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REVAMPING SOCCER TRAINING USING ARTIFICIAL INTELLIGENCE

Soccer Load Calculator is an online tool that helps soccer coaches to plan and efficiently manage their soccer training sessions. It is a highly intuitive and user-friendly prediction software that allows to plan training load in advance, providing an overview of the general training trend of the week.

The calculation is based on several elements such as training duration, number of the players or field size.

The goal of Soccer Load Calculator is to achieve a reduction in injury risks through individual load control and a consistent increase in performance using individual historical data of past training sessions.

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