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## The variance of in-season weekly training load between Arabic professional youth soccer players

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Three youth soccer teams (U15, U17 and U19) playing in a professional youth academy in the United Arab Emirates were selected for this study. Altogether, 10 player of U15, 10 player of U17 and 10 player of U19 participated in 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 total duration of the session (Arbitrary Units). Data was collected for 3 consecutive weeks and all teams played 3 competitive games within that time span. The training frequency was 13 for U15 and U17, and 12 for U19. The hypothesis was that there would be a gradual increase in training load (U15<U17, U17<U19 and U15<U19) based on previous research. Statistical analysis revealed that the weekly TL for the U15 was 1113 AU (SD=38), 1105 AU (SD=119) for the U17 and 998 AU (SD=213) for the U19. However, a one-way ANOVA showed that these differences between age groups were not significant ( $p=0.573$ ). These results are in contrast with previous research looking at TL in professional youth soccer players in England. Concluding, there is no variance of in-season weekly TL between Arabic professional youth soccer players training in different age groups.

### 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 on fitness in Soccer.

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