



Load, Recovery and Match Congestion

**The growing demand on Soccer
Players**



FOOTBALL

FIFA World Cup Qatar 2022 Match Schedule

| | Group Matches | | | | Round of 16 | | | | Quarter-Finals | | Semi-Finals | | Finals | | | | | | | | | | | | | | | | | |
|-------------------------------|---------------------|---------------------|---------------------|------------|---------------------|---------------------|---------------------|---------------------|---------------------|------------|---------------------|-----------|-------------------|-----------|-----------|-----------|-----------|-----------|---------------------|------------|------------|------------|------------|---------------------|------------|------------|------------|------------|---------------------|-------------------|
| | Nov 21 Mon | Nov 22 Tue | Nov 23 Wed | Nov 24 Thu | Nov 25 Fri | Nov 26 Sat | Nov 27 Sun | Nov 28 Mon | Nov 29 Tue | Nov 30 Wed | Dec 1 Thu | Dec 2 Fri | Dec 3 Sat | Dec 4 Sun | Dec 5 Mon | Dec 6 Tue | Dec 7 Wed | Dec 8 Thu | Dec 9 Fri | Dec 10 Sat | Dec 11 Sun | Dec 12 Mon | Dec 13 Tue | Dec 14 Wed | Dec 15 Thu | Dec 16 Fri | Dec 17 Sat | Dec 18 Sun | | |
| Al Bayt Stadium | QAT ECU 16:00 | MAR CRO 10:00 | ENG USA 19:00 | | | ESP GER 19:00 | | NED QAT 15:00 | | | CRI GER 19:00 | | 1B 2A 19:00 | | | | | | XXX XXX 19:00 | | | | | XXX XXX 19:00 | | | | | | |
| Khalifa International Stadium | ENG IRN 13:00 | GER JPN 13:00 | | | NED ECU 16:00 | | CRO CAN 16:00 | | ECU SEN 15:00 | | JPN ESP 19:00 | | 1A 2B 15:00 | | | | | | | | | | | | | | | | XXX XXX 15:00 | |
| Al Thumama Stadium | SEN NED 19:00 | ESP CRI 16:00 | | | QAT SEN 13:00 | | BEL MAR 13:00 | | IRN USA 19:00 | | CAN MAR 15:00 | | | | | | | | | | | | | | | | | | | 3rd Place |
| Ahmad Bin Ali Stadium | USA WAL 19:00 | BEL CAN 19:00 | | | WAL IRN 10:00 | | JPN CRI 10:00 | | WAL ENG 19:00 | | CRO BEL 15:00 | | | | | | | | | | | | | | | | | | | |
| Lusail Stadium | | ARG KSA 10:00 | | | BRA SRB 19:00 | | ARG MEX 19:00 | | POR URU 19:00 | | KSA MEX 19:00 | | | | | | | | | | | | | | | | | | | 1H 2G 19:00 |
| 974 Stadium | | MEX POL 16:00 | | | POR GHA 16:00 | | FRA DEN 16:00 | | BRA SUI 16:00 | | POL ARG 19:00 | | | | | | | | | | | | | | | | | | | 1G 2H 19:00 |
| Education City Stadium | | DEN TUN 13:00 | | | URU KOR 13:00 | | POL KSA 13:00 | | KOR GHA 13:00 | | TUN FRA 15:00 | | | | | | | | | | | | | | | | | | | 1F 2E 15:00 |
| Al Janoub Stadium | | FRA AUS 19:00 | | | SUI CMR 10:00 | | TUN AUS 10:00 | | CMR SRB 10:00 | | AUS DEN 15:00 | | | | | | | | | | | | | | | | | | | 1E 2F 15:00 |

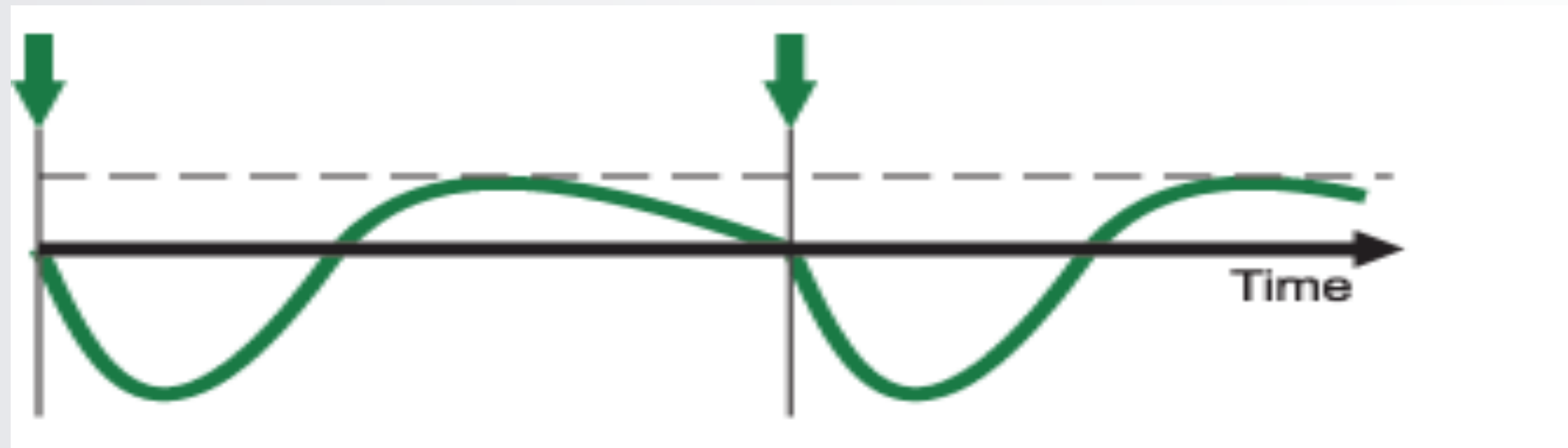
Group A Qatar, Ecuador, Senegal, Netherlands
Group B England, Iran, US, Wales
Group C Argentina, Saudi Arabia, Mexico, Poland
Group D France, Australia, Denmark, Tunisia
Group E Spain, Costa Rica, Germany, Japan
Group F Belgium, Canada, Morocco, Croatia
Group G Brazil, Serbia, Switzerland, Cameroon
Group H Portugal, Ghana, Uruguay, South Korea



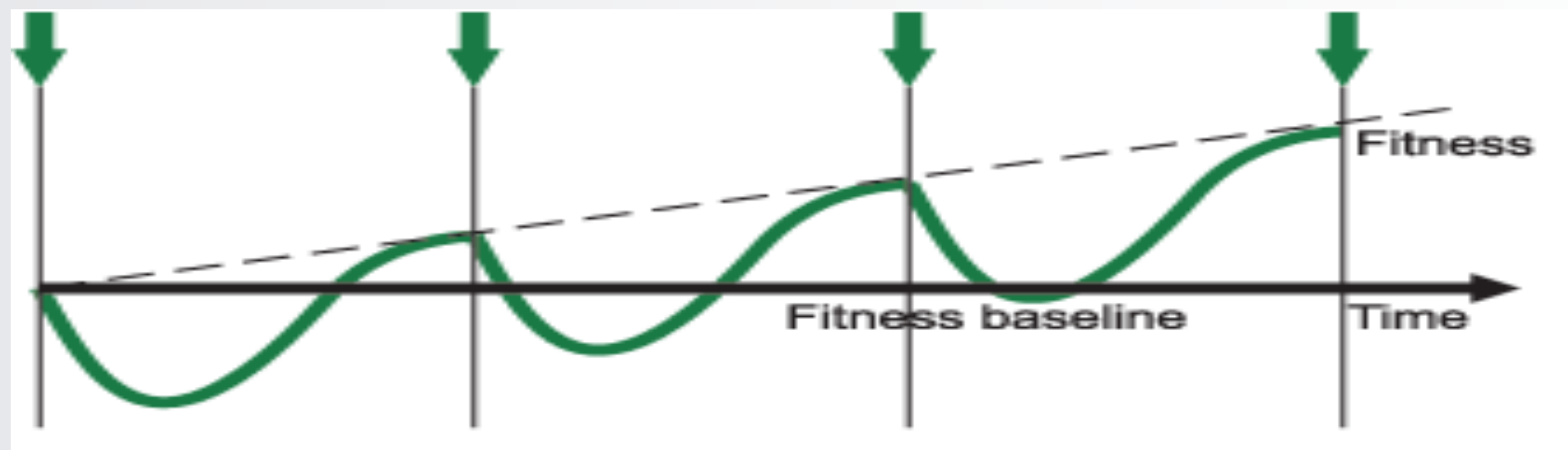
All times are GMT
Source: FIFA | June 14, 2022



Adaptation to training

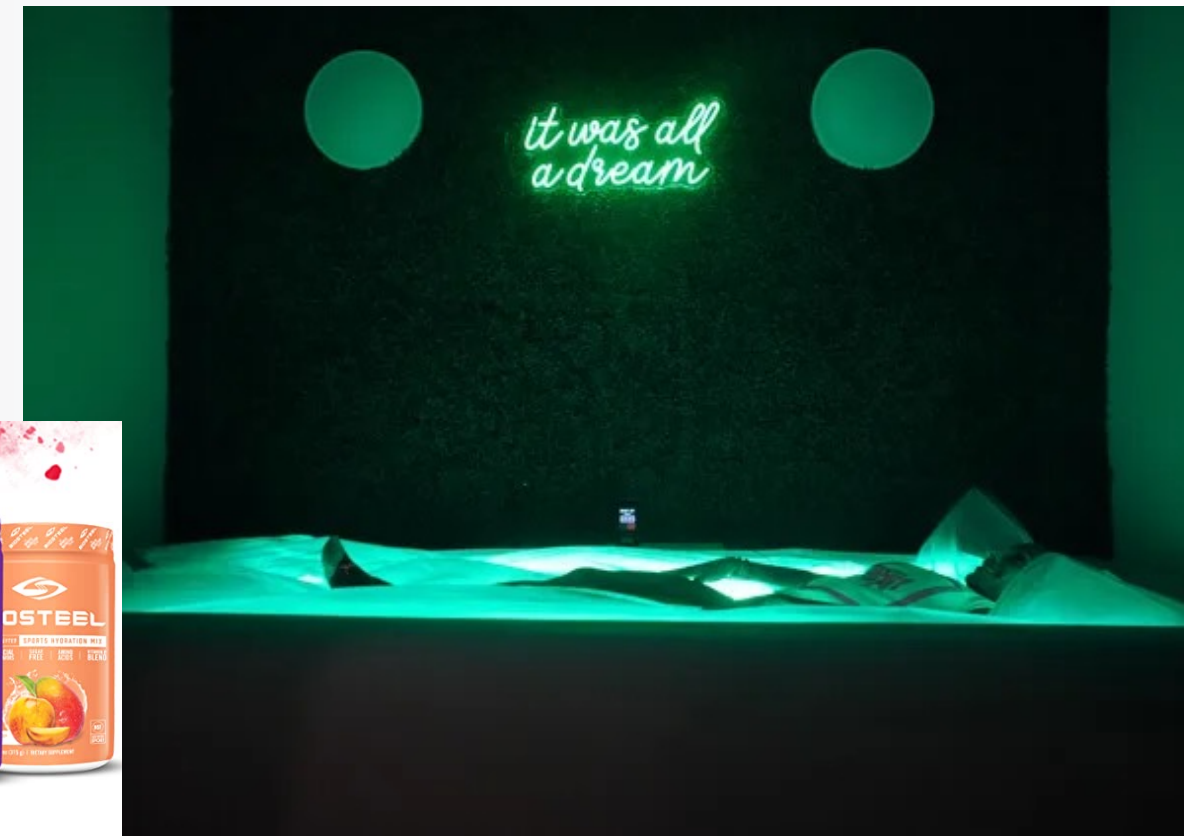


Supercompensation



Good training plan

Increasing demand of recovery strategies



NATURALLY SWEETENED
No sugar or artificial sweeteners, just natural sweetness from stevia extract

ESSENTIAL ELECTROLYTES
Help balance and retain fluids in your body and maintain the ionic balance

VITAMIN B COMPLEX
A powerful combination to help support overall wellbeing

FERMENTED AMINO ACIDS
Supports energy production and muscle strength and recovery



So if one of the violins is playing rock music, the whole orchestra played false

It is the conductor who is making sure that all of these people who are playing the same song, not only play the same music, they represent a piece of art with a collective sound, with each having an individual responsibility.





Questions

