport where, at the professional level, players cover approximately 11 kilometers, of which about 10% is high-intensity running. Additionally, they engage in numerous other intense actions during the game, which often determine its outcome. In recent years, the pace of the game and the number of matches have significantly increased. To cope with this, footballers need to have highly developed physical abilities. The introduction of new technologies (e.g., GPS) in training assists coaches in better managing the demands of designing the microcycle. In developmental ages, special emphasis should be placed on the development of physical abilities, and coaches should exploit the “windows” that appear at each age to contribute to maximizing performance.

This Special Issue offers the opportunity to publish high-quality original papers, systematic review papers, and meta-analyses. We aim to highlight recent research concerning the physical fitness profile of both young and adult football players, as well as studies focusing on new training methods and the use of new technologies in the coaching process.



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Special Issue



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Message from the Editor-in-Chief

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