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PAPER SESSION

ENERGY DEMANDS & FLUIDS LOSS DURING YOUTH SOCCER

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As a part of a comprehensive physiological evaluation of youth soccer, we are presenting here some findings on the energy demands and fluids loss during soccer games for two groups of trained Saudi children (ages 11-13) and adolescents (ages 14-15), tested separately. Ambient conditions during the beginning of the first and second halves were 36 & 35 ; 21 & 20 ; & 12 & 13%, for dry and wet-bulb temperatures, and relative humidity, respectively. Results of heart rate telemetry conducted during the games for the two groups of players (16 each) indicated that the percentages of time played at heart rate above 159 bpm during the first and the second halves (30 min each) were 70.5 ± 18.2 & $60.4 \pm 18.9\%$; and 64.4 ± 19.8 & $59.4 \pm 22.7\%$ for the younger and older players, respectively. Fluids loss (as % of body weight) during the first and second halves amounted to $1.1 \pm .64$ & 1.25 ± 1.0 % ; and $1.8 \pm .35$ & $1.8 \pm .23$ % for the younger and older players, respectively. It was concluded that despite sustaining higher heart rate, the younger soccer players lost less fluids compared to the older players.

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