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Special Issue Reprint

Cutting-Edge Research on Physical Fitness Profile in Soccer Players

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At the professional level, football is a sport where players run approximately 11 kilometers per game, and about 10% of this constitutes high-intensity running. Additionally, they engage in various 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 possess highly developed physical abilities. The introduction of new technologies (e.g., GPS) in training assists coaches in better managing the demands of microcycle design. Moreover, at developmental ages, a special emphasis should be placed on the development of physical abilities, and coaches should exploit the “windows” that appear at each age to maximize performance.

This Special Issue offers the opportunity to publish high-quality original papers, systematic reviews, and meta-analyses focused on the development of soccer fitness in both young athletes and adults. More specifically, in this Special Issue, 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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