

Special Issue

Cutting-Edge Research on Physical Fitness Profile in Soccer Players

Message from the Guest Editor

Football is a sport where, at the professional level, players cover approximately 11 kilometers, of which about 10% is high-intensity running. Additionally, they engage in numerous other intense actions during the game, which often determine its outcome. In recent years, the pace of the game and the number of matches have significantly increased. To cope with this, footballers need to have highly developed physical abilities. The introduction of new technologies (e.g., GPS) in training assists coaches in better managing the demands of designing the microcycle. In developmental ages, special emphasis should be placed on the development of physical abilities, and coaches should exploit the “windows” that appear at each age to contribute to maximizing performance. This Special Issue offers the opportunity to publish high-quality original papers, systematic review papers, and meta-analyses. We aim to highlight recent research concerning the physical fitness profile of both young and adult football players, as well as studies focusing on new training methods and the use of new technologies in the coaching process.

Guest Editor

Dr. Ioannis Michailidis

Department of Physical Education and Sport Science, Aristotle University of Thessaloniki, 57001, Greece

Deadline for manuscript submissions

25 July 2025



Sports

an Open Access Journal
by MDPI

Impact Factor 2.2
CiteScore 4.1
Indexed in PubMed



mdpi.com/si/203433

Sports

MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
sports@mdpi.com

[mdpi.com/journal/
sports](https://mdpi.com/journal/sports)





Sports

an Open Access Journal
by MDPI

Impact Factor 2.2
CiteScore 4.1
Indexed in PubMed



[mdpi.com/journal/
sports](https://mdpi.com/journal/sports)



About the Journal

Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

Editor-in-Chief

Prof. Dr. Eling Douwe De Bruin

1. Institute of Human Movement Sciences and Sport, IBWS ETH, HCP H 25.1, Leopold-Ruzicka-Weg 4, CH-8093 Zürich, Switzerland
2. Karolinska Institutet, Stockholm, Sweden

Author Benefits

High Visibility:

indexed within Scopus, ESCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank:

JCR - Q2 (Sport Sciences) / CiteScore - Q2 (Physical Therapy, Sports Therapy and Rehabilitation)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 19.1 days after submission; acceptance to publication is undertaken in 2.9 days (median values for papers published in this journal in the second half of 2024).