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Effect of soccer congested schedule on performance and injury risk: the relevance of recovery

DUPONT, G.

CELTIC FC

During periods where the schedule is particularly congested (i.e. two matches per week over several weeks), the recovery time allowed between two successive soccer matches lasts 3-4 days, which may be insufficient to restore homeostasis. Alternating between domestic, continental and international matches during these periods may additionally lead to exhausting travel stress and sleep restriction. As a result, players may experience acute and chronic fatigue potentially leading to injury. There is a lack of scientific data to date examining the specific role of sleep restriction on the risk of acute injury. Available evidence suggests that post-match sleep restriction may result in fatigue, reduction in muscular strength, change in mood and altered cognitive functioning the following days, which may affect attention and decision-making skills during ensuing training sessions and matches, potentially resulting in injury risk increase. With the present lecture, we will discuss the interest of implementing, during a congested schedule, a recovery monitoring protocol including questionnaires, sleep records and physical tests in order to help practitioners preventing injuries.

Topic: **Training and Testing**

Presentation **Invited**

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