

# PASSING ABILITY OF ADOLESCENT SOCCER PLAYERS DURING 4-DAY TOURNAMENT PLAY

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## Introduction

Reduced match-performance variables such as distances covered (total and high-intensity running) and increased perceptions of fatigue have been identified during tournament play in adolescent soccer players. Predominantly as a result of insufficient recovery periods and strategies between matches, match-fatigue has significant implications on the short-passing ability as well as technical proficiency during simulated game-play. The aim of the present study was to investigate the influence of match-fatigue on the technical execution of adolescent soccer player's short-passing ability across a 4-day tournament.

## Methods

Participants (n=12) were male adolescent (13.7±0.5yr) regional academy representative players participating in a 4-day representative tournament held over consecutive days. Each player undertook the Loughborough Soccer Passing Test (LSPT) following a standardized warm up but prior to their team warm up as well as immediately after the game on all playing days. Players undertook the LSPT on a spare playing field at the competition venue away from parents, coaches, team-mates and any potential crowd influence.

## Results & Discussion

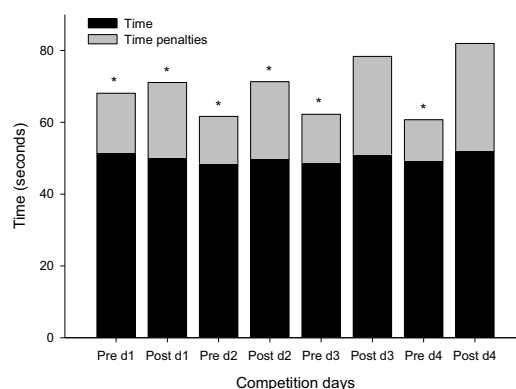
Participant times to complete the LSPT were slower following their games (50.71±0.86 sec) than pre-game (49.51±0.70 sec; p<0.05). However, the most significant findings were the significantly inferior ball control (p<0.05), accuracy (p<0.001), decision-making (p<0.05) and resultant combined penalties post-game compared to that of pre-game (24.98±1.08sec vs. 13.68±1.49 sec).

## Conclusion

This study identified a decline in the short-passing ability of adolescent soccer players across a 4-day tournament primarily due to a decline in technical proficiency.

## References

1. Roswell, G.J. et al. (2011). *J Sports Sci*, 29(1):1-6.
2. Rampinini, E. et al. (2008). *Med Sci Sports Exerc*, 40(5):934-942.



**Figure 1** – Final time (time + time penalties) to complete the LSPT during a 4-day tournament. \* < post d4 for time penalties, p<0.05.