

# IMPROVEMENT OF SPEED AND EXPLOSIVE STRENGTH IN SOCCER PLAYERS

APERFEIÇOAMENTO DE VELOCIDADE E FORÇA EXPLOSIVA EM JOGADORES DE FUTEBOL

MEJORA DE LA VELOCIDAD Y LA FUERZA EXPLOSIVA EN JUGADORES DE FÚTBOL



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## ABSTRACT

**Introduction:** Besides good physical condition, soccer players should also possess good technical and psychological abilities. Physical fitness is a crucial factor in the competitive ability improvement of soccer players. **Objective:** Explore the improvement of running speed and explosive strength in soccer players. **Methods:** We selected 30 soccer players by random sampling. Individuals were randomly divided into experimental and control groups. Members of both groups participated in daily physical activities, and speed and strength training was added to the experimental group through a protocol with regular exercises. The athletes trained for ten weeks. The speed and explosiveness of the athletes were measured before and after the test. A mathematical and statistical analysis was made of the data collected. **Results:** There were significant differences in running speed and explosiveness strength in the athletes of the experimental group compared to the control group in the 30-meter dash, long jump, and Illinois run. **Conclusion:** Speed and strength exercises can significantly improve the running speed of athletes, and increase the muscular explosive force and physical agility of soccer players. The speed and strength exercises developed in this paper are consistent with the technical characteristics of soccer. These results can lay the foundation for future daily training planning and project work in soccer teams. **Level of evidence II; Therapeutic studies - investigation of treatment outcomes.**

**Keywords:** Soccer; Athletes; Running; Resistance Training.

## RESUMO

**Introdução:** Além de boa condição física, os jogadores de futebol também devem possuir uma boa capacidade técnica e psicológica. A aptidão física é um fator crucial para o aprimoramento da capacidade competitiva nos jogadores de futebol. **Objetivo:** Explorar o aprimoramento da velocidade de corrida e a força explosiva dos jogadores de futebol. **Métodos:** Selecionou-se 30 jogadores de futebol por amostragem aleatória. Os indivíduos foram divididos aleatoriamente em grupos experimental e controle. Os membros de ambos os grupos participaram de atividades físicas diárias e ao grupo experimental foi adicionado um treinamento de velocidade e força através de um protocolo com exercícios regulares. Os atletas treinaram durante dez semanas. A velocidade e a explosividade dos atletas foram medidas antes e depois do teste. Fez-se uma análise matemática e estatística dos dados coletados. **Resultados:** Houve diferenças significativas na velocidade de corrida e força de explosão nos atletas do grupo experimental em comparação com o grupo de controle nas 30 metros de corrida, salto em distância e corrida de Illinois. **Conclusão:** Os exercícios de velocidade e força podem melhorar significativamente a velocidade de deslocamento dos atletas, aumentar a força explosiva muscular e a agilidade física dos jogadores de futebol. Os exercícios de velocidade e força desenvolvidos neste trabalho são consistentes com as características técnicas do futebol. Estes resultados podem lançar as bases para o futuro planejamento diário de treinamento e trabalho de projeto nas equipes de futebol. **Nível de evidência II; Estudos terapêuticos - investigação dos resultados do tratamento.**

**Descritores:** Futebol; Atletas; Corrida; Treinamento de Força.

## RESUMEN

**Introducción:** Además de una buena condición física, los jugadores de fútbol deben poseer una buena capacidad técnica y psicológica. La aptitud física es un factor crucial para la mejora de la capacidad competitiva en los jugadores de fútbol. **Objetivo:** Explorar la mejora de la velocidad de carrera y la fuerza explosiva en jugadores de fútbol. **Métodos:** Se seleccionaron 30 jugadores de fútbol por muestreo aleatorio. Los individuos se dividieron aleatoriamente en grupos experimentales y de control. Los miembros de ambos grupos participaron en actividades físicas diarias y al grupo experimental se le añadió el entrenamiento de velocidad y fuerza mediante un protocolo con ejercicios regulares. Los atletas se entrenaron durante diez semanas. La velocidad y la explosividad de los atletas se midieron antes y después de la prueba. Se realizó un análisis matemático y estadístico de los datos recogidos. **Resultados:** Hubo diferencias significativas en la velocidad de carrera y la fuerza explosiva en los atletas del grupo experimental en comparación con el grupo de control en las pruebas de 30 metros lisos, salto de longitud y carrera de Illinois. **Conclusión:** Los ejercicios de velocidad y fuerza pueden mejorar significativamente la velocidad de carrera de los atletas, aumentar la fuerza explosiva muscular y la agilidad física de los futbolistas.



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**Marc Briggs**

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