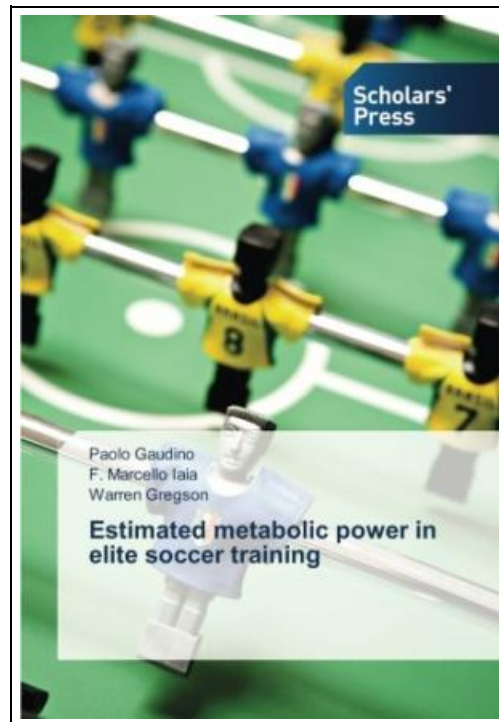


Estimated metabolic power in elite soccer training



Filesize: 3.67 MB

Reviews

Extensive information! Its this sort of great read through. It is amongst the most incredible book i have go through. I realized this publication from my i and dad suggested this book to understand.
(Prof. Devon Bernhard PhD)

ESTIMATED METABOLIC POWER IN ELITE SOCCER TRAINING

[DOWNLOAD](#)

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](#)

Other PDFs



Baby Friendly San Francisco Bay Area New Parent Survival Guide to Shopping Activities Restaurants and Moreb by Elysa Marco 2005 Paperback

Book Condition: Brand New. Book Condition: Brand New.

[Download ePub »](#)



Animation for Kids with Scratch Programming: Create Your Own Digital Art, Games, and Stories with Code

Mentorscloud LLC, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.Think Logically. Present Artistically. The myth: Programming is only for kids who...

[Download ePub »](#)



The Mysterious Letter, a New Home, and Awakening to Adventure Captivating Stories for Pre-Teens by Awesome Child Authors

Rifll Publishing, Inc. Paperback. Book Condition: New. Paperback. 88 pages. Dimensions: 8.8in. x 5.9in. x 0.2in. This book is a collection of three stories and one poem, selected from the entries to a writing contest open...

[Download ePub »](#)



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can usually...

[Download ePub »](#)



Growing Up: From Baby to Adult High Beginning Book with Online Access

Cambridge University Press, 2014. UNK. Book Condition: New. New Book. Shipped from US within 10 to 14 business days. Established seller since 2000.

[Download ePub »](#)

**The Tale of Jemima Puddle-Duck - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Tale of Jemima Puddle-Duck - Read it Yourself with Ladybird: Level 2, This is a gentle adaptation of the classic tale by Beatrix Potter. Jemima

[Download Document »](#)

**DK Readers Day at Greenhill Farm Level 1 Beginning to Read**

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs

[Download Document »](#)

**Ohio Court Rules 2014, Practice Procedure**

Createspace, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. Ohio Court Rules 2014, Practice Procedure, contains all of the procedural rules you

[Download Document »](#)

**Peppa Pig: Sports Day - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Peppa Pig: Sports Day - Read it Yourself with Ladybird: Level 2, Peppa Pig is having fun with her friends at Sports Day, but she is

[Download Document »](#)

**Peter Rabbit: Treehouse Rescue - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Peter Rabbit: Treehouse Rescue - Read it Yourself with Ladybird: Level 2, This is based on the new Peter Rabbit animated TV series. Peter and Lily

[Download Document »](#)