

## Special Issue

# Monitoring Load, Recovery, and Performance in Soccer Players

### Message from the Guest Editors

Various factors contribute to elite performance and recovery in soccer. Additionally, numerous methods are employed to track and monitor athletes' performances and their subsequent recovery periods. These methods have gained acceptance in the elite soccer environment; still, practitioners continuously seek to gather appropriate data supporting player-centred decision-making processes to further enhance performance. While many of these training and recovery methods have been implemented to improve technical and physical performances in acute and chronic periods, there is still a need to optimize athletic excellence and provide practitioners with contemporary methods for data collection, analysis, interpretation and intervention. It is vital that practitioners have up-to-date, useable and applicable information about a variety of techniques so that optimal protocols may be selected and employed according to the needs of differing athletic populations. This Special Issue will supplement the existing body of knowledge providing contemporary research on various aspects of elite adult soccer.

---

### Guest Editors

Dr. Eduard Bezuglov

Department of Sports Medicine and Medical Rehabilitation, Sechenov First Moscow State Medical University of the Ministry of the Russia Federation, 119991 Moscow, Russia

Dr. Ryland Morgans

Department of Sports Medicine and Medical Rehabilitation, Sechenov First Moscow State Medical University of the Ministry of the Russia Federation, 119991 Moscow, Russia

---

### Deadline for manuscript submissions

closed (30 April 2023)



## Sports

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.9  
CiteScore 4.1  
Indexed in PubMed



[mdpi.com/si/117508](https://mdpi.com/si/117508)

*Sports*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[sports@mdpi.com](mailto:sports@mdpi.com)

[mdpi.com/journal/  
sports](https://mdpi.com/journal/sports)





# Sports

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.9  
CiteScore 4.1  
Indexed in PubMed



[mdpi.com/journal/  
sports](https://mdpi.com/journal/sports)



## About the Journal

### Message from the Editor-in-Chief

*Sports* (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

---

### Editor-in-Chief

Prof. Dr. Eling Douwe De Bruin

1. Institute of Human Movement Sciences and Sport, IBWS ETH, HCP H 25.1, Leopold-Ruzicka-Weg 4, CH-8093 Zürich, Switzerland
2. Karolinska Institutet, Stockholm, Sweden

---

### Author Benefits

#### High Visibility:

indexed within Scopus, ESCI (Web of Science), PubMed, PMC, and other databases.

#### Journal Rank:

JCR - Q1 (Sport Sciences) / CiteScore - Q2 (Physical Therapy, Sports Therapy and Rehabilitation)

#### Rapid Publication:

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).