

Thomas Gutschlhofer/Philip Klöckl/Carmen Oberreiß/Christoph Glashüttner/Axel Widorn

# BELASTUNGSSTEUERUNG DURCH DATENANALYSE IN MANNSCHAFTSSPORTARTEN

## Chancen und Herausforderungen in der Praxis

### Literatur

Borg, G. (1998). *Borg's Perceived Exertion and Pain Scales*. Champaign, Illinois: Human Kinetics.

Buchheit, M. (2019). Managing high-speed running load in professional soccer players: The benefit of high-intensity interval training supplementation. *Sport Performance & Science Reports*, 53 (VI). CC BY 4.0. <https://sportperfsci.com/managing-high-speed-running-load-in-professional-soccer-players-the-benefit-of-high-intensity-interval-training-supplementation/>

Carling, C., Le Gall, F., McCall, A., Nédélec, M. & Dupont, G. (2015). Squad management, injury and match performance in a professional soccer team over a championship-winning season. *Eur. J. Sport Sci.*, 15, 573-582.

Corvino, M., Tessitore, A., Minganti, C. & Sibila, M. (2014). Effect of court dimensions on players' external and internal load during small-sided handball games. *J. Sports Sci. Med.*, 13 (2), 297-303.

Eirale, C., Tol, J. L., Farooq, A., Smiley, F. & Chalabi, H. (2013). Low injury rate strongly correlates with team success in Qatari professional football. *Br. J. Sports Med.*, 47, 807-808.

Gabbett, T. J. (2016). The training-injury prevention paradox: should athletes be training smarter and harder? *Br. J. Sports Med.*, 50, 273-280.

Gabbett, T. J., Kennelly, S., Sheehan, J., Hawkins, R., Milsom, J., King, E., Whiteley, R. & Ekstrand, J. (2017). If overuse injury is a 'training load error', should undertraining be viewed the same way? *Br. J. Sports Med.*, 50, 1017 f.

Gaudino, P., Iai, F. M., Strudwick, A. J., Hawkins, R. D., Alberti, G., Atkinson, G. & Gregson, W. (2015). Factors influencing perception of effort (session rating of perceived exertion) during elite soccer training. *Int. J. Sports Physiol. Perform.*, 10 (7), 860-864.

Gutschlhofer, T., Kandolf, W., Mrkvicka, G., Reiterer, E., Vock, A., Wolf, M. & Zeilinger, M. (2020). *Angewandte Trainingslehre. Eine Expertise der Bundes-sportakademie*. Wien: BMBWF.

Hägglund, M., Waldén, M., Magnusson, H., Kristenson, K., Bengtsson, H. & Ekstrand, J. (2013). Injuries affect team performance negatively in professional football: an 11-year follow-up of the UEFA Champions League injury study. *Br. J. Sports Med.*, 47, 738-742.

Huygaerts, S., Cos, F., Cohen, D. D., Calleja-González, J., Guitart, M., Blazevich, A. J. & Alcaraz, P. E. (2020). Mechanisms of hamstring strain injury: Interactions between fatigue, muscle activation and function. *Sports*, 8 (5): 65. <https://doi.org/10.3390/sports8050065>

Impellizzeri, F. M., Marcora, S. M. & Coutts, A. J. (2019). Internal and external training load: 15 years on. *Int. J. Sports Physiol. Perform.*, 14 (2), 270-273.

Malone, S., Owen, A., Mendes, B., Hughes, B., Collins, K. & Gabbett, T. J. (2017). High-speed running and

sprinting as an injury risk factor in soccer: Can well-developed physical qualities reduce the risk? *J. Sci. Med. Sport*, 21 (3), 257-262.

Piggott, B., Newton, M. J. & McGuigan, M. R. (2009). The relationship between training load and incidence of injury and illness over a pre-season at an Australian Football League Club. *J. Aust. Strength Cond.*, 17 (3), 4-17.

Singh, F., Foster, C. & Tod, D. (2007). Monitoring different types of resistance training using session rating of perceived exertion. *Int. H. Sports Physiol. Perform.*, 2, 34-45.

Soligard, T., Schwellnus, M., Alonso, J.-M., Bahr, R., Clarsen, B., Dijkstra, H. P., Gabbett, T. J., Gleeson, M., Hägglund, M., Hutchinson, M. R., Janse van Rensburg, C., Khan, K. M., Meeusen, R., Orchard, J. W., Pluim, B. M., Raftery, M., Budgett, R. & Engebretsen, L. (2016). How much is too much? (Part 1) International Olympic Committee consensus statement on load in sport and risk of injury. *Br. J. Sports Med.*, 50, 1030-1041.

Thornton, H. R., Delaney, J. A., Duthie, G. M. & Dascombe, B. J. (2019). Developing athlete monitoring systems in team sports: data analysis and visualization. *Int. J. Sports Physiol. Perform.*, 14 (6), 698-705.

Verschueren, J., Tassignon, B., De Pauw, K., Proost, M., Teugels, A., Van Cutsem, J., Roelands, B., Verhagen, E. & Meeusen, R. (2020). Does acute fatigue negatively affect intrinsic risk factors of the lower extremity injury risk profile? A systematic and critical review. *Sports Med.*, 50 (4), 767-784.

### Korespondenzadresse

Ing. MMMag. Dr. Thomas Gutschlhofer, Abteilungsleiter BSPA Graz, Schrottenbachgasse 15b, 8042 Graz, Österreich  
E-Mail: [thomas.gutschlhofer@bspa.at](mailto:thomas.gutschlhofer@bspa.at)