Sport modalities are highly practiced in order to improve many aspects of human beings, including performance and health. The increasing interest in the quantitative and qualitative aspects of sport training is ascribable to the fact that several training systems and new methodologies are appearing in all sport modalities. These methodologies can have different effects on the organism depending on the degree of training.

On the other hand, some of the main objectives in sport research are to describe match activity and to detect effective performance indicators. A better knowledge of players' performance adaptations and game dynamics during competition is extremely useful for optimizing the training process. The need to develop training methodologies according to actions occurring during the game is essential for each sport.
MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.

**Open Access**
Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.

**Author Focus**
Authors and editors profit from MDPI’s over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.

**High Quality & Rapid Publication**
MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.

**High Visibility**
Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), the Verzeichnis lieferbarer Bücher (VLB).

**Print on Demand and Multiple Formats**
MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.