Estimated metabolic power in elite soccer training



Filesize: 2.04 MB

Reviews

Thorough information for pdf fans. It really is rally interesting throgh looking at time. I am easily will get a satisfaction of studying a published pdf. (Autumn Bahringer)

ESTIMATED METABOLIC POWER IN ELITE SOCCER TRAINING



To read **Estimated metabolic power in elite soccer training** eBook, you should click the hyperlink listed below and download the ebook or get access to additional information which are relevant to ESTIMATED METABOLIC POWER IN ELITE SOCCER TRAINING ebook.

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.

Read Estimated metabolic power in elite soccer training Online
Download PDF Estimated metabolic power in elite soccer training

[PDF] Psychologisches Testverfahren Follow the hyperlink under to get "Psychologisches Testverfahren" document. Download Book » [PDF] Programming in D Follow the hyperlink under to get "Programming in D" document. PDF **Download Book** » [PDF] The Java Tutorial (3rd Edition) Follow the hyperlink under to get "The Java Tutorial (3rd Edition)" document. PDF **Download Book** » [PDF] Adobe Indesign CS/Cs2 Breakthroughs Follow the hyperlink under to get "Adobe Indesign CS/Cs2 Breakthroughs" document. PDF **Download Book** » [PDF] Have You Locked the Castle Gate? Follow the hyperlink under to get "Have You Locked the Castle Gate?" document. PDF Download Book » [PDF] Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More PDF

Deeply Caring Communities (Paperback) Follow the hyperlink under to get "Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)" document.

Download Book »