

How football players at Al Shaniah Sports Club dealt with the Covid-19 pandemic in Qatar

The new Corona virus (Covid-19) completely paralyzed global and local sporting activities, gyms and sports clubs closed and made it necessary for athletes to adapt to the changed situation, especially as social distancing and avoiding contact with others is one of the solutions to slow the spread of the virus.

Players must stay at home and are not allowed to use the facilities of clubs, such as stadiums and gyms. Especially for professional athletes it is necessary to maintain their physical and psychological fitness. To achieve this, we are supported by our coaches and medical staff they keep in contact with us to keep up with trainings and to stay positive no matter how long this pandemic will last.

Al Shaniah Sports club developed training programs for the players to do at home.

7 videos were recorded by the fitness coach on:

1. Stretching
2. Strengthening
3. Cardio
4. Speed agility

The exercises only require equipment we have at home. We work 5-6 days a week and our progress is tracked by an exercise device called Buller. This is a small GPS like device worn on the chest, which measures the fitness level, workload and weight. It can also set incentives to prevent weight gain.

Furthermore, we tracked our progress via videos of our workouts on the team WhatsApp group.

The fact of the matter is that exercising at home for the soccer player is completely different; we are like a family. We gather before and after the training, talking, joking, warm up with games, have a challenge in the games in physical contacting and scoring goals and we are missing all of that and each other. This is difficult even though we know it is for our own and our family's health and personally, it feels like I am in mourning; staying at home and the very big change and challenge of staying away from fields, grass, football, gym, friends and coaches we love like fathers, it is a very hard time we hope will pass soon.

