

HIGH INTENSITY MOTION PATTERN ANALYSES OF BRAZILIAN ELITE SOCCER PLAYERS

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Abstract

During a soccer game the players are often involved in high intensity and short duration movements, these sprints appears many times during the game and must be maintained without fatigue. The purpose of this research was to detect the number and distance of these sprints during an official soccer game. We analyzed 20 elite soccer players from São Paulo Futebol Clube staff, this soccer team is ranked firs place in the national league. We used the video tape recording technique as described by Withers (1982). The athletes were observed and the video was recorded from a high enough place during all time. In the video analyses it was determined the number and the distance covered of the each sprints.

The obtained results were as follows:

Distance (m)	0-9.99	10-19.9	20-29.9	30-39.9	40-49.9	“50	TOTAL	Overall distance
Numbers Sprints	26.4	18.6	7.8	1.4	0.6	0.2	55.0	718.2
SD	5.86	6.23	3.65	1.19	0.51	0.22	12.76	269.7
Frequen- cy	49.0	33.4	13.6	2.5	1.1	0.3	100	
SD	9.65	5.32	3.68	1.66	0.74	0.45		

The results suggest that during a soccer game the great majority of the developed sprints do not surpasses 20 meters. This demonstrate the importance of this kind of motion pattern during the soccer training program.