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Effects of a soccer match on the hydration status of junior athletes

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Abstract

Introduction: It is known that there has been an increase in energy demand of different sports teams over recent years. Therefore, researchers are trying to define the most effective strategies for athletes to maintain an optimal hydration state.

Objectives: The purpose of this study was to evaluate the effects of a soccer match on the state of hydration of 15 athletes from the junior soccer category (18 ± 4 years). The tests occurred with application of t-Student test for paired samples, in a pre-and post-match.

Methods/Design: Through measurements of body composition: total body mass (MCT), urinary: [urine volume (Vu) and specific gravity (Du)] and relative rate of water intake, sweating (r: TS-IA).

Results: After the soccer match reductions were found in MCT (-0.96%), Vu (ml) (pre: 233.3 ± 87.4 versus post: 106 ± 60.4 , p.

Conclusions: We conclude that physical activity promoted by a soccer game had a negative impact on the state of hydration of athletes from the junior category. Water intake must be raised especially for athletes who are the most required during the match.

Keywords: state of hydration, soccer, dehydration.
