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Research on the running ability of young male soccer player

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Objective Running is the main form of sports in a football match, and running distance is an important factor affecting the outcome. Monitoring the running ability of the athletes in the competition can fully understand the load and physical fitness of the athletes, and provide data reference for the coaches to formulate scientific and systematic training programs.

Methods The first 7 warm-up matches of the Guangdong U18 men's football team in 2017 were selected as the research object, and the MT-sports football training monitoring system was used to collect the running data of 10 first players. According to the position on the field, they are divided into the outside fullback, the center back, the center defence midfield, the center attack midfield, the outside attackers and striker. For the purpose of comparison, this study used the running grade standard formulated by Danish scholar Bosber.

Results (1) overall movement of athletes

The average running distance of the 7 warm-up matches is 7945m, and the jogging distance is 4368m, accounting for 55% of the total running distance; the middle speed running distance is 2574m, accounting for 32.4% of the total running distance; the running distance above the high speed running is 1006m, accounting for 12.6% of the total running distance. The average running speed of the 7 games is 1.30m/s, and the average maximum speed is 7.80m/s.

(2) The running distance of athletes at different speeds on different positions

The average total running distance of the center attack midfield is 8759m, and the high-speed running distance is 1226m, which is the highest, and the high-speed running distance accounts for 13.9% of the total running distance. The high speed running distance between the outside fullback and the outside attackers is basically equal, the field is 1215m and 1158m respectively, but the high speed running distance has the highest total distance, reaching 14.7% and 15.3% respectively. The average running distance of the striker is 8134m, and the distance from the high speed running is 1027m, which is only higher than that of the center defence midfield and the center back. The running distance and the high speed distance of the center backs are below the average.

Conclusions (1) There is a certain gap between athletes and elite athletes in running ability, but in high-intensity running ability is more prominent.

(2) Athletes have more walking distance, which suggests that players should be encouraged to move actively in the future training process.

(3) The center attack midfield has prominent running ability and strong speed running ability in the competition.

(4) The running situation of the center defence midfield is similar to that of the center attack midfield, but the high-speed running distance of the center defence midfield is only slightly higher than that of the center back, which also reflects the running form of the center defence midfield players.

(5) The striker's running ability is general in the competition. The high-intensity running distance is lower than that between the center attack midfield and the outside attackers, even the the Outside fullback, which may lead to tactical failure.