



Estimated metabolic power in elite soccer training

By Paolo Gaudino

SPS Okt 2014, 2014. Taschenbuch. Book Condition: Neu. 220x150x5 mm. Neuware - A new method was recently proposed to estimate energy expenditure and metabolic power from acceleration and speed values. In the present investigation data were collected in training during the in-season period from 26 English Premier League outfield players using GPS technology. Distance covered at different speed categories and the number of acceleration and deceleration achieved were reported. By taking into account these parameters estimated energy expenditure and metabolic power were calculated. The high-intensity demands of soccer training are underestimated by traditional measurements of running speed alone, especially in central defenders, training sessions associated with less high-intensity activity and small small-sided games. Estimations of metabolic power better inform the coach as to the true demands of a training session or a particular drill. A detailed analysis of different drills based on metabolic power is pivotal in contemporary soccer as it enables an in depth understanding of the workload imposed on each player which consequently has practical implications for the prescription of the adequate type and amount of stimulus required during training. 80 pp. Englisch.

DOWNLOAD



READ ONLINE
[4.17 MB]

Reviews

This book may be really worth a read through, and a lot better than other. It is really basic but excitement inside the 50 % in the pdf. I realized this pdf from my dad and i encouraged this publication to learn.

-- Curtis Bartell

The book is straightforward in study better to comprehend. It is really simplistic but unexpected situations in the fifty percent of the ebook. Its been written in an exceptionally simple way which is simply after i finished reading through this ebook in which basically altered me, affect the way i really believe.

-- Letha Corwin