EFFECT OF MATCH GEOGRAPHIC LOCATION IN THE PHYSICAL PERFORMANCE OF FOOTBALL TEAMS COMPETING IN THE SPANISH SECOND DIVISION

ABSTRACT

The purpose of this study was to analyse the influence of the situational variable geographic location, on the total distance covered and distance covered at different speed zones per match of teams from the Professional Football League. 22 teams from the Professional football Spanish Second Division took part of the study competing during the season 2013/2014, totalling 634 registers. Physical performance of the teams was studied through total distance covered and meters covered at 5 different speed zones: distance covered standing (DPa) 0-6,9 km/h; distance covered walking (Dca) 7-12,9 km/h; distance covered jogging (DTr) 13-17,9 km/h; distance covered running (DCo) 18-20,9 km/h; distance covered sprinting (DEs) ≥ 21 km/h. The multicamera computerized tracking system TRACAB (Chyronhego®, United States) was used. Results showed that teams covered greater distances (p<0,05) in north location (LN) than in south location (LS) (11.873 ± 476 m vs 11.729 ± 636 m, respectively). More meters were covered in LN (p<0,01) in DTr and DCo but less (p<0,01) in DCa than in LS. Knowing the influence of situational variables on team’s physical performance is essential to planning training cycles and establishing a strategic plan before each match.

KEY WORDS
Geographic location, situational variables, total distance, physical performance.