

ABSTRACT

Title:

The size of the movement load during the match in professional female soccer players

Aims:

Determining the amount of movement load during a championship match in professional female soccer players.

Method:

A total of 18 players from the club SK Slavia Praha participated in the research (\bar{X} 24.8 years; the youngest 17 years old, the oldest 39 years old). The method of observation was using GPS technology for data collection in the form of field testing. The monitored external movement load variables were: Total Distance Travelled (TDT), High Intensity Running (HIR), Sprint Distance (SD), Sprints (number), Acceleration, Deceleration and Maximum Speed (MS). To evaluate the significance of the differences between individual categories, the substantive significance coefficient of Hedges's g was used.

Results:

Female centre-backs achieved lower values in total distance travelled (TDT) compared to full-backs, midfielders and center forwards ($g = 0.91-1.27$). A significant difference in the high intensity running (HIR) indicator in the match was not found between the central defenders and the other contributions. Here, we observed only a moderate difference, except for a significantly lower value compared to sub-spinal attackers. A very significant difference was found between the strikers and the strikers in the indicator of the distance covered in the sprint during the match ($g = 1.12$).

Conclusion:

Central defenders are fundamentally different from other positions in some parameters, and the overall average indicators of various metrics compared to foreign research show us worse results from the point of view of external load.

Key words:

women's football, GPS, movement load, women's performance in the match