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2nd INTERNATIONAL CONFERENCE OF FOOTBALL

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**2nd INTERNATIONAL CONFERENCE OF FOOTBALL
“TRAINING METHODS & SOCIAL ISSUES”**



WELCOME & INTRODUCTION

On behalf of the Organizing & Scientific Committee, we welcome you to the 2nd International Conference of Football: Training Methods and Social Issues

The main aim is to consolidate this conference as an international event aimed at promoting the exchange of professional experiences and innovations in the field of football & science.

At this year's conference we have exceeded our expectations about attendance. More than 100 students, professors, researchers and football coaches from 15 different countries have participated at the conference.

The 2nd International Conference of Football has included presentations delivered by around 30 prestigious researchers and coaches. Their methodological proposals, experiences and findings have been presented in different plenary sessions and experts' panels. Furthermore, around 20 young researchers have presented their research and professional experiences during the poster sessions of the conference.

We would like to express our immense gratitude to all the contributors and members of the five research areas of the scientific committee who have volunteered to collaborate as reviewers. This conference will provide us with the opportunity to reinforce professional relationships that will promote the development of future editions of the conference.

On behalf of the organizing committee we would like to thank the two universities involved in the organization of the conference, the Catholic University of Valencia and the University College of Southeast Norway. We would like to extend our gratitude to the Faculty of Physical Education & Sport Sciences, represented by the Dr. Consuelo Moratal, for making possible the organization of this 2nd edition of the conference in our faculty.

In the same vein, we would like to express our acknowledgements to the official sponsor of the conference (ERIC Sports) and all the partners (Levante UD, Valencia CF, Villarreal CF, Norwegian Football Coaches Association, Sport Academy of Telemark, The Next Generation Sport, Fútbol Táctico Group) for their support in the organization and promotion of the conference.

Finally, we appreciate very much the great collaboration of the Colegio Oficial de Licenciados en Educación Física de la Comunidad Valenciana (COLEFCV) for disseminating the conference and publishing the Conference Proceedings.

We encourage you all to participate in future editions of the conference to keep sharing knowledge about football. We wish to welcome you again in Valencia!

FLORENTINO HUERTAS
Chair del Organizing Committee



Florentino Huertas, Frode Telseth & Rafael Ballester
Chairs of the Organizing Committee of 2nd International Conference of Football

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1. SOCIAL ISSUES

THE SUCCESS OF ICELANDIC FOOTBALL: HOW A TINY NATION EMERGED ON THE INTERNATIONAL SPORTS SCENE

Vidar Halldorsson
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Keywords: Sport achievement, cultural production, small society, social capital

Introduction

It attracted widespread international attention when the men's football national team of Iceland reached the quarterfinals of the European Championship in the summer of 2016. How such a small nation - with a population of around 320.000 - could compete among the best, was the intriguing question that puzzled the football world. Interestingly however, Iceland has not only punched above its weight in men's football in recent years, but in all its major team sports. Thus the key reasons for the success of the men's football team do not lie within football per se, but in how Icelanders approach and play sport in general and how present social conditions have helped the Icelandic teams reach historical heights.

Methods

This presentation is built on a case study on sports in Iceland - which was conducted for the forthcoming book "Sport in Iceland: How small nations achieve international success" (Halldorsson, in press)- and consisted of formal and informal interviews, ethnographic observations and the use of published material.

Results

The case study shows how the different Icelandic national sport teams - which have been successful in international competition in recent years - are driven by the same motivations, display the same characteristics and represent a similar style of play. More specifically; the teams are built on amateur ideals of friendships, teamwork and to approach sport as play (rather than work); national pride which results in the players sacrifice for the team where they "play with their hearts"; solid organization of play, which emphasizes focusing and playing to one's strengths; and a strong sense of individual reliability and collective belief based on a "stereotype lift" (Halldorsson, Thorlindsson, & Katovich, 2014; 2017).

Discussion & Conclusions

More generally, this case study highlights how culture works to promote and foster important team elements which have been essential for Iceland to pull through to the highest level in sports. Interestingly the aforementioned team elements may sometimes be lacking in the bigger and more advanced and professional national sport teams, providing Iceland with surprising advantage over some of their opponents in this respect - an advantage not based on skills, but on spirit.

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FOOTBALL CLUBS SUPPORT AND SOCIAL CHANGE IN SPAIN. WHAT HAS HAPPENED IN THE PAST THIRTY YEARS?

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Keywords: identification, football culture, sociology, Spanish society

Introduction:

This communication offers a quantitative exploratory analysis of the identification with football clubs, as well as other aspects of the football culture of Spanish fans, especially those aspects related to the positioning of the clubs and the main behaviours and consumption patterns (Ranc, 2012; Gray and Wert-Gray, 2012).

Methods:

The information presented in this communication comes from a survey by the Sociological Research Centre conducted in 2014 with a sample of 2485 Spanish adults (CIS, 2014).

Results:

The analysis conducted has shown the importance of the football clubs as enclaves of identification in Spanish society, as two-thirds of the population (66.8 per cent) identify with a football team. The relevance of this percentage is that it exceeds the interest in this sport, which, as some studies have pointed out, is 54.3 per cent. The study has shown that Real Madrid and FC Barcelona are the two clubs with the highest rates of identification (32.8 per cent and 25.7 per cent, respectively). The place of birth or residence is the reason most frequently given by fans to explain why they identify with a club (32.3 per cent), a clear indication that, for Spaniards, clubs continue to exert a strong symbolic potential for ascription, thanks to the link they establish with the place (city or region) where they are located (Llopis-Goig, 2011; 2014).

Discussion & Conclusions:

The results presented in this chapter make it possible to extract four main conclusions: the relevance of football as a space for identification; the hegemonic position of Real Madrid and FC Barcelona in Spanish public opinion; the variety of elements that form the basis for the image of the main Spanish football clubs; and the relative homogeneity of the clubs' followers in their behaviours and consumption patterns.

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2. FOOTBALL COACH DEVELOPMENT

FOOTBALL COACH DEVELOPMENT

Prof. Florentino Huertas

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Keywords: football, training, coach, performance, educational career

Abstract:

According to the most of the conceptions of football training, the player has to be the center of the coaching process. Fitting to this idea, the coach should guide rather than instruct to let the players develop their perceptual and decision-making abilities and, consequently, their game intelligence. Horst Wein, referring to coaching management during youth football training sessions suggested that “Less is more” (Wein, 2007). Underlying this assumption, some practical consequences have to be considered by coaches for the planning and development of drills: reduce interruptions, less lecturing, fewer runs without the ball,... As a result of the former, young football players will reduce frustration and will more engaged enjoying the game.

Youth coaches should help players to develop their fitness and skills for enhancing their performance (Ford et al., 2010). Long term planning of training have to be correctly organized according to the age and psycho-physiological development of the athletes (Partington & Cushion, 2013), specially during the earlier stages of their formation.

Nevertheless, while the coaches’ educational career is encouraging (Lledó & Huertas, 2012), cultural differences and the culture of performance in different countries could modulate the young players teaching-training processes.

During this conference we will have the opportunity to know the main conceptual and methodological principles of some of the top level Spanish Football Academies. In this session three speakers will look inside the issues that distinguish the education and development of Football coaches in the modern Football birthplace: United Kingdom.

Some reflections and discussions about the compliance of contents of the curriculum of the different courses and Licenses (Level I, II, III or UEFA Pro) to the needs of the real environment in the context of Grassroots training and holistic children’s development.

An adapted constructive culture of performance is necessary to ensure the successful transitions from children enjoying to adult hypercompetitive adult football. It is important to continue raising the formation of youth coaches in the methodological, didactic and psychopedagogical aspects of training in order to improve the development of all sport structures, which involve the young athlete.

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THE UEFA PRO LICENCE: WHAT WAS (NOT) LEARNED ALONG THE WAY?*

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University College of South East Norway*

Dr. Wayne Allison

The Football Association (Development Division)

Keywords: coaching; UEFA; FA; coach education,

Introduction:

The general purpose of this study was to map the knowledge development of candidates enrolled on an 18-month elite level FA coach education course (the FA Pro Licence). Specific objectives related to exploring what the candidates learned from the course, how they learned it, and what were the principal catalysts for change.

Context: The course under study

The coach education course under study is recognized as the highest qualification obtainable within Association Football. The programme was 18 months in duration, with candidates being primarily assessed against a competency framework.

Methods:

The data gathering methods used comprised video diaries and semi-structured focus group interviews. In total, 18 focus group interviews were carried out with the candidate coaches over the 18 months of the project period, while 19 video diaries from the coaches were also received.

Results:

The results centred on three main themes; (a) 'the perceived (ir) relevance of course content, and the need for security (a 'community of security'); (b) 'disparate views on the given competency assessment structure and a desire for peer learning'; and (c) 'equivocal views of course mentors and mentoring'.

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PROFESSIONAL DEVELOPMENT AMONG UK FOOTBALL COACHES

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Department of Exercise and Sport Science, Manchester Metropolitan University England

Keywords: coach education, certification, up-skilling, CPD

Introduction:

The paper considers the views and thoughts of football coaches within the UK regarding their professional development. Increasingly governing bodies of sport, such as the Football Association, are requiring coaches to attend additional educational programmes in efforts to maintain their currency, be up-dated on new policy directives, and to extend their knowledge base (Taylor and Garratt, 2010). At times, these professional development opportunities are seen by those they are intended to benefit as unnecessary, a costly interruption to their coaching practice, and of little intrinsic worth (Piggott, 2012).

Methods:

Data were drawn from interviews (n=50) with football coaches in the UK holding level 3 or above from a number of research projects concerned with the process of coach professionalisation. The transcriptions were subject to inter- and intra-analysis over a four-month period (Taylor, 2014). Follow up interviews were conducted with individuals in order to explore particular case studies (n=6)

Results:

Themes were generated in the areas of (1) compliance with sport organisations' wishes, (2) relevance of content and delivery, (3) lack of understanding of the central propose of the training, and (4) an instrumental approach to completion and attendance. Across the themes, there appeared to be expressed views that professional development was being forced upon coaches without the benefits being explained or foregrounded prior to the engagement.

Discussion & Conclusions:

The development of professional development opportunities, in terms of formal coach education and additional training, has attracted both funding and research attention in terms of content and delivery methodology. There has, however, been a lack of consideration regarding the education of the coach learner in terms of the benefits that may be gained from their participation, as well as the role of, and overall propose of, such educational programmes, including how these opportunities have been valued within the sport itself (Nelson, Cushion & Potrac, 2013). Due to a lack of buy-in from those receiving training, it would seem that the participants fail to gain fully from educational events and actually resist engagement. This paper argues that sport organisations should focus on the education of coaches on the possible benefits that may be gained from participation with these professional development opportunities.

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PERFORMANCE CULTURE IN FOOTBALL: SETTING THE SCENE

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Keywords: Culture, Talent Development, Environment, Identity, Psychosocial skills.

Introduction:

Performance Culture has a wide reaching grasp within an organization and its inhabitants and will embrace a multitude of demands upon all participants within it (Nesti 2010). Within football this dynamic nature can impact greatly upon the transition of players into first team and becoming established players. There is an array of literature informing us as to some of the key factors that can help in establishing a high performance culture in sport and football specifically e.g. effective talent development programmes (Horrecks et al., 2016) talent development environments (Martindale et al., 2005; Larsen et al., 2013, Mills et al., 2014) and identity (Nesti and Littlewood, 2010; Mitchell et al., 2014). However, what is missing in the literature is the connection of this theory to the reality of practice.

This presentation will offer some key examples of how a positive performance culture is created within an academy in English professional football. It will also explore a critical appreciation of the realities of establishing such a culture and some of the key barriers to successful transitions of players.

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3. TRAINING METHODOLOGY SESSION I

**THE CREATION OF A NON-VERBAL COMMUNICATION CODE.
WORKING A PROPOSAL FOR IMPROVING DECISION
MAKING IN YOUTH FOOTBALL**

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Keywords: soccer, football, team sports, decision-making, cognitive structure, non-verbal communication.

Introduction:

The decision making system, understood as the sum of all the mechanisms implied in this process, lies at the core of our training methodology and pedagogical intervention. We believe that its development is at the basis of the learning process of our players, since the cognitive structure, viewed from an integrative and dynamic perspective, is involved in the majority of the actions we take in life and in football.

The task to which we are referring is about the creation of a nonverbal communication code (NVCC). It consists of a didactic intervention we do with our players based on praxeology and it is the result of our purpose to optimize their decision making system starting from meaningful stimulus of the game, to foster an improvement of the performance collective behavior. The necessity to create a NVCC can have multiple reasons, such as the unique characteristics of football, known as one of the most complex sports because of the quantity of similar but unique and unrepeatable situations which continuously arise from the game and which requires the emergency of different and unpredictable solutions each time. The degree of uncertainty of this sport is particularly significant in regards with decision making, because of many different reasons such as the environmental conditions of the game, which is played outdoor and against eleven opponents, as well as because of the peculiar coordinative dynamics to which every player is constrained since the non-dominant limb is used both to run and to kick the ball.

Methods:

During the preseason of a football team composed by 12 players of 11-12 years old, we plan different training sessions to allow the spontaneous and natural emergency of players' movements, known as *proxemic code*, which send a significant information to the different observers. These spontaneous movements emerge without any external constrain of the coach but as a consequence of the specific constraints of the game, such as the specific rules of football, and the personal constraints of each player. In concrete, we plan four sessions of twenty minutes in which the players play freely. During these sessions, while the coach is observing and taking notes about these proxemic code, we introduce the use of the bipolarized effect (Seirul.lo, 2004), as initial tool to optimize players' cognition. Here, cognition is considered as the observer capacity to effectively be focused on the specific visual information and to adequately understand the meaning of the stimulus sent by his teammate (proxemic

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code emitter) with whom is playing in a mutual help space during the game. Of the total 13 proxemic movements collected, 5 were introduced in the NVCC of the team because of their importance in players' decision making system and their cognitive necessities.

Furthermore, we have used Aronson's puzzle (Curto, 2009), which is a strategy of cooperative learning, to ensure players' declarative knowledge of the 5 proxemic movements naturally emerged. At the same time, we ensure the mutual acceptance of this specific code of communication introducing the personal contributions emerged from the practice and related with the proxemics movements. Aronson's puzzle is also used to introduce two more proxemics movements which did not spontaneously appear but which are a part of the coach's idea of play and which have to be known, understood and accepted from every player.

Later, during eight training sessions of one hour each for a month, we facilitate the emergency of the 7 proxemic movements through the use of realistic football tasks in which the coach utilizes different task constraints. The coach needs to observe if the player, throughout the observer's behavior in mutual help, which has to be in agreement with the information sent by the transmitter of the proxemics code, is improving his NVCC. As such, the coach stops the session and informs the player on which specific stimulus has to be attuned (part of the body of the proxemics movement's transmitter which is moving, ball's speed in relation with the distance of the ball's receptor...) reminding which is the meaning of the specific proxemics movement observed. To the same extent, the coach explains which are the different motor actions possibilities which could have been done in relation with the specific proxemics movement so that it could emerge the following time that the player finds the same movement. The coach never gives a unique possible solution for a game situation, since the different constraints which uniquely act in each situation lead to the emergency of different solutions which can be effectively solved in many different ways. At the same time the emergency of other motor actions or the absence of any action would show the specific proxemics movement has not been perceived.

Discussion & Conclusions:

After the eight sessions we prove that the players who have observed during the space of mutual help, perform motor actions in agreement with the meaning of the proxemic code, achieving the objective of the creation of this nonverbal code of communication. This foster players' ability to self-manage the situations of space of intervention and self-help, fundamental for the optimization of his motor actions.

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FROM THE ACADEMY TO THE FIRST TEAM: METHODOLOGICAL PRINCIPLES IN THE DEVELOP SEVILLA FC FOOTBALL YOUNG PLAYERS

Antonio Manuel Solana Sánchez

SEVILLA FC SAD, / UPO, University Pablo de Olavide, Sevilla, Spain

Keywords: Learning, methodology, soccer, curriculum, young players.

Introduction:

The life of a child is like a piece of paper. Everyone the child comes across should leave an imprint.

The aim of this presentation is to show learning process of younger players which we have been working in for a decade. This model is mainly based on the analysis of the essence of the game, in order to determine the necessities that footballers have during the competition. From this point, we have defined the most coherent pedagogy sport model and we have realized planning of this process from the principles of the game, the model of the game and the essence of the game. At the same time, we have established methodological principles according to all what has been explained before, do as to plan the sessions and the training exercises.

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Solana - Sánchez, A., Lara - Bercial, S. & Solana - Sánchez, D. (2016). Athlete and Coach Development in the Sevilla FC Youth Academy: A Values - Based Proposition. *International Sport Coaching Journal*, 3 46-53.



THE EFFECTS OF A 6-MONTHS PROPRIOCEPTION TRAINING PROGRAM ON AGILITY IN YOUNG FOOTBALL PLAYERS

Dritan Adili & Dhimitraq Skenderi
UST, Sports University of Tirana, Albania

Keywords: proprioceptive training, performance variables, football, agility tests.

Introduction:

The purpose of this study was to determine if proprioceptive training can be effective to improve male football players' agility (Christou et al, 2006).

Methods:

Sixty-two students (17 ± 0.3 yrs) of the "Drita" high school (Kichevo, Republic of Macedonia) were recruited for this study and divided in two sub-groups [*control* (CG) and *experimental* (EXG)] to be involved in a pre- and post- training measurement design. All participants were football players and were attending a period of six months of football training planned with three 45-minute weekly sessions. In particular the CG (N=31) followed a standard (physical, technical and tactical) football program, while the EXG (N=31) was also exposed to specific proprioceptive drills. The effects of a proprioceptive program, if any, were assessed by means of two specific agility tests: *505 Agility Test* (505AT) and *Illinois Agility Test* (IAT) without the ball.

Results:

The analysis of pre and post 505 AT and IAT performances were carried out by means of ANOVA with repeated measures. The result of the initial state at the 505 AT test in the controlled group is 2.9110, whereas the final result has the value of 2.6926. On the other hand, in the experimental group the value of the initial state of the same test is 2.8955 sec and after the of the 6-months training program, the result is improved and is worth 2.5658 sec. The results revealed a significant difference between pre and post measures in 505 AT ($p < 0.05$). The result of the initial state at the IAT test in the control group is 17.5032 sec whereas the final result has the value 16.0381sec. On the other hand, in the experimental group the value of the initial state of the same test is 18.1761 sec and after the of the 6-months training program, the result is improved and is worth 16.3803 sec. The results revealed a significant difference between pre and post measures in IAT ($p < 0.05$).

Discussion & Conclusions:

The two football players sub-groups involved in this study undertook two specific agility tests (505 AT and Illinois Agility Test without the ball). The results showed a positive effect of specific proprioceptive training to improve the young football players' agility abilities. Regarding the AT 505 test, the experimental group compared to the control group, at the initial state as well as the final condition, has better results. The improvement of results after the completion of the 6-months program is evident in the experimental group.

But at the IAT test in both states the control group has somewhat better results compared to the experimental group. Yet the improvement of the result is evident at the experimental group after the application of the 6 months proprioceptive training program, compared to the control group.

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4. PHYSIOLOGICAL PERSPECTIVES OF FOOTBALL

PHYSIOLOGICAL PERSPECTIVES OF FOOTBALL

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Keywords: football, nutrition, dietary supplements, performance.

Abstract:

Football is a sport implying frequent intensity fluctuations between high exercise and low exercise, requiring speed, requiring muscular power, agility and a good body composition, able to be improved by nutrition control.

A sufficient energy intake and hydration are necessary for a good performance. Studies show that when carbohydrates are added to the replenishment fluid, abilities are better maintained than when fluid is consumed alone.

Carbohydrate consumption preserves normal function of central nervous system, resulting in a successful performance of skills and a correct decision-making during the game. Carbohydrate intake has proven to be able attenuate blood glucose decrease and generate glycogen savings.

Football increases macronutrient and micronutrient needs and the first strategy should be to teach players healthy eating habits to ensure their good sports performance. Therefore, an adequate intake of dietary supplements, along with proper nutrition and good training can significantly improve performance. For instance, caffeine improves endurance as it reduces the feeling of fatigue.

On the other hand, the injury rate has increased due to tight schedules and shorter rest time between one competition and the other. Nutritional intervention is therefore, important in injuries prevention and treatment. For example, leucine and omega-3 fatty acids have a synergistic effect and increase protein synthesis.

On views of all this, nutritional intervention in football is a must if we want players to rapidly recover their optimal nutrient level, prepare for the next game and reduce their fatigue. As a result, the high interaction between training and nutrition can be the best response to the demands coming from repeated training stimuli and required nutrient intake, in order to sustain muscle energy reserves.

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NUTRITIONAL SUPPLEMENTS: FACTS VS MYTHS

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Keywords: Supplementation; Athletic Performance; Nutrition; Doping.

Abstract:

Nutritional supplements have been used as ergogenic aids for many decades. It is estimated that 40-70% of athletes in general use nutritional supplements of some type. In football, it is no different. However, there is a gap between scientific knowledge and daily use/practices. This gap leads to the use of supplements based on anecdotal or marketing arguments, not on scientific evidence. Furthermore, the large number and variety of products makes it easy to biased interpretation of data and information. Another problem is many nutritional aids contain contaminations; e.g., about 80% of products in Europe did not contain what the label indicated. Also, approximately 10 to 15 percent of available products have prohibited substances like hormones and stimulants. On other hand, some nutritional supplements are useful and presents ergogenic effect or accelerating recovery.

Creatine and caffeine show solid scientific, positive evidence for football players. Their use has beneficial effects on endurance, strength and recovery time. Other supplements, like vitamin D, whey protein and probiotics needs more investigation, but show potential to be helpful. Nonetheless, many available supplements have little or no evidence that they have positive effects.

Although the use of supplements is widespread in sports, some care is needed before a nutrition prescription is implemented. Whether due to the real effect on performance or recovery, due to the possible risk of contamination and involuntary doping, more scientific research needs to be conducted in helping athlete choosing the correct supplement for use.

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THE ROLE OF DECELERATION: PRACTICAL RELEVANCE AND PERFORMANCE ASSESSMENT

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A deep understanding of the soccer's physical demands requires to observe all the ways that players' workloads are accumulated. However, while it is highly considered the role of sprinting to distinguish between players' poor and superior performance, the role of decelerating it is still not sufficiently highlighted. Consequently, strength and conditioning coaches are more frequently focused to improve the players' ability for initial speed (acceleration), rather than focus as much on the ability to slow down (or stop) an action in an effective manner. Indeed, during a soccer match a deceleration (DCL) may occur as an immediate or gradual stop to get a defensive/offensive stance or a specific position on the field, to decrease the body's velocity before a change of direction, in response to an opponent movement, to stay within a specific playing area, and in many other play situations. During all these decelerating actions, players will be required to adapt their velocity over a variety of distances, intensities and duration. Based on this premise, some aspects arise for a discussion. First, there is a lack of time motion and notational analyses including DCL as a movement classification. A previous work of Bloomfield et al. (2007), aimed to characterize the nature of DCLs, showed different type of locomotive movements performed immediately before and after each DCL in Premier League soccer players, however the same findings are lacking in relation to different competitive levels and players' age categories. Second, while there are few (controversial) data investigating the number of DCLs occurred during different periods of a soccer match (Russel et al., 2014), findings analyzing the relationship between number and quality of DCLs during these transient phases, and whether they act differently from accelerations, are still few. Third, since a soccer match requires a wide spectrum of variations of velocity with step length and step frequency that can highly differ during acceleration and deceleration phases within the same action, both these two phases should be separately assessed, introducing specific tests. In this regard, in two previous studies we proposed a test aimed to assess the players' ability over a 10 m sprint covered with a task that included a sequence of sprint-brake-sprint phases (Tessitore et al., 2008) and a test over 5, 10 and 15 m sprint covered with a task that included a stop on the arrival line compared to a task with a flying arrival (Tessitore et al., 2012). Both tests, showed poor individual correlations between these specific tasks and linear sprint ones, then the necessity to introduce such specific tests, as well as to plan very specific trainings.

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5. INJURY PREVENTION AND USE OF NEW TECHNOLOGIES IN FOOTBALL

INJURY PREVENTION AND USE NEW TECHNOLOGIES IN FOOTBALL

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Keywords: Prevention, soccer, football injuries, GPS, Tensiomyography.

We want to raise some questions with regard to the tensiomyography, and the use of GPS in the prevention and functional rehabilitation of injuries in professional football.

Currently, both, the tensiomyography, technical developed in the University of Ljubljana (Slovenia), as the GPS as tools of assessment of the activity muscle are widely used in equipment professional of football, we can remember that de Telemetric Hosand system, so, de first GPS on France more or less 2003, could know nothing about Kinematic capabilities (Tous, 2010).

Tensiomyography is a tool not invasive allowing to assess the contractile characteristics of superficial muscles in a matter of seconds, i.e. allows to obtain information on the effects of acute or chronic muscle training, prevent injury, detect imbalances and muscle asymmetries and the State of muscle fatigue after training, response patterns vary depending on the position of the player on the Field being different for Defense, forward, midfielder, goalkeeper, winger. The accuracy of the methods used to measure potential risk factors and record injuries are critical factors which can influence sample size considerably (Loturco et al., 2016).

After an injury is useful in the control of them loads of work and its effect in the muscle of the athlete, helps to the rehabilitation functional of the muscle (García et al., 2011) the use of the GPS has an acceptance perhaps greater in the football community professional that it tensiomyography, is rare not see teams professional that not use this tool that allows the analysis of all them parameters cinematic and of type space-temporal , speed, distances travelled by the players etc, but need more accessories such as photocells, analysis of the variability of the heart to complete the analysis and have data of agility, reaction time, speed (Rodríguez, 2010), State of recovery (nocturnal heart rate) (Rey et al., 2012), however, is definitive this tool for the evaluation of performance, as it can help us to make decisions when we have the sports injury, all injuries can be analyzed, questions that I hope we can answer today.

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NEW TECHNOLOGIES IN MONITORING OF RECOVERY AND FATIGUE IN ELITE SOCCER

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Keywords: Fatigue, recovery, soccer, training load

Introduction:

For a few years, the systems of training monitoring and external training load they becoming a reality in the elite, still existing studies that demonstrate that the subjective measurements enjoy great reliability and validity. At present, researchers are studying the predictive value of the so called Acute Ratio: chronic Ratio with the use of technology GPS (Hulin & Gabbett, 2015)

Methods:

Different tools that we can use to monitoring training load, fatigue status and adequate recovery as GPS (Global Positioning System), Tensiomyography (TMG), Infrared Termography (IT), the Heart Rate Variability (HRV), the Analyses for blood parameters and salivate (Creatine Kinasa CK, Alpha Amylase, Immunoglobulin, Protein C Reactive), as well as the evaluation of the Neuromuscular Parameters (isometric test and Force Velocity profile).

Results:

TMG's use has been studied, with the possibility of establishing normative profiles for player that allow us to control to apply training loads for player in order to anticipate muscular injuries (Rey et al., 2012). It has explained as the HRV can influence on the prediction of overuse injuries (Gisselman et al., 2016).

Discussion & Conclusions:

The control in the process of training of all those factors that can suppose an increase of injury risk, takes a great importance, especially if about elite football players we are referring. Thinking that any action that we should realize must go directed to reducing injury incidence and increase sport performance, the utilization of strategy and tools before injury and during post exercise recovery, are key elements.

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INJURY PREVENTION AND FUNCTIONAL REHABILITATION IN PROFESSIONAL CLUB

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Keywords: Injury, Prevention, Rehabilitation, Inertial training

Introduction:

Although we are in 2017 and science has evolved a lot in the field of injury prevention and rehabilitation, these are still a scourge in professional football. An injury not only affects the player, who will lose minutes of competition, minutes of diffusion of his image and the brands that sponsor them. It also affects the team itself and the club as a company. (Noya Salces, Gómez-Carmona, Gracia-Marco, Moliner-Urdiales, & Sillero-Quintana, 2014)

The relationship of an injury to the team is direct, an injured player decreases the coach's choice of selecting a correct alignment for the competition and increases the minutes of competition unexpectedly from other teammates who may degenerate into more injuries. (Gabbett & Ullah, 2012)

The relationship of an injury with the club as a company is a concept that managers can not understand when they are asked to invest more money in means for prevention and improvement of performance. The problem is that they see that money as an expense Not as an investment. Players are active in a company, are hired to play the most minutes and contribute their talent to maximize team performance. Therefore, if one of these assets is lost by injury, it is an economic cost to the club without obtaining a return.

Discussion & Conclusions:

The sciences applied to the prevention of injuries have evolved a lot in the last years in both knowledge and material means. Inertial training is a revolution in preventing those injuries that are easily avoidable (muscle and tendon) and will help reduce the severity of joint injuries. (de Hoyo et al., 2015; Tous-Fajardo, Gonzalo-Skok, Arjol-Serrano, & Tesch, 2016)

It is as important to prevent an injury as it is to recover from it as soon as possible and in the most reliable way. Therefore, there should be some criteria in place ensuring optimal recovery time (Zaffagnini, Grassi, Serra, & Marcacci, 2015).

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THE USE OF GPS TECHNOLOGY IN FOOTBALL: EXAMPLE FROM A NORWEGIAN ELITE LEVEL CLUB

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Keywords: Learning, soccer, player load and sprinting

Introduction:

Professional footballers moving per match, depending on position and player type, and have the character of an interval based endurance exercise (Bangsbo et al., 1991). Within this 8 to 12 kilometers there are more explosive actions like jumping, kicking, tackling, turning, sprinting, acceleration and stamina to keep the balance and keep the ball (Bangsbo, 1994). Football is an interval based sport that is characterized by 1200 unpredictable motion sending rings occurring on average every 3-5 seconds. Including 30-50 sprinter 700 twists and 30-40 tackles. Top Players have approximately 0.6 km with sprint running conducted at a speed of over 20 km · h⁻¹ during a fight. This is approximately 40% more than the sprint semi-professional players.

The most successful teams have several high-intensity movements than less successful teams during a match when their team has the ball (Helgerud et al 2001). The less successful teams thus have fewer sprints during a match (Mohr et al 2003 Bloomfield et al 2007, Bradley et al 2009, Di Salvo et al 2007) than the best teams. On average carried a sprint (on average a sprint occurs every) every 90 seconds, which lasts from 2-4 seconds. Nevertheless constitute Sprints (sprints constitute) only 0.5- 3% of the actual playing time (Ali and Ferrally 1991; Bangsbo et al., 1991; O'Donoghue, 2001). Despite this, it is usually the high-intensity actions sprints, tackles, jumps and shots that determine the matches (Hoff and Helgerud, 2004).

Methods:

Based on research, we know that Norwegian football players run enough, but the biggest difference between Norwegian and international football is in the number of sprints. ODDsBK uses GPS on all their players in all matches and trainings. This makes it easier for us to develop each player's physical capacity and also prevent injuries. The coaches eye is still the most important element, but using GPS helps us to corroborate (perhaps not the right Word but I am not sure) that what we see.

ODDsBK uses GPS on all their players in all matches and trainings. This makes it easier for us to develop each player's physical capacity, total players load and prevent injuries.

Results:

The results of GPS made us more aware of what exercises that gave the most effect based on the objective of the exercise. If we wanted more sprints we would have to play on bigger court and if we wanted less sprint and more starting and stopping movements minor court.

Through the use of GPS, we can could more clearly define what is required in the different positions in the 4-3-3 system. For example: How many meters sprint, start / stop movements and distance required.

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We observed that especially central defenders, central midfielders and strikers had very little sprint through the week. This meant that we had to add extra sprint training in certain positions.

Since it was the first year we have used the GPS system we chose to use fewer parameters. With catapult system there are countless possibilities. We started small and progressively increased use throughout the season. Initially, we had live tracking, eventually we analyzed data after training, during the training, and at the end of the season began to plan training sessions ahead. We knew how many minutes we had to hold on with an exercise to get enough repetitions start / stop, enough sprint or to get enough player load.

Discussion & Conclusions

ODDSBK completed a season with GPS. We chose the first year gain parameter. This gave us

- Better information on the work requirement to each player and plays role in the team
- Information on load over time and in different cycles during the season, which may provide more accurate measure of fatigue and physical fitness
- Feedback from the system in real time during the match.

Can on the basis of such information to consider whether players' physical performance in game may indicate an increased risk of injury, and thus take a decision to replace a player

Through the use of GPS we have optimized training week for each player and the whole team. The things we've had a little extra focus on are is players load, distance, start and stop movements and sprint.

We have also become much more aware of the practice range. What exercises gives the effect we want. The important thing to emphasize is that GPS is an aid in everyday training. There is still the eyes of the coach coached eye that is most important, but the GPS can be useful in this context. Through the coaches eye, talks with the player and GPS, we have a good basis for making decisions that enable us to realize the potential... being decisions for realizing the potential of the individual player.

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6. TRAINING METHODOLOGY SESSION II

**DIFFERENT PERSPECTIVES IN TRAINING METHODOLOGIES
OF ELITE SPANISH FOOTBALL ACADEMIES**

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Keywords: Learning, soccer, player development, skill acquisition.

In recent years there has been an exponential growth of interest on research focused on skill acquisition for the development of expert athletes (Williams & Hodges, 2005, for a review). Extensive research in the areas of motor learning, skill acquisition, and expert performance have pointed to the positive learning effects of using relevant practice activities which recreate conjointly the perceptual, cognitive, and motor demands of competition (Ford, Yate & Williams, 2010). Contemporary research has also highlighted the importance of reducing instructional highly prescriptive coaching behaviours to enable athletes to solve problems and make decisions independently (Harvey & Light, 2015). Youth academies have a role to play in closing the gap between research and practice by disseminating and implementing the findings from the areas of skill acquisition, motor learning and expert performance.

Here, six elite football academies of Spanish clubs (F.C. Barcelona, Sevilla C.F., Levante U.D, Valencia C.F. and Villarreal C.F.) present key characteristics of their learning and training model in the 2nd edition of the International Conference of Football "Training Methods & Social Issues".

All the academies have structured curriculums progressive and age-specific. The focus rather on competition outcomes is on the individual development of the players. To pursue this goal, each academy with their special strategies, aims to create autonomous players with a holistic understanding of the game. In terms of talent identification, the attention is specially drawn to the technical-tactical behaviour's of the player more than to their biological characteristics.

The continuous coaches' development is also encouraged by periodical formations on different aspects of the game and the learning process. The psychology department has an important role on the integral formation of the players and in the implementation of strategies to improve coaches' communication and management under competitive pressure.

Different strategies such as the tracking of individual objectives created by the players themselves, the creation of verbal and non-verbal codes, or the implementation of core values of each club have lead this academies to a great success in the development of players.

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TRAINING METHODOLOGY FOR PLAYERS DEVELOPMENT IN A COLLECTIVE TEAM ENVIRONMENT

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Keywords: Learning, expertise, soccer, cognitive load theory.

Introduction:

In this presentation we are going to speak about how we develop and improve a player from an individual context to be integrated in a team context and in various teams of the academy (so he can play in superior category teams in the same season without any technical - tactical adaptation). Beginning with an analysis about the player using videos of training, of matches and day by day experiences we can detect his virtues to be developed and his defects to be improved. From there we take action regarding the player on a psychological, social and technical - tactical level. We get to the technical - tactical improvement through individual, line by line and team drills. We incise a lot in their individual and his whole level growth because we are raising men and football players before creating a team. When men and football players function it will be easier and more natural that the team can have a proper evolution. We also believe that making them grow in this way, our players can find an easier adaptation to superior category teams even if it is in the same season, since we proceed in the same path with every player. Every coach of any category of the academy will know what he can find in any player playing profile.



TRAINING METHODOLOGY & PLAYER DEVELOPMENT

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Keywords: Elite orientation, Talent Development, Making Decisions, Challenge, Learning, LTPDP, Formative Production Process, Motrice & Perceptive Abilities Development, Individual Performance Optimization per Positions.

Introduction:

Football environment currently is composed by most professional people ever in our club (coaches, physical trainers, physiotherapist, psychologist, doctors, nutritionist, personal trainers...) where the goal is promote players to Elite Football, we think that this kind of player in the short future has to be “complete”. Our way to get our goal is the adaptation of our “football Identity learning Process” to the madurative moment of our players (LTPDP) and to the “Talent Development” way (Canada Soccer Federation, 2005). Complete Education in our Academy means a mixture of Sporting & Physical Education, Intellectual Education & Emotional Education (Piaget & Inhelder, 2007).

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GOAL SETTING AS A BASE TO IMPROVE PLAYERS. A PRACTICAL APPLICATION AT VILLARREAL C.F.

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Villarreal C.F. SAD

Keywords: formation, values, goal setting, methodology, football academy.

Introduction:

The behavioural and character formation of boys and girls is determined in part by the interaction of personal and situational factors (Bandura, 1991). At Villarreal C.F. there is great interest to maximally improve the quality of the learning process in which all the people who are part of the Club are immersed in. Goal setting is a technique that was initially proposed by Locke (1968). It has been used in different social areas and is associated with an increase in motivation and people's performance (Ortín and Olmedilla, 2001). The Department of Methodology and the Department of Psychology are carrying out initiatives for the development of a comprehensive training program for both players and coaches and the main goal is to train and prepare coaches to create enriching learning environments for their players.

Method:

During the last two seasons, more than 100 coaches have participated in the Villarreal C.F. training programme. Weekly sessions have been held where the following programmes have been developed:

- A goal-setting programme for each 11-a-side football coach.
- A goal-setting programme for each player.
- A continuous training programme for coaches.
- Workshops on counselling and prevention of psychosocial risks in the adolescent age group.
- The #Endavant!gualtat programme.

Results and Conclusions:

The main guide of this process has been the definition of the type of player that the Club wants to promote. This prototype is an autonomous player, intelligent and with values. The training process is helping coaches to have more resources to develop this type of player and implement richer and more open learning environments.

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THE FUTURE OF THE INTERNATIONAL FOOTBALL: WHAT HAPPENS TO THE BEAUTIFUL GAME?
CORRUPTIONS, ECONOMICAL DOPING AND POLITICAL HORSE TRADING

THE FUTURE OF INTERNATIONAL FOOTBALL:
WHAT HAPPENS TO THE BEAUTIFUL GAME?

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Keywords: global game, corruption, commodification, football changes

Introduction:

One of Brian Clough's famous quotes said about the football in the 70's was the following, "the only agent back then was James Bond, and he was shagging women, not entire football clubs." And in a recently article from Alex Clapham in the high quality football magazine "These Football Times", he wrote: "Now the last-ditch challenges and playground pitches have been dumped for thumbs sore from swiping, and if you were to step outside on any given weeknight, you'd be counting your blessings if you were to witness a single child kicking a tattered bag of leather against wall. Society has changed, and this falls hand-in-hand with football." (Clapham, 2017).

Some of the marks of the global game, of the game that no longer is beautiful in all its parts, the speakers of this section will present. These following presentations maybe shows us that we all have to work for protecting the game we all love. The people who is chosen to protect the game, i.e. in FIFA, UEFA and in the national federations, for sure do not take that responsible seriously enough. Modern football struggling with corruption scandals, match-fixing cases, illegal money transactions, and dodgy elements in the elections for which nations hosting the world cup (i.e. Russia 2018, Qatar 2022) and suspect matters in the campaign for the new UEFA president Aleksander Ceferin.

In this section cases and stories bringing these unethical dimensions to the ground. We have to deal with it, whether we like it or not. It is an important discussion to bring up, because there is a lot on stake. Whose game is it actually? The player's, the club's, federations', FIFA's, or maybe the supporters? On the other hand, is the game already belong to the money, has it already become the market's game?

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REMAKING THE GLOBAL GAME: POLITICAL PROBLEMS AND POSSIBILITIES

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Keywords: football, politics, conflict, globalization, hegemony

Abstract:

This talk provides some critical sociological reflections on the contemporary political issues that face the global game. We discuss the following areas:

- The FIFA corruption scandal and the side-effect of a display of US soft power.
- The new regime at FIFA and the expansion of the World Cup finals
- Political control of football, the range of different political stakeholders, and the tensions between elite clubs and governmental bodies (national, international).
- The manifestation of political economic divisions at national level: the plight of the English national team.
- The EPL and Europe's Big 5 Leagues
- 'Foreign' ownership and resistant movements
- Asia - Qatar, and the Chinese Super League

The presentation concludes by considering the potential for the emergence of a new transnational, loose hegemonic bloc which will dominate the global game.

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FOOTBALL POLITICS POST FIFAGATE CAN FOOTBALL REALLY GOVERN ITSELF?

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mostly for the Norwegian football magazine “Josimar”.*

Keywords: Football politics, corruption, investigative journalism, FIFA, UEFA.

Introduction

May 2015 is a watershed in the history of world football politics as several association presidents from Latin America were arrested charged for corruption. Its aftermath saw both the FIFA and the UEFA president banned from football governance, and many commentators heralded a more transparent and well governed future. This speech will try to assess how well this prophecy has held up so far, and will also try to address the challenges and possibilities of international football politics. It will especially address if the organizations governing world football practice the transparency and good governance they say they do. Focus will be on the control organisms within FIFA, how decisions are taken, and the problems with FIFA's organizational structure itself.

Topics

This presentation will give a review of FIFA president Gianni Infantino's first year in office, and also a brief on the election of Aleksander Ceferin as UEFA president. Both processes will show how the independence of FIFA's controlling committees has deteriorated, and how geopolitics is increasingly interfering in football governance. This does not only concern choice of venues for tournaments, sales of media and commercial rights, but also appointments to key positions meant to assure rules are followed.

Some focus will also be given to governance in the confederations. This will include the status and balance of power both within them and how this affects politics at FIFA itself. We will also look at how the electoral structure of FIFA functions, and see how it is one of the main obstacles for real reforms. In relations to this, we will also take a look at the relationship is between football officials and the press when it comes to its politics, and how it affects the image of football's governing bodies.

Methods

It's important to note that this isn't a study done after scientific principles, but simply subjective reflections by the author, who has followed developments in international football politics, and covered it for various Scandinavian media. However, conclusions have been reached based on solid documentation, conversations with high ranking officials, and other reports from many credible sources. The author therefore feels confident in this being sufficient to address the subject in a meaningful manner.

Conclusion/Discussions

The speaker will try to summarize the challenges facing football politics, and try to give some opinion about how it can be improved.

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FOOTBALL SUPPORT AS CONSUMPTION? A CONCEPTUAL AND EMPIRICAL ANALYSIS OF COMMUNITY AND COMMODIFICATION IN FOOTBALL

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Keywords: football supporters, community, commodification, commercialization of football, consumption of football

Introduction:

Football clubs and associations have different aims and purposes. Clubs at all levels wish to develop their sporting and competitive abilities. Professional elite level clubs also have business plans for funding their sporting ambitions while a small minority of clubs can be seen as enterprises in which sporting traditions and ambitions are both celebrated and consumed by a global community. The passionate supporter cultures which have developed during the last century makes football stand out among other sports as particularly strong at building communities. At the same time it can be argued that no other sport have been more affected by commodification in recent decades. This makes for a complex cultural landscape in which the act of watching a game of football can be fired up by anything from aesthetic desires via patriotism to political activism against this ‘commodified turn’ of football.

This presentation takes its starting point from two theoretical positions: Richard Giulianotti (2002) and Anthony King (2002) have developed models and typologies for football support and spectating which to some extent move in different directions, yet share the idea that *football as passion* and *football as consumption* can be differentiated. These approaches have been criticized for merely reproducing distinctions made by supporters themselves by scholars such as Dixon (2013), Crawford (2004) and Sandvoss (2003) who argue that ‘traditional’ supporters also act as consumers in their footballing orientations. While consumption and “consumerist” practices are seen as wholly different from “traditional” practices in the works of Giulianotti and King, consumption may be seen as the starting point of *all* forms of practices in the works of Sandvoss, Crawford and Dixon.

While it is not very productive to conclude which school of thought is superior, it is crucial to reflect upon how the choice of perspective influence the analysis. While it is difficult to argue against the assertion that all football spectators also act as consumers, positions which claim that there is nothing more to it run the risk of ignoring distinctly different practices and cultural complexities. Spectators relate differently to the use of club shirts, they hold different views on the politics and management of the club they support and they engage in different ways towards creating ‘atmosphere’ during games.

The aim of this paper is to analyze theoretical strengths and weaknesses of these theoretical positions. We also wish to discuss these empirically by showing a few examples of how football is presented and marketed by football clubs, associations and TV companies. Finally, we also aim to show how spectators consume and experience their football, predominantly within a stadium landscape.

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THE BUSINESS BEHIND THE BUSINESS: HOW DO PRIVATE ECONOMIC AFFAIRS AFFECT THE ETHICAL STANDARDS OF FOOTBALL?

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Keywords: Ethical values, governance, public reputation, media, blameworthiness.

Introduction:

This paper deals with ethical issues in relation to football governance, using a controversial matter in Norwegian football as a case in point: The alleged private property swindle of former coach of the Norwegian national football team for men, Per-Mathias Høgmo. This case contains many of the ingredients currently associated with European football governance, such as corruption, dubious connections between football personalities and private corporations, tax fraud and strategies for covering up shady affairs. The specific question I am raising here is whether or not Høgmo's actions were morally blameworthy according to a specific philosophical understanding of the term and, if yes, to which degree they were blameworthy on behalf of his official role in Norwegian football.

Methods:

Critical analysis of media reports, court documents and ethical legislations, theoretically framed by a philosophical discussion on the concept *blameworthiness* as presented by the Norwegian philosopher Andreas Brekke Carlsson in a recent PhD dissertation.

Results:

I argue in this paper that European football governance - represented here by the Norwegian case in question - is characterized by blurry distinctions between right and wrong as well as between private and public interest. A national team manager can for instance have the advantage of being a public figure (support, salary, status and network) yet hide behind a privacy barrier in times of accusation. The Norwegian Football Association (NFF) keeps referring to the Høgmo case as a private affair while simultaneously acting as Høgmo's spokesperson in the media. Current regulations do not seem to capture the actions of key players between these borders, and the designated ethical units within football governance often seem to be paralyzed when faced with allegations of criminal misdoings. As exemplified by the NFF's handling of the Høgmo case, football's organizational bodies are primarily concerned with the nurturing of a consistent public image. Ethical standards and ethical conduct is of subordinate concern, and while each individual case may not lead to criminal charges, it is likely to have an effect on football's reputation in the long run.

Discussion & Conclusions:

The potentially negative impact of questionable private business affairs on football's credibility is highlighted in this paper through three lines of argument: A philosophical discussion on blameworthiness, a jurisdictional discussion concerning the question of guilty/not guilty, and a discussion on the general public's understanding of right or wrong. These levels are interconnected, not by a causal logic, but rather in the form of partly overlapping, partly contrasting layers of meaning. "If an agent is *legally* responsible for an action, he might be sanctioned by the legal system. But this does not mean that he is morally or even causally

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responsible”, argues Carlsson in his dissertation. One could also suggest the opposite, that a person can be free of legal charge but morally responsible for his actions - a position that reflects badly on Høgmo’s role in the disputed property transaction. And while it is philosophically possible to argue, like Carlsson does, that individual persons are generally less blameworthy than a ‘normal’ understanding of blameworthiness would admit, a more ‘commonsensical’ application of moral responsibility nevertheless plays a big part in shaping public opinions on football governance. Interestingly, if there is any practical consequence to Carlsson’s line of argument, it is actually that more control is needed in order to secure a reasonably high moral standard. To put it in football terms: the governance of European football must adapt a stronger system of control, ethical and otherwise, in order to ensure that its key players act in accordance with the vision of football as a clean, democratic and decent in the eyes of society as a whole. Ideally, the system should prevent dubious affairs from even unfolding, regardless of the degree of blameworthiness.

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POSTERS

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1. MATCH ANALYSIS & TACTICAL PERFORMANCE IN FOOTBALL

COMPARATIVE ANALYSIS OF ATTACKING EFFECTIVENESS IN NORTH AMERICAN AND ENGLISH FOOTBALL

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Keywords: Soccer, observational methodology, offensive, shot.

Introduction:

From a subjective perspective, American coaches, staff members and analysts suggest that in North American there is a tendency in football (Major League Soccer, MLS) to abuse the long serve of goalkeepers, the lack of combinative play sense and offensive jockeying, the lack of coordination between passers and finishers in relation to crosses and the lack of use of one touch play (Salvadores, 2006, 2007). The objective of the present study was to analyze, describe and objectively compare the finishing plays of Major League Soccer (MLS) and the Premier League (EPL) in order to determine the variables that lead us to be effective in the offensive process and contribute to know how to differentiate opinions from the facts (Garganta, 2001).

Methods:

The study design is observational: nomothetic, follow-up and multidimensional. In a total of 80 games the offensive finishing plays of the Top-4 MLS and the English Premier League (EPL) teams during 2012-2013 season were analyzed. An ad hoc observational instrument has been used and the Lince v.1.2.1 program (Gabin et al., 2012) to code and analyze results. The analyzed variables in the study were: the playing areas, the contexts of both teams' interactions in each action, the duration of the plays, the number of actions in each play, the type of actions used and the way in which play was finished. Contingency tables were used for the Pearson chi-square technique.

Results:

The results showed significant values between the number of plays used and the competition analyzed ($p = 0.002$). In the MLS there was a greater percentage of 1-2 touch plays (47.1%). However, in the EPL, although the percentage of 1-2 touch plays was also high (38.7%), plays of more than 5 touches registered a higher percentage (37.4%) compared to the MLS (26, 7%).

Discussion & Conclusions:

In particular, regarding to the finishing actions the null hypothesis has been confirmed: poor combinative sense. In MLS, as opposed to the EPL, there were a lot of 1-2 touch plays. However in the EPL, a league often thought of for its direct play, there was a high percentage of more than 5 touch finishing plays.

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RELATION BETWEEN THE STARTING OF THE GAME AND THE FINISHING OF THE GAME IN A PROFESSIONAL FOOTBALL TEAM

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Keywords: Soccer, observational methodology, game start, end zone.

Introduction:

Positional play does not guarantee that football teams will optimize their attacks and have more chances to score (Silva, Sánchez, Garganta, & Anguera, 2011). There are several studies that demonstrate that it is from the transition phase of the game that the best situations to score are generated (Castellano, 2008). The objective of this study was to understand the relationship between the starting of the game with respect to all of those plays that reach the finishing zone, regardless whether the play ends with a goal.

Methods:

The study design is observational: idiographic, nomothetic, one-time, monitoring and multidimensional. The Match Vision Studio v.1.0 registration tool has been used (Perea, Alday, & Castellano, 2006) and the coding tool used (ZASOF) arises as a combination of field formats and a category system. A total amount of 32 games of the Spanish First Division team (RCD Espanyol) have been observed and the Excel computer program has been used to carry out data recording, using after that, the SAS program version 9.1.3 for the statistical analysis and Edu G software for the generalizability study.

Results:

The more predominant actions (31.5%) were those in which the team starts the play before having performed less than 5 actions (RP) and after a recovery in their own half of the field. Actions that started with a positional attack with more than 5 actions (AP) were only a 3.49%. The second most used action category to start the game was also that with less than 5 actions after having recovered the ball in the opponents half (RC) with a 13.89%

Discussion & Conclusions:

In conclusion, effective plays were not determined by an organized attack, which uses possession of the ball as a way to progress and control the game (Cervera, 2010). The transition phase, with less than 5 actions, were those where the teams showed higher performance (Fernandez & Pino, 2011).

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TASK DESIGN FROM THE NON-LINEAR PEDAGOGY. A PROPOSAL TO ENHANCE THE DECISION-MAKING IN YOUNG FOOTBALLERS

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Keywords: Small-sided games, decision-making, football, children.

Introduction:

In team sports, such as football, where there is constant uncertainty in the game environment, players develop cognitive process of decision making or response selection (García-González, Moreno, Moreno, Iglesias, & Del Villar, 2009). From the Non-linear Pedagogy perspective, small-sided games are a privileged framework to reproduce the competition factor that influence players' performance, such as tactical, technical and physiological indicators (Dellal et al., 2008). Thus, they permit adapting the game to the characteristics and needs of players (Owen, Twist, & Ford, 2004) and improve the decision-making (Davids, Araújo, Correia, & Vilar, 2013). The aim of this study was to analyze the effect of an intervention teaching program, based on small-sided games, on decision making of young footballers.

Methods:

10 footballers, with ages between 10 and 12 ($M=10.55$ and $SD=0.51$) and with experience in a Spanish youth football league between 2 and 5 years ($M=3.9$ and $SD=1.19$), participated in this study. A quasi-experimental study with a pre-post design. The pre-intervention phase was developed by 3 weeks and it was measured during 3 matches of the league. The intervention program, based on small-sided games (task of 15 minutes, with 3-4 players per team, with the presence or absence of a goalkeeper and with different level of opposition), was applied during 28 sessions (14 weeks and measured during 14 matches). The decision-making (pass and dribbling actions) was assessed using the "Game Performance Evaluation Tool (GPET)" (García-López, González-Víllora, Gutiérrez, & Serra, 2013).

Results:

The results obtained, through the t-test of related samples, show significant differences after the intervention program in the decision-making variable ($p = .024$).

Discussion & Conclusions:

The intervention program, based on small-sided games, has been effective to improve the decision-making in young footballers. In this sense, this methodological tool permits reproduce sub-phases of full-sided games, representing their unstable, dynamic and unpredictable nature, and consequently, improve the decision making (Davids et al., 2013). In order to do that, coaches should know how the manipulation of the task constraint (number of players, level of opposition, space, goals, etc.) modify the tactical behavior of the players.

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THE IMPORTANCE OF JOKER PLAYERS TO IMPROVE THE DECISION-MAKING AND EXECUTION IN YOUNG FOOTBALLERS

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Keywords: superiority in attack, formative stages, football, tactical behaviour.

Introduction:

Football is a predominantly tactical sport and tactical skills are particularly important for enhancing performance, since the actions are unpredictable, thus forcing players to constantly make decisions (Castelao, Garganta, Santos, & Teoldo, 2014). Some research have been focused on the effect that provoke the manipulation of the level of opposition on the tactical performance (Travassos, Vilar, Araújo, & McGarry, 2014), obtaining differences on that. The aim of this study was to analyze the differences on the effect of two intervention teaching program, based on small-sided games with different level of opposition, on decision making and execution of young footballers.

Methods:

The study sample comprised 10 footballers, with ages between 10 and 12 ($M=10.55$ and $SD=0.51$) and with experience in a Spanish youth football league between 2 and 5 years ($M=3.9$ and $SD=1.19$). In this study, two intervention programs with a pre-post (both pre-intervention phases were comprised of 6 sessions and measured during 3 matches of the league, and the intervention phases were comprised of 14 sessions and measured during 7 matches) design were carried out. The first was based on small-sided games with superiority in attack (with a joker, usually 4 vs. 3 or 5 vs. 4 in 20x15m) and the second with equal number of players in each team. The decision-making and execution (pass and dribbling actions) were assessed using the "Game Performance Evaluation Tool (GPET)" (García-López, González-Víllora, Gutiérrez, & Serra, 2013).

Results:

The results obtained, through the t-test of related samples, show significant differences after the intervention program with superiority in attack (decision-making, $p = .034$; execution, $p = .012$). However, after the intervention program with equal number of players in each team, results don't show significant differences (decision-making, $p = .276$; execution, $p = .358$).

Discussion & Conclusions:

Results demonstrated that numerical advantage for the attacking team in training sessions involve an improvement of decision-making in real matches. So, these situations seem to be easier for younger footballer due to players with the ball possession have more time to make decision (Práxedes, Moreno, Sevil, Pizarro, & Del Villar, 2016). Thus, coaches should take into

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account the changes in tactical behaviour when considering the number of players per team, i.e. the level of opposition, in small-sided football games in the training sessions.

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2. SOCIOLOGY, MEDIA, MARKETING AND FINANCIAL ASPECTS OF FOOTBALL

ACADEMIC BACKGROUND OF COACHES IN YOUNG FOOTBALL ACADEMIES IN VALENCIA REGION

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Keywords: Coach, football, academic background, youth players

Introduction:

The high academic background of coaches in soccer academies is increasing (Lledó & Huertas, 2012). Currently, football clubs require their coaches a greater academic training to be competent at pedagogical and methodological levels, in terms of technical-tactical football skills and understand the peculiarities of the training process according to the age of the player. The University Graduates in Physical Education and Sports Sciences and Graduates in Primary School Teaching Specialist in Physical Education play a relevant role, because they have received an education with higher academical charge related to methodology and pedagogy that may improve the quality of sports training of young athletes, giving greater importance to content related to Physical Education and long term motor development. On the other hand, the coaches who have coursed studies related only with Sports Training use to give greater importance to specific soccer contents (Lledó, Martínez, & Huertas, 2014). Here, the aim is to describe the current situation in young football academies related to the academic background of coaches according to the different age category.

Methods:

98 Spanish coaches from different age categories (U9=27, U12=32, U14=24, U16=15) were recruited from 5 clubs of Valencia Region. Coaches completed the online survey about their highest academic degree: 1. University Graduate not related to Physical Education & Sport Sciences (NTDU), 2. Sports Training Grade without University Graduation (TD), 3. University Graduate related to Physical Education & Sport Sciences (TDU), 4. OTHERS. We performed the descriptive analysis using frequency (N) and the significance of the chi square value (χ^2).

Results:

Results revealed a non-statistical difference in the distribution of coaches according its academic background at different agess, χ^2 (df=9, N=98) = 10.36, $p = .322$. Approximately half of coaches (50%) were TDU, and 33% were TD. Only 17% of the coaches have not education related to sports training. In the youngest age teams (U9, U12) the most of coaches were TDU (56% vs. 46% respectively) while at these ages only 5% and 8% were coaches without sport

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specific education. Although from U9 to U14 teams the percentage of TDU is higher in all age categories, there is a tendency to reduce its importance with the development (56% in U9, 47% in U12 and 42%) rising to the 60% again at U16).

Discussion & Conclusions:

Observed percentage of coaches with university education related to Physical Education & Sports has grown with respect to previous studies, such as Yagüe (1998), who observed only a 20%. Similar pattern on this growing trend was described by Lledó & Huertas (2012) and Lledó, Martínez, & Huertas (2014) showing 60% and 52% respectively. This trend implies a better awareness of the manager of the football academies for employing highly qualified coaches in order to reach higher standards of quality in the process of learning and development of young football players. However, it is a little disturbing the fact that most of the few NTDUs (82%) are working at younger ages (U9 and U12), where more coaches' educational training is needed. In conclusion, it is important to continue the raising awareness for employing coaches in young ages with enough methodological, didactic and psychopedagogical training in order to improve the correct development of all sport structures which involve the young athlete.

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REASONS FOR CLUB CHOICE AND CLUB-CHANGING ACTIVITIES FOR TOP-LEVEL SOCCER PLAYERS

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Keywords: soccer/football, career transition, club changing

Introduction:

Interesting questions arise about soccer players' first club choice in the "initiating stage" of their sports career as well as about reasons for club changing during the "development stage" to the age of 17 and the "mastery stage" from age 18 onwards (Wyllemann, Alfermann & Lavallee, 2004). We could not find any appropriate research about soccer players' motivational background for choosing and changing clubs during the spans of their soccer careers, despite the roles doing so may play in overall career success. We concluded that an individual chose a certain soccer club based on his own life circumstances and experiences. Thus, these soccer players' practical or (to be more precise) behavioral dispositions for club choosing or club changing explained what an individual was doing is based on his acquired competencies as well as on his sociocultural background acquired through social learning and social development processes (Coakley, 2015).

Methods:

With a sample of 184 active and former top-level soccer players (mean age: $M \pm SD = 25.61 \pm 6.39$) on Slovenian national teams, we attempted to verify the characteristics of the aforementioned motivational background through a survey questionnaire with a five-level Likert scale. The format of the items of the Likert scale was set from "strongly disagree (1)" to "strongly agree (5)". Analysis included descriptive statistics with mean value (M) ranking and 95% confidence interval (CI) for the mean.

Results:

The results of the mean value ranking revealed that the main reason for the first club choice at the beginning of the career is "physical closeness to the location of the club" ($M = 4.22$, CI : 4.04 to 4.40), followed by the item "club worked well with young people" ($M = 3.51$, CI : 3.33 to 3.68). The third obtained mean value on the ranking scale of this life period consisted of the item "the club had a good reputation" ($M = 3.32$, CI : 3.13 to 3.51). In the "development stage" of soccer players' careers, the results of the mean value ranking revealed that the main reason for changing club is "looking for better training/exercise conditions" ($M = 4.47$, CI : 4.29 to 4.65), followed by the item "offer of new club" ($M = 4.35$, CI : 4.15 to 4.55) and the item "success of new club" ($M = 3.81$, CI : 3.59 to 4.04), which can be found on third place of the ranking scale. In the "mastery stage" of soccer players' career, the main reason for changing the club is "offer of new club" ($M = 4.36$, CI : 4.20 to 4.52), followed by the item "looking for better training/exercise conditions" ($M = 3.82$, CI : 3.60 to 4.03) and on the third place of the ranking scale was the item "better conditions for moving abroad" ($M = 3.73$, CI : 3.48 to 3.98).



Discussion & Conclusions:

Research results show that the “physical closeness to the location of the club” is the most important reason for choosing the first soccer club in the “initiating stage” (Wylleman, Alfermann & Lavallee, 2004). This result is not surprising because of simple logistic reasons, such as the transfer of the young player to the club by his parents. “Looking for better training/exercise conditions” is the main reason for changing clubs in the “development stage”. In this case, we could suppose that the soccer player is aware of the necessary changes for further development in different soccer skills through social learning and development processes (Coakley, 2015). The main reason for changing the club in the “mastery stage” can be considered as a typical highly skilled labour migration process (Elliott & Maguire, 2008) due to economic reasons. Overall, we succeeded verifying the characteristics of soccer players’ motivational background for club choice and reasons for club changing during the lifespan of his soccer career and we found differences inside soccer players’ practical behaviour regarding changing clubs.

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3. TRAINING METHODOLOGY, STRENGTH AND CONDITIONING AND TESTING IN FOOTBALL

**CONTENTS OF PHYSICAL FITNESS TRAINING
IN DIFFERENT YOUNG FOOTBALL STAGES****Alejandro Sanz***Faculty of Physical Education & Sport Sciences, Catholic University of Valencia***Carlos Pablos***Faculty of Physical Education & Sport Sciences, Catholic University of Valencia***Abdel Karim Hamidi***Faculty of Physical Education & Sport Sciences, Catholic University of Valencia***Sergi Laredo***Faculty of Physical Education & Sport Sciences, Catholic University of Valencia***Florentino Huertas***Faculty of Physical Education & Sport Sciences, Catholic University of Valencia***Keywords:** Strength, endurance, flexibility, speed, fitness training, young football**Introduction:**

Grassroots coaches help young players to develop their fitness and skills for enhancing their performance (Ford et al., 2010). Long term planning and periodization of training in football have to be correctly organized according the age and psycho-physiological development of the athlete (Partington & Cushion, 2013), mainly during the earlier stages of their formation. The aim of this study was to compare the relevance of physical fitness contents of training during different stages of young football players in order to analyze if the evolution of the percentage of those contents are consistent with the rhythm of growing and physical and psycho-social development of the young athletes.

Methods:

116 Spanish coaches from different ages (U9=27, U12=32, U14=24, U16=20, U18=13) from different clubs of Valencia Region (clubs with more than 20 teams in the different categories of age) completed the online survey about the distribution of time and contents of training (strength, endurance, speed, flexibility and proprioception). ANOVAs were carried out on mean percentage of time in each physical fitness content, considering the age group as independent factor, with a significant alpha set = .05. Significant main effects were followed up with Bonferroni-corrected pairwise comparisons.

Results:

Significant effect of age group on session duration, $F_{(4, 111)} = 5,156$, $p = ,001$, and weekly time of training, $F_{(4, 111)} = 21,084$, $p < ,001$, were observed indicating that training session duration and weekly time of training increase gradually throughout the age categories. Regarding the contents of training, only a marginal effect of the older the age, the higher percentage of strength time of training. None of the others abilities differ statistically in percentage of time spent in different age group (endurance, $p = .526$; speed, $p = .241$; flexibility, $p = .916$ and proprioception, $p = .527$).

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Discussion & Conclusions:

A reflection about our current results suggests that coaches still rely on traditional methods of instruction with players engaged in. Our data shows that there is not a clear long term periodization of training of studied physical fitness abilities according to the athlete's psychomotor development. According to John (2014), we suggest that strength have to receive the focus in training during older stages. We agree that flexibility and proprioception have to be present in training throughout all categories as a mean of injury prevention (Leiva, 2014; Sedano et al., 2007). Current methodologies of training are based on the overusing of Playing Form or Small Size Conditioned Games (SSCGs) looking for acquisition of tactical problem-solving and decision-making development (Casamichana & Castellano, 2009). However, we consider that strength and conditioning have to be properly organized in order to facilitate the rational development of the football player.

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COMPARATIVE ANALYSIS OF ORGANIZATIONAL BEHAVIOUR BETWEEN SPANISH AND UNITED KINGDOM COACHES IN GRASSROOTS FOOTBALL

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Keywords: Coaching behaviour, football, soccer, youth.

Introduction:

Coaches are crucial to talent development in youth soccer and their intervention impacts on players' achievements and well-being (Cushion, Ford, & Williams, 2012). Coach management behaviors and practice structures should be adapted to individual differences to provide the players with a diverse range of learning opportunities (Nelson, Cushion, Potrac, & Groom, 2014). This study aims to compare the coaches' behaviour of u12 teams of England and Spain to explore the organizational differences that may emerge due to the different cultural and academic background of coaches working in both countries.

Methods:

To perform this study, 8 coaches of u12 football teams have been selected; 4 from Spain (SC) and 4 from the United Kingdom (EC). The inclusion criteria of the participants were: coach from u12 teams, aged 28-33 years old, UEFA training licence and 5-10 of youth coaching experience. The instrument used to collect the coaching behaviour data was the Coach Analysis Intervention System (CAIS) (Cushion, Harvey, Muir, & Nelson, 2012). We analysed three primary behaviours of the "Management category" mainly linked to organisational aspects of the training session: direct management, indirect management and criticisms management. The coaching behaviour was analysed during the main part of the training sessions by means of an audio recording system. T-tests were performed to compare the coaching behaviour of coaches from Spain and UK. All the analyses were conducted using SPSS v.22 and the significance level was established at $p < .05$.

Results:

No differences were found between Spanish and English coaches in any of the different instructional categories: direct instruction (SC: 15.25 vs 13.25, $p = .6$), indirect instruction (SC: 3.5 vs 2.5, $p = .8$), criticism (SC: 3 vs 2.5, $p = .62$).

Discussion & Conclusions:

Despite of the potential cultural and academic differences between Spanish and English coaches, no significant differences were found in the organisational management behaviours

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analysed. The lack of differences may be caused because instead of the organisational aspects of training, it is possible that the potential differences between coaches from different countries are more likely emerge in other domains more linked to the tactical organisation of the training session such as the categories “Feedback” and “Questioning” of the CAIS (Cushion et al., 2012). However, some limitations have to be considered to interpret the data of the present study such as the reduced number of observations and the lack of a video data analysis system. Future approaches to compare coaching behaviours from different countries should be based both in the organisational as in the tactical aspects of the training sessions.

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EFFECTS OF THE COMPETITION ON THE SPORT PERFORMANCE FACTORS IN YOUTH PLAYERS

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Keywords: football match, explosive strength, sprint ability, kicking speed.

Objective:

There is little literature measuring the effects of the official match in the physical performance factors in team-sport athletes. The aim of this study was to examine how explosive strength, sprint ability and kicking speed may be affected by the football match in youth players.

Methods:

The sample was composed by 28 players and was divided into 5 positions: Goalkeeper (GKP, n=2), Defender (DEF, n=7), Midfield (MDF, n=6), Winger (WNG, n=8) and Striker (STR, n=5). The test carried out to measure sport performance factors were 40 m sprint ability test (40SA) according to García-López et al. (2012) and kicking speed (KS) and countermovement jump (CMJ) using Sedano et al. (2009) protocol. All players executed these tests three times in the same match: at the warm-up (PRE), at the rest (REST) and at the end (POST) of the match. All dates were obtained in five matches into a competitive phase of the season. For the statistical analysis, Wilcoxon Two-Related-Samples test was used.

Results:

Results obtained showed that the DEF, MDF and WNG decrease the performance in CMJ. DEF, MDF, WNG and STR decrease the performance in 40SA, and only MDF and STR decrease the performance in KS. Moreover, the results obtained by GKP do not show statistically significant results in any of the tests.

Discussion & Conclusions:

The load along the football match affects decreasing the performance factors in all positions except goalkeepers. In addition, it does not affect all playing positions equally as the physical demands are different (Datson et al., 2016). This study provides insights for physical coaches preparing players for competition, but it is interesting to continue researching with a wider sample and with different competition levels.

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ACUTE EFFECTS OF DIFFERENT WARM-UP PROTOCOLS ON FOOTBALL PLAYERS' PERFORMANCE

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Key words: static stretching, suspension, plyometric, physical fitness

Introduction:

A sport-specific warm-up is an important part of preparation for a soccer match and training as strains to muscles and tendons have been shown to be associated with inadequate warm-up exercises. In previous studies, dynamic stretching has been found to increase muscular and sprint performance (Little & Williams, 2006) while static stretching was found to reduce performance and lower contractile force of the muscles. There are various methods used as dynamic stretching. Two of these methods are plyometric and suspension exercises. As far as we know, there is no study comparing these methods and static stretching so the aim of present study was to investigate the acute effects of different warm-up protocols on elite football players' performance.

Methods:

Participants of the study were consisted of twenty volunteer male football players with a mean age of 21.35 ± 1.66 year. Three different warm-up methods were applied to the participants at 24 hours intervals. These were stretching exercises protocol (SEP), plyometric exercises protocol (PEP) and suspension exercises protocol (SUEP). Participants performed general warm up during 5 minutes and after then pre-tests were performed before each warm up protocol. After each warm up protocol, post-tests were performed. All participants were tested on static balance, vertical jump, 30 m. sprint, reaction time and flexibility. All data were analyzed using Paired Sample T-test.

Results:

There were no significant differences between pre - and post - test static balance scores in three protocols ($p > 0.05$). When anaerobic power test results were analyzed, statistically significant decrease was detected in SEP ($p < 0.05$), no difference was detected in PEP and SUEP ($p > 0.05$). When the reaction time test results were analyzed, no difference was detected in the three protocols ($p > 0.05$). When the speed test results were analyzed, a statistically significant decrease in SEP and statistically significant increase in PEP and SUEP were detected ($p < 0.05$). When the flexibility test results were analyzed, a statistically significant increase was detected in the three protocols ($p < 0.05$).

Discussion & Conclusions:

Because this was the first study to test effects suspension and plyometric exercises that performed during warm up on soccer players' physical performance, it is speculative to say if these exercises are beneficial or detrimental to acute performance. Future researches are needed with (1) larger sample sizes of elite youth soccer, (2) female elite soccer players to see if there is a sex difference, (3) also address the chronic effects of PEP and SEP on physical performance. In conclusion, it may be desirable for soccer players to perform suspension and

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plyometric exercises during warm-up session prior to the performance of activities that require speed and flexibility.

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INJURY PREVENTION IN FOOTBALL

HAMSTRING INJURIES IN YOUNG FOOTBALL ACADEMIES

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Keywords: Injuries, young football, hamstring

Introduction:

Football is a sport with a relatively high injury incidence (Fried & Lloyd, 1992). Previous studies show that the older age category the greater risk of injury (Olmedilla, et al., 2006), observing higher injuries rates during matches than during training (Emery et al., 2005). According to UEFA (Hägglund et al., 2013), the hamstring injuries are the most frequent muscular injury in football, and most these injuries occur during sprint and stretching actions (Cohen et al., 2011). The vast majority of studies are focused on professional soccer, with scarce evidence related to the younger stages of development. The aim of this study was to provide information on the occurrence of hamstring injuries in youth football stages (from U9 to U18), including the role of some contextual variables as position, cause, type and context.

Methods:

116 Spanish coaches from different ages (U9=27, U12=32, U14=24, U16=20, U18=13) from different clubs of Valencia Region (clubs with more than 20 teams in the different categories of age) completed the online survey about hamstring injuries suffered by the players. Data were analyzed using SPSS. We performed the descriptive and comparative analysis using frequency (N). The significance of the chi square value (χ^2) was calculated on number of hamstring injuries by different contextual variables: age (U9, U12, U14, U16, and U18), type (strain distension, heavy-legged- overload, the spasm- contracture, strain-break), cause (Running actions, jump, shoot or passing, others), position (goalkeeper, defender, midfielder, forward, various position) and context (training or match). Statistical significance was accepted at alpha set = .05.

Results:

67 hamstrings injuries were documented, showing higher rates at older ages (U16=41% and U18=26%). The most repeated injury was heavy-legged- overload (57%). Distribution of type of injury changes according to the age category, but was significant only on Strain- distension χ^2 (gl=3, n=116), $p = .05$ and Heavy-legged- overload, χ^2 (gl=3, n=116), $p = .007$. Goalkeepers suffered significantly fewer hamstring injuries (0%) than outfield players (49% forward, 22% midfielder, and defender, 6%). 31% of hamstring injuries appeared during run-acceleration- stop-change of direction, χ^2 (gl=8, n=116), $p < .01$. There was no significant difference between the number of injuries occurred during match and training (46% v 41%).

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Discussion & Conclusions:

The prevalence of hamstrings injuries in young football is pretty lower compared to professional football, mainly due to the younger age in Grassroots (Schmidt-Olsen et al., 1985). The observed rising in frequency of injuries with the growing could be related to the fact that at these older ages players train during longer sessions, higher intensities and more relevance of results in matches (Olmedilla et al., 2006). While strength and conditioning coaches give a very important role to the preventive training in later stages, perhaps, coaches should to enhance relevance of the prophylactic workloads on previous stages of training. Collection and reflection of injury data would help to identify the risk factors involved in injury occurrence, and based on this data, to establish proposal for treatment and prevention of hamstring injuries in different soccer age categories.

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A CASE AND LITERATURE REVIEW OF AN INJURY INFLICTED BY A SOCCER GOAL POST

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Keywords: accident, injury, prevention, soccer goal post, social responsibility

Introduction:

Soccer is the most popular and the fastest growing team sport worldwide (Janda, Bir, Wild, Olson, & Hensinger, 1995). Most fatal injuries in play are described as the impact of a player with the goal post, and the goal post falling forward, on top of the child, with the crossbar striking the victim; is the most common scenario for these fatalities (Schieber, 1994). Stationary made goal posts might prevent tip-over deaths, but the number of impact injuries could increase since an immovable object is being placed on the field of play (Janda et al., 1995).

Methods:

We report a case involving child's impact with a goal post. The injuries illustrated include a portable goal post system falling on top of a 5-year-old child. Aside of that, we reviewed a literature available in MEDLINE and Web of Science on this topic (we have used "soccer goal post" AND injur* OR accident as operators for our search).

Results:

A 5-year-old boy at a local or field ran towards a poorly-anchored soccer goal post, and grabbed it when the goal tipped over on him. Fortunately witnessed the accident, happened during times not involving games or practice; namely, victim's parent was in immediate proximity, but not in the eye contact. The boy sustained multiple superficial injuries and a concussion. At the time of the injury, the patient was without any focal neurological deficits. Regarding our literature search, combining both bibliographic services, only six journal papers were retrieved.

Conclusion:

It has been previously proposed that a removable goal post system would reduce and possibly eliminate injuries in the soccer. However, a case that we report illustrates the injuries that can occur with a movable soccer goal post, demonstrating the necessity of a more permanent and secure type of goal post system (Schieber, 1994). Worldwide 40 million amateur participants practice soccer and unlike professional soccer, youth soccer typically uses portable goals that

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can be moved on and off the field (Janda et al., 1995). Moreover, goal posts for amateur soccer are often produced by local, amateur machine manufacturers without stringent specifications about the warning labels. Nevertheless, it is mandatory to reprove children playing on the goal posts, especially since the nets look a lot like rope ladders (Schieber, 1994). As goal posts in soccer usually comprise nothing more than a series of telescoping poles connected to form the standard rectangular goal area (Pavonetti, 1999), responsible parties are advised to chain the goal posts to any permanent structure when it is not in use or place it goal-face-down on the ground.

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- La **enseñanza de la Educación Física** escolar.
- La **gestión y dirección técnica de centros e instalaciones deportivas.**
- La **dirección, programación, coordinación y desarrollo de programas y actividades fíicodeportivas**, cualquiera que sea su finalidad: salud, reeducación o rehabilitación, recreación; y población a la que estén dirigidos: disminuidos, tercera edad, etc.
- La **ergonomía en general y las actividades físicas compensatorias o correctivas.**
- La **programación, dirección y desarrollo de la preparación física.**
- El **asesoramiento y la elaboración de informes profesionales** sobre entidades, instalaciones y programas de actividades físicas y deportivas.



QUÉ OFRECE EL COLEGIO:

A sus colegiados...	A entidades y organismos...	A los usuarios...
<ol style="list-style-type: none"> 1. Identidad corporativa 2. Representatividad 3. Seguro de Responsabilidad Civil 4. Defensa de sus intereses profesionales 5. Formación continua 6. Información: actualidad, cursos, convocatorias, legislación, etc 7. Bolsa de empleo. 8. Asesoramiento jurídico. 	<ol style="list-style-type: none"> 1. Información general sobre temas relacionados con el ámbito de la Actividad Física y el Deporte y con sus Profesionales. 2. Asesoramiento Técnico sobre: proyectos, pruebas, etc. 3. Mediación y Peritaje. 4. Bolsa de profesionales. 	<ol style="list-style-type: none"> 1. Información general... 2. Control de deontológico de los profesionales que les prestan sus servicios. 3. Garantías en la cobertura de la Responsabilidad Civil que pudiera exigirse a los Licenciados colegiados por el desempeño de su actividad profesional.

Infórmate...

- En nuestra sede: Paseo el Rajolar, 5 acc. 46100 BURJASOT (Valencia)
Telf.: 963636219 Fax.: 963643270 E-mail: info@colefcafev.com
- A través de la Web: <http://www.colefcafev.com/>

SERVICIOS COLEF-CV

SERVICIOS CONVENIDOS



Universitat d'Alacant
Universidad de Alicante

Institucionales:






UNIVERSITAT
Miguel Hernández
d'Elx



Universidad
Católica
de Valencia
San Vicente Mártir

Entidades colaboradoras:

ENTIDAD	OFERTAS PARA COLEGIADOS	VALIDEZ
	IMPORTANTES Descuentos en Cirugía Ocular, Fertilidad y Fisioterapia: <ol style="list-style-type: none"> 1. <u>Cirugía Ocular</u> 2. <u>Cirugía Ocular</u> 3. <u>Odontología</u> 4. <u>Fertilidad</u> 5. <u>Fisioterapia</u> 	Según Ofertas
	20% de descuento en productos gráficos o servicios de diseño	31/12/2012 (Prorrogable con carácter anual, salvo renuncia por una de las partes)

ENTIDAD	OFERTAS PARA COLEGIADOS	VALIDEZ
 <p>neokinesis[®] S T O R E SPORTS AND MEDICAL EQUIPMENT</p>	<p>DESCUENTO 5% en TODOS LOS PRODUCTOS DE NEOKINESIS STORE.</p>	<p>31/12/2013 (Prorrogable con carácter anual, salvo renuncia por una de las partes)</p>
 <p>neokinesis[®] INSTITUTE HEALTH AND SPORT SCIENCES</p>	<p>DESCUENTO 10% en TODA LA FORMACIÓN ORGANIZADA POR NEOKINESIS INSTITUTE.</p>	<p>31/12/2013 (Prorrogable con carácter anual, salvo renuncia por una de las partes)</p>
 <p>neokinesis</p>	<p>DESCUENTOS(*) en SERVICIOS y Actividades de Formación.</p>	<p>31/12/2012 (Prorrogable con carácter anual, salvo renuncia por una de las partes)</p>
 <p>UNIVERSIDAD POLITÉCNICA DE VALENCIA VICERRECTORADO DE DEPORTES MASTER GESTIÓN DEPORTIVA UPV</p>	<p>15% de DESCUENTO en todas sus Ediciones.</p>	<p>INDEFINIDA</p>
 <p>center NEO GYM valencia</p>	<ol style="list-style-type: none"> 1. 100% de DESCUENTO de matrícula en Centro. 2. DESCUENTOS(*) en Actividades de Formación. 	<p>ANUAL (Prorrogable, salvo renuncia por una de las partes)</p>
 <p>Universidad Europea de Madrid LAUREATE INTERNATIONAL UNIVERSITIES</p>	<ol style="list-style-type: none"> 1. Prueba de Ingreso SIN COSTE. 2. 10% de DESCUENTO en DOCENCIA 3. 10% de DESCUENTO en CURSOS. <p>(Promoción válida para Colegiados/as, cónyuges e hijos/as)</p>	<p>CURSO ACADÉMICO 2011 / 2012</p>
 <p>Laura Blázquez Fisioterapia Terapias Naturals <small>INFORMACIÓN PARA: 902 48 2828, 902 48 2829 www.laurablazquez.com</small></p>	<ol style="list-style-type: none"> 1. 10% de DESCUENTO en todos sus SERVICIOS. 2. DECUMENTOS(*) en Actividades de Formación. 	<p>31/12/2012 (Prorrogable con carácter anual, salvo renuncia por una de las partes)</p>

ENTIDAD	OFERTAS PARA COLEGIADOS	VALIDEZ
 <p>JAM SPORTS Integral Sports Training</p>	<p>25% de DESCUENTO en todas las actividades de formación.</p>	<p>31/12/2012 (Prorrogable con carácter anual, salvo renuncia por una de las partes)</p>
 <p>PROFE SPORT ASOCIACIÓN</p>	<p>DESCUENTOS(*) en Actividades de Formación.</p>	<p>31/12/2012 (Prorrogable con carácter anual, salvo renuncia por una de las partes)</p>
 <p>Foressos golf</p>	<p>10% de DESCUENTO en todas sus OFERTAS</p>	<p>01/12/2012 (Prorrogable con carácter anual, salvo renuncia por una de las partes)</p>
 <p>dxt náutico</p>	<p>DESCUENTOS(*) en SERVICIOS y Actividades de Formación.</p>	<p>INDEFINIDA</p>
 <p>DENTALIS CENTROS DENTALES AVANZADOS</p>	<ol style="list-style-type: none"> 1. Prestaciones GRATUITAS (limpieza bucal, radiografías, fluorizaciones, estudios...) 2. 15% de DESCUENTO en todos sus tratamientos. 3. Prioridad en las citas. 4. Financiación 18 meses SIN INTERESES. 	<p>ANUAL (Prorrogable por periodos de misma duración, salvo renuncia por una de las partes)</p>
 <p>XAO equipment</p>	<p>Descuento de un 20% en todos sus productos de tienda. (descuento no aplicable en productos ya rebajados, ni en productos de Xavó equipment)</p>	<p>31/12/2012 (Prorrogable con carácter anual, salvo renuncia por una de las partes)</p>

ENTIDAD	OFERTAS PARA COLEGIADOS	VALIDEZ
	<p>1. 30% de descuento sobre las tarifas vigentes 2. Negociable cuando se trate de servicios especiales por tiempo o kilometraje. Oficinas en Valencia: C/ San José de Calasanz, 3 963847155 Av. Peris y Valero, 95 963348081 Avd. del Puerto, 101 9633011 Avd. Primado Reig, 133 963617100</p>	<p>INDEFINIDA</p>
	<p>Productos financieros y servicios diversos:</p> <ul style="list-style-type: none"> • Cuenta profesional • Cuenta de crédito profesional • Superhipoteca • Supercrédito personal • Credilocal • Cuenta superliquidez • Préstamo profesional • Préstamo formación • Leasing mobiliario e inmobiliario • Domiciliación de recibos • Anticipo de honorarios profesionales • Medios de pago: tarjetas... • Autorenting • Seguro de accidentes por domiciliación de nómina • Seguros: Vida, Pensiones, Accidentes, Hogar <p>Según oferta para cada caso.</p>	
	<p>Descuento de un 6% en todos sus productos</p>	<p>31/12/2012 (Prorrogable con carácter anual, salvo renuncia por una de las partes)</p>
<p>OPTICA VALENCIANA C/ Sueca, 7 bajo 46006 VALENCIA Telf.: 963413311</p>	<p>30% de descuento en todo tipo de monturas y de lentes graduadas (*) (* Extensible a los familiares de los colegiados</p>	<p>31/12/2012 (Prorrogable con carácter anual, salvo renuncia por una de las partes)</p>



COLÉGIATE

Para colegiarte y disfrutar de de sus ventajas, necesitas hacernos llegar los siguientes documentos, que puedes solicitarnos o bien descargar en la página web.

1. Impreso de solicitud y declaración de datos.
2. Fotocopia compulsada del título de licenciado/graduado en CC.A.F.D., o del certificado que acredita su solicitud y del abono de tasas correspondiente. Si la documentación se entrega personalmente puede presentarse fotocopia y original para su cotejación.
3. Una fotografía tamaño carné.
4. Fotocopia del DNI.
5. Justificante bancario acreditativo de haber abonado los derechos de inscripción, transferencia a la cuenta del COLEF-CV indicando el nombre del solicitante y concepto del ingreso: alta (tipo) + cuota del respectivo ejercicio.
6. Funcionarios: documentación acreditativa.

¡TAMBIÉN PUEDES COLEGIARTE **ON LINE** DESDE NUESTRA PÁGINA WEB!

<http://colefcafecv.com/>

Documentación que debe aportarse para solicitar la inscripción en el COLEF CV Año 2017

- IMPRESO DE SOLICITUD Y DE DECLARACIÓN DE DATOS. DISPONIBLE, TAMBIÉN, VÍA ON-LINE.
- FOTOCOPIA COMPULSADA DEL TÍTULO DE LICENCIADO EN EDUCACIÓN FÍSICA o EN CIENCIAS DE LA ACTIVIDAD FÍSICA Y DEL DEPORTE, o del certificado de haberlo solicitado y del abono de tasas correspondiente. *Si la documentación se entrega personalmente puede presentarse fotocopia y original para su comprobación.*
- CERTIFICADO DE EXENCIÓN DE FIGURAR EN REGISTRO DE DELINCUENTES SEXUALES
- o AUTORIZACIÓN FIRMADA (<http://colefcafecv.com/wp-content/uploads/2016/03/1292427870577.pdf>) de solicitud para obtención de información sobre carencia de antecedentes por delitos de naturaleza sexual. **Únicamente** para Colegiarse en condición Ejerciente o Ejerciente Reducida.
- Documento SEPA (Disponible en: <http://colefcafecv.com/colegiacion-online/>).
- FOTOGRAFIA TAMAÑO CARNET (*válida imagen escaneada*)
- FOTOCOPIA DEL D.N.I.
- JUSTIFICANTE BANCARIO (*) ACREDITATIVO DE HABER ABONADO LOS DERECHOS DE INSCRIPCIÓN. Transferencia a la cuenta del COLE CV indicando nombre del solicitante y concepto del ingreso: cuota 2017.

(*) **ÚNICAMENTE** en caso de realizar el abono de la parte proporcional CUOTA COLEGIAL del EJERCICIO EN CURSO, mediante ingreso en Cuenta.



DERECHOS DE INSCRIPCIÓN durante el año 2017

Para formalizar la inscripción deberá abonarse la cantidad correspondiente a:
CUOTA ANUAL o proporcional por meses (según condición)

Por ACUERDO de la Junta de Gobierno del COLEF CV, alcanzado en su Reunión del pasado 31 de marzo de 2017, QUEDAN SUPRIMIDAS las CUOTAS DE ALTA, anteriormente establecidas para las NUEVAS INCORPORACIONES, a partir del día siguiente del referido acuerdo.

CUOTA ANUAL (1)	
EJERCIENTE (2): 125 € / año 10,42 € / mes (1)	<i>Incluye el Seguro de Responsabilidad Civil</i>
EJERCIENTE REDUCIDA (2) 90 €/año 7,50 €/mes (1)	<i>A) Cuando se acredite mediante informe de vida laboral que la jornada laboral es de 20 o menos horas semanales. Se aplicará una reducción del 25% de la cuota, cobrándose el 75% de la misma. Aprobado por Junta de Gobierno del 25-09-2009. B) Cuando se acredite, mediante la debida documentación, la condición de pertenencia a Familia Numerosa. Aprobado por Junta de Gobierno del 13-01-2012.</i>
NO EJERCIENTE (3): 62,50 € / año 5,21 € / mes (1)	<i>Solo en caso de no estar ejerciendo la profesión en ninguna de sus modalidades. No incluye el Seguro de Responsabilidad Civil</i>
NO EJERCIENTE DESEMPLEADO (3) 31,25€/año 2,61€/mes (1)	<i>Podrán acogerse a esta condición todo aquel Colegiado/a que se en situación de desempleo, debidamente registrado en el INEM, para lo cual deberá presentar, con una periodicidad de de cada 3 meses, la tarjeta DARDE en las oficinas del Colegio. No incluye el Seguro de Responsabilidad Civil.</i>
NO EJERCIENTE EXTRANJERO (3) 31,25€/año 2,61€/mes (1)	<i>Podrán acogerse a esta condición todo aquel Colegiado/a que se encuentre residiendo en el extranjero ejerciendo o no, una actividad externa al ámbito de la Actividad Física y el Deporte. Deberá acreditar mediante documentación su residencia fuera del ámbito nacional español (permiso de residencia) y, si procede, copia del contrato de empleo. No incluye el Seguro de Responsabilidad Civil.</i>
PRECOLEGIADO 0€	<i>Solo en caso de estar cursando la Licenciatura o Grado de Ciencias de la Actividad Física y el Deporte, independientemente del curso.</i>

- (1) En los casos de Altas de año en curso, se abonará en función de los meses del año restantes (10,42 €/mes, 7,50€/mes o 5,21€/mes, 2,61€/mes)
(2) Incluido el Seguro de responsabilidad civil
(3) No incluye el Seguro de Responsabilidad Civil

CAIXA POPULAR: Entidad: 3159; Suc: 0049; DC: 89; N° Cta.: 2219940224





*Il·lustre Col·legi Oficial de Llicenciats en
Educació Física i en Ciències de l'Activitat Física i de l'Esport
de la Comunitat Valenciana*

COLEF - Comunitat Valenciana

Dirección: Paseo del Rajolar, 5 acc. 46100 BURJASSOT (Valencia)

Telf.: 96 363 62 19 **Fax:** 96 364 32 70

Correo electrónico: info@colefcafev.com

Web: <http://colefcafev.com>

XI Concurso Fotográfico sobre Actividad Física y Deporte



"Cuna de Campeones I - Crazy Fartleck de los jueves". Raquel Landin Cobos, Col. 58.039