Chapter 9

SEASONAL AEROBIC AND ANAEROBIC PERFORMANCE CHANGES OF FOOTBALL PLAYERS[1]

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INTRODUCTION

Football is a sport that is played in a large field dimensions of which are designated by the rules of the game, a large number of players who are to use any parts of their body except for their hands participate in the game, and the result of the game is determined by the goals that are scored or given away (Andersen et. al., 2003).

Since football is played in a large field, and there are a variety of positions footballers play at, it depends on physical and physiological properties of players. Moreover, due to football being a team and contact sport, to play it, athletic performance properties like high-level endurance, strength, speed and agility are necessary attributions to possess (Larcom, 2013). Additionally, physical endurance structure in a football game, often covers some explosive power elements such as jumping, kicking the ball, and sprinting. Therefore, it requires all the players in each position, including the goalkeeper, to have all the motoric properties (Stølen et. al., 2005).

The football of our age has become a much faster and a more tactical sport that demands much strength, and every single day there is much progress in the field, and the scientific advancements are much more in football than they are in any other sports. To keep up with the game, it is necessary to think quicker, be faster, and be more agile, and one needs to show an improvement in terms of these properties (O'Donoghue, 2005).

Therefore, day by day, all football teams feel compelled to improve their team's physiological, bio-motoric, and technical-tactical capacity in order to achieve success. This necessity affected the content of the training, which caused

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