



Mid Atlantic Regional Chapter of the American College of Sports Medicine

Annual Scientific Meeting, November 5th - 6th, 2021
Conference Proceedings
International Journal of Exercise Science, Issue 9, Volume 10



Perceptions of Monitoring Techniques for Fatigue Used by Strength Coaches on NCAA Women's Soccer Players

Brandon W. Snyder^{1,2}, Brian T. Oddi¹, Rebecca A. Hess¹, Marc S. Federico¹, Shala E. Davis², FACSM, ¹California University of PA, California, PA, ²East Stroudsburg University of PA, East Stroudsburg, PA

NCAA Division II women soccer athletes may experience high levels of fatigue which can have a negative impact on their performance during competition. Although coaches agree that monitoring fatigue is an important element in program design, there is not one widely accepted fatigue measure used to monitor women's soccer training. **PURPOSE:** To provide an investigation on the preferred mode of action by strength and conditioning coaches to reduce fatigue and increase performance of NCAA Division II women's soccer players. **METHODS:** Eight (n=8) head strength and conditioning coaches, two (n=2) women's soccer coaches, and eighteen (n=18) women's soccer players from the NCAA Division II PSAC participated in this retrospective qualitative case study from the fall 2019 semester. Strength and conditioning coaches and head women's soccer coaches participated in a semi-structured interview while women's soccer players completed an open-ended survey to share their insights to examine the current fatigue monitoring techniques utilized at the NCAA Division II level with all information subsequently analyzed thematically to code the data. **RESULTS:** All strength and conditioning coaches interviewed believed monitoring fatigue is important (100%) yet only a select number of coaches are currently implementing such fatigue monitoring techniques (38%). Of the fatigue techniques currently being implemented, the women's soccer players believed the programs did help reduce fatigue (72%) and increase performance (78%). Thematic analysis of the barriers that strength and conditioning coaches face to implement a fatigue monitoring program were also identified which include limited staff, budget, and facilities at the NCAA Division II level. **CONCLUSION:** With the wide range of fatigue monitoring techniques available, selection and implementation of the most appropriate test based on the various factors at each specific university can provide an effective and productive system to garner the most out of each athlete during training and competition.