



WCSS 2022 Booklet



WORLD
CONGRESS
ON SCIENCE
AND SOCCER

15, 16 & 17 JUN, 2022

COIMBRA, PORTUGAL

Word Congress on Science and Soccer 2022 – Book of Abstracts

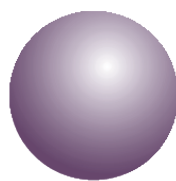
*Faculty of Sport Sciences and Physical Education, University of Coimbra
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WELCOME

Dear Participants, welcome to the World Congress on Science and Soccer 2022.

This event will put together colleagues from all over the world merging interests of science and field application. It will be days of fruitful learnings and professional growth and an open field for collaborative partnerships, all within a fellowship ambience.

The University of Coimbra and its Faculty of Sport Science and Physical Education and the city of Coimbra, will very welcome you to share all the requisites that made us a reference site for knowledge, tradition, innovation and friendship.

The WCSS2022 will cover a large area of topics and will count on the support and expertise of some of the most recognised researchers and coaches, as well as the interaction with the technical and scientific staff from the Portuguese FA and Portuguese Professional Soccer League.

It is with great honour and pleasure that I invite you to come to our beautiful and historical city, place of a university that was recognized by Unesco as a World Heritage Site.

António Figueiredo

WCSS2022, Chair

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The World Congress on Science and Soccer 2022 will be held on Convento de São Francisco, Avenida da Guarda Inglesa, n.º1A, 3040-193 Santa Clara, Coimbra, Portugal.

For transportation and access, please, scan the QR Code below, with the location on Google Maps and also the QR Code from the Moovit APP if you need to consider a bus from some city point.

Bus lines to Convento de São Francisco are the numbers 6, 13, and 31 but any other bus that reaches Beira Rio area is also valid if you would like to enjoy a short walk and cross the Santa Clara bridge and Mondego river towards the venue.

Convento de São Francisco location



SMTUC for bus lines



Practical Workshops from June 16th morning (Football and Futsal) and June 17th morning (Women's Football) will occur at the University of Coimbra Stadium. The UC Stadium is right in front of the Convent, on the other side of the road. The entrance will be by the gates on the parking slot and you can scan the location on the QR Code below.



P046| In-season Microcycle Quantification of Professional Women Soccer Players – External, Internal and Wellness Measures

Presenting Author: Renato Fernandes 1,2,3

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Although there is already some knowledge about the intensity in the women's football match, the knowledge about training is still scarce. Therefore, the aim of this study was to quantify external (locomotor activity) and internal (psychophysiological) intensities, as well as the wellness profile of the typical microcycle from professional female soccer players during the 2019/20 in-season. Ten players (24.6 ± 2.3 years) from an elite Portuguese women soccer team participated in this study. All variables were collected in 87 training session and 15 matches for analysis from the 2019-20 in-season. Global positioning variables such total distance, high-speed running, acceleration, deceleration and player load were recorded as intensity while Rated Perceived Exertion (RPE) and session-RPE were recorded as internal measures. The Hooper Index (HI) was collected as a wellness parameter. The results showed that internal and external intensity measures were greater in matches compared to trainings during the week (match day minus [MD-], MD-5, MD-4, MD-2), $p < 0.05$ with very large effect size (ES). In the same line, higher internal and external intensity values were found in the beginning of the week while the lowest values were found in MD-2 ($p < 0.05$). This study confirmed the highest intensity values during MD and the lowest on the training session before the MD (MD-2). Moreover, higher training intensities were found in the beginning of the training week sessions which were then reduced when the MD came close. Wellness parameters showed no variation when compared to intensity measures. This study confirmed the hypothesis regarding internal and external intensity but not regarding wellness.

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