

## MOTION PATTERNS OF BRAZILIAN PROFESSIONAL SOCCER PLAYERS

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### Abstract

The purpose of this study was to obtain standards indexes to the total distance covered and motion patterns characteristics of Brazilian professional soccer players in official matches. It was studied a group of 25 athletes from the São Paulo Futebol Clube team, which is ranked in first place in Brazilian National League. The applied methodology was the videotape analysis as described by Withers et al (1982). The players were grouped by positional role (n=5). It was measured the following indexes in meters: overall distance covered (DC), jogging distance (JD), walking distance (WD), sprint running distance (RD), lateral motion (LM) and backward motion (BM):

	DC	JD	WD
CENTERBACKS	7170.0± 889.7	3078.6 ± 705.6	2797.1 ± 200.8
FULLBACKS	7018.2 ± 931.0	3375.8 ± 1275.0	2505.0 ± 620.8
MIDFIELDERS	8514.4* ± 827.9	4644.2* ± 1741.9	2639.4 ± 948.3
STRIKERS	6620.3 ± 640.3	2690.8 ± 370.8	2546.0 ± 364.8
WINGS	8128.6* ± 584.2	4185.8* ± 739.8	2319.6 ± 475.8
	RD	BM	LM
CENTERBACKS	508.4 ± 169.8	674.8 ± 123.1	111.1 ± 21.4
FULLBACKS	549.0 ± 164.0	475.8 ± 162.6	112.6 ± 46.1
MIDFIELDERS	665.4 ± 225.4	491.2 ± 210.7	84.2 ± 50.0
STRIKERS	857.8* ± 195.0	446.6 ± 208.6	69.0 ± 33.5
WINGS	1020.8* ± 275.2	476.6 ± 113.7	125.8 ± 64.6

\* p < 0.05 (Anova)

The results suggests that the wings and the midfielders have an overall distance covered greater than the others players. By the others hand the wings and the strikers have an increased sprint pattern. This results can be used to develop individual training programs based in the positional role of soccer players.