



SCIENZA&SPORT N. 53 GENNAIO 2022

COMPLETAMENTO BIBLIOGRAFIE ARTICOLI

MARCO MARTIN

SPECIALE CONVEGNO S&S 2021 – RELAZIONE DI ERMANNO RAMPININI

“QUANTO SI ALLENA IL CALCIATORE OGGI? TROPPO O POCO?.

PAG. 12

BIBLIOGRAFIA:

- Alder D, Broadbent DP, Poolton J. The combination of physical and mental load exacerbates the negative effect of each on the capability of skilled soccer players to anticipate action. *J Sports Sci.* May 2021; 39(9):1030-1038. doi: 10.1080/02640414.2020.1855747.
- Anderson L, Orme P, Di Michele R, et al. Quantification of Seasonal-Long Physical Load in Soccer Players With Different Starting Status From the English Premier League: Implications for Maintaining Squad Physical Fitness. *Int J Sports Physiol Perform.* Nov 2016; 11(8):1038-1046. doi: 10.1123/ijsp.2015-0672.
- Bengtsson H, Ekstrand J, Walden M, et al. Muscle injury rate in professional football is higher in matches played within 5 days since the previous match: a 14-year prospective study with more than 130 000 match observations. *Br J Sports Med.* Sep 2018; 52(17):1116-1122. doi: 10.1136/bjsports-2016-097399.
- Buckthorpe M, Wright S, Virgile A, et al. Infographic. Recommendations for hamstring injury prevention in elite football: translating research into practice. *Br J Sports Med.* Jun 2021; 55(12):699-700. doi: 10.1136/bjsports-2020-103455.
- Dello Iacono A, Beato M, Unnithan V. Comparative Effects of Game Profile-Based Training and Small-Sided Games on Physical Performance of Elite Young Soccer Players. *J Strength Cond Res.* Oct 2021; 35(10):2810-2817. doi: 10.1519/JSC.0000000000003225.
- Gastin PB, Meyer D, Huntsman E, et al. Increase in injury risk with low body mass and aerobic-running fitness in elite Australian football. *Int J Sports Physiol Perform.* May 2015; 10(4):458-463. doi: 10.1123/ijsp.2014-0257.
- Jeffries AC, Marcora SM, Coutts AJ, et al. Development of a Revised Conceptual Framework of Physical Training for Use in Research and Practice. *Sports Med.* Sept 2021; Online ahead of print. doi: 10.1007/s40279-021-01551-5.
- Kraemer VJ, French DN, Paxton NJ. Changes in exercise performance and hormonal concentrations over a big ten soccer season in starters and nonstarters. *J Strength Cond Res.* Feb 2004; 18(1):121-128. doi: 10.1519/1533-4287(2004)018<0121:ciepah>2.0.co;2.

- Martin K, Staiano W, Menaspà P, et al. Superior Inhibitory Control and Resistance to Mental Fatigue in Professional Road Cyclists. *PLoS One*. Jul 2016; 11(7). doi: 10.1371/journal.pone.0159907.
- Moran J, Blagrove RC, Drury B, et al. Effects of Small-Sided Games vs. Conventional Endurance Training on Endurance Performance in Male Youth Soccer Players: A Meta-Analytical Comparison. *Sports Med*. May 2019; 49(5):731-742. doi: 10.1007/s40279-019-01086-w.
- Silva JR, Magalhaes JF, Ascensao AA, et al. Individual match playing time during the season affects fitness-related parameters of male professional soccer players. *J Strength Cond Res*. Oct 2011; 25(10):2729-2739. doi: 10.1519/JSC.0b013e31820da078.