



Activités physiques et Physiologie en Football (French Edition)

Zohra Taoutaou

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Le football pratiqué par les joueurs de l'élite est très complexe et l'issue du match est le fruit d'une combinaison de facteurs individuels et collectifs. L'analyse des différentes activités exécutées au cours du match et celle des réponses physiologiques permettent de déterminer les exigences du jeu. Ces dernières varient en fonction de la qualité de l'opposant, l'enjeu du match, style et stratégie de jeu, du poste de jeu, des schémas tactiques, niveaux de la condition physique et du jeu. Cet ouvrage présente une synthèse d'un certain nombre de recherches appliquées en football portant sur l'évaluation des performances de tests physiques, de différentes activités caractéristiques du jeu en football et des indices fonctionnels. Il fournit une base de données relativement exhaustive pouvant servir de référence aux techniciens en football pour bien orienter la prospection des meilleurs talents et choisir les moyens et méthodes d'entraînement les plus adéquats qui favoriseraient au mieux le développement ou le réajustement des capacités physiques et fonctionnelles des footballeurs

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