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## The variance of daily training load in Arabic professional youth soccer players after a change of head coach during the in-season

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The aim of this study was to look at the variance of daily training load in Arabic professional youth soccer players after a change of head coach during the in-season. Ten U19 youth soccer players playing in a professional youth academy team in the United Arab Emirates were selected for this study. A minimum of 2 players were chosen from each of the 3 main out-field playing positions. Goalkeepers were not included in this study. Session-Rate of Perceived Exertion (sRPE) was used as an indicator of daily training load (TL): RPE (1-10 Borg scale) multiplied by the session duration (Arbitrary Units). Data was collected for 5 typical training weeks with coach A and with coach B during the in-season and consisted of an average number of 4 training sessions, including one game. Training days were categorized according to different training approaches based on days before or after the game: Loading (Match Day -5, -4 and -3), Tapering (Match Day -2 and -1), Match Day and Recovery (Match Day +1 and +2). Results showed that there was no significant interaction effect between training approach and the head coach (A or B). Statistical analysis revealed that the main effect of the change of head coach showed no significant difference in TL, while the main effect of training approach showed to be significantly different in TL ( $p > 0.05$ ). Hence, there is no variance of daily training load in Arabic professional youth soccer players after a change of head coach during the in-season.

### Biography

Guido Seerden has completed his Bachelor's degree from Fontys University of Applied Sciences and Master's in Human and Movement Science from VU University. He completed his Master's Research Internship at Liverpool John Moores University in cooperation with their Science and Football Department. Currently, he is the Lead Academy Fitness Coach at Al Shabab Al Arabi, a professional football club in Dubai. He has won the Young Investigator Award at the 4th World Conference on Science and Soccer in 2014 and published in *Fitness in Soccer*.

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