

**Mohr M, Krstrup P, Andersson H, Kirkendal D, Bangsbo J. Match activities of elite women soccer players at different performance levels. J Strength Cond Res. 2008 Mar;22(2):341-9.**

### **Abstract**

We sought to study the physical demands and match performance of women soccer players. Nineteen top-class and 15 high-level players were individually videotaped in competitive matches, and time-motion analysis were performed. The players changed locomotor activity >1,300 times in a game corresponding to every ~4 seconds and covered 9-11 km in total. The top-class players ran 28% longer ( $P < 0.05$ ) at high intensities than high-level players (1.68 +/- 0.09 and 1.33 +/- 0.10 km, respectively) and sprinted 24% longer ( $P < 0.05$ ). The top-class group had a decrease ( $P < 0.05$ ) of 25-57% in high intensity running in the final 15 minutes compared with the first four 15-minutes intervals, whereas the high-level group performed less ( $P < 0.05$ ) high-intensity running in the last 15 minutes of each half in comparison with the 2 previous 15-minute periods in the respective half. Peak distance covered by high intensity running in a 5-minute interval was 33% longer ( $P < 0.05$ ) for the top-class players than the high-level players. In the following 5 minutes immediately after the peak interval top-class players covered 17% less ( $P < 0.05$ ) high-intensity running than the game average. Defenders performed fewer ( $P < 0.05$ ) intervals of high-intensity running than midfielders and attackers, as well as fewer ( $P < 0.05$ ) sprints than the attackers. In conclusion, for women soccer players (1) top-class international players perform more intervals of high-intensity running than elite players at a lower level, (2) fatigue develops temporarily during and towards the end of a game, and (3) defenders have lower work rates than midfielders and attackers. The difference in high-intensity running between the 2 levels demonstrates the importance of intense intermittent exercise for match performance in women soccer. Thus, these aspects should be trained intensively in women soccer.