

Special Issue

Cutting-Edge Research on Physical Fitness Profile in Soccer Players: 2nd Edition

Message from the Guest Editor

In recent years, the pace and intensity of matches have increased significantly due to tactical evolution and congested competition schedules. This has placed even greater emphasis on the development and maintenance of optimal physical fitness, recovery strategies, and injury prevention.

To manage these challenges effectively, coaches and practitioners increasingly rely on advanced technologies for monitoring and training. While GPS systems are now standard in professional environments, recent advancements—including inertial measurement units (IMUs), optical tracking systems, and machine learning algorithms—enable more detailed analysis of training loads and player performance. Furthermore, emerging artificial intelligence (AI) applications are beginning to transform training design, individualized load management, and performance prediction.

This Special Issue aims to bring together high-quality original research, systematic reviews, and meta-analyses addressing the multifaceted components of soccer fitness across all levels of play.

Guest Editor

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About the Journal

Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is an international, peer-reviewed open access advanced forum for publishing studies related to the interdisciplinary area of sport, exercise and health sciences. Studies focused solely on competitive performance outcomes (e.g., game statistics, records) without direct application to sports training programs will be considered out of scope.

Sports publishes reviews, regular research papers, and communications, as well as Special Issues on particular subjects.

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 19.9 days after submission; acceptance to publication is undertaken in 5.5 days (median values for papers published in this journal in the second half of 2025).