

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.



Speed Improvement For Soccer

G. Lee Powell



Speed Improvement For Soccer:

Coordination, Agility, and Speed Training for Soccer Peter Schreiner, 2000-07 This book provides drills accompanied by useful tips and understandable instructions with easy to follow diagrams Sections include Practical Warm Ups Drills with the Ball Drills with Rods and Cones Running Technique Plyometric Exercises and more **Play Faster: Speed, Agility & Quickness for Soccer** Thomas DeNigris, 2016-03-23 Speed kills Indeed Speed in soccer can be a potent weapon in matches With the game offering so many different systems of play the Speed of Play system used by so many professional and top level amateur teams can be taught to youth teams Using the Total Soccer Fitness Training s Speed of Play Coaching Pyramid this book can show coaches how to teach the Speed of Play system to their players using myriad Speed Agility and Quickness SAQ drills and concepts Players can be coached to become faster both with and without the ball And using the Total Soccer Fitness Training s Building Blocks to Player Development this book shows how to incorporate individual and small group into a team environment *Training and Conditioning for Soccer* Tudor Bompa, 2025-03-01 Training and Conditioning for Soccer is the perfect book to help coaches introduce strength and conditioning into their training programs The best training for soccer players is both sport and game specific and practices are often spent perfecting tactics and techniques But this is not the full picture Players must also be fast and agile and they must have speed and endurance all achieved with strength training and conditioning In this book coaches are introduced to the sport of soccer and the fundamentals of the game physiological demands and training methodology needed to develop strength and power are part of the basics of training They are also given the best training methods for developing game and position specific endurance The book also touches briefly on those more popular yet ineffective training methods used today clarifying why the methods presented here are superior for training speed and agility in soccer players Finally coaches are given examples of training models including how to create their own models that will train their players in all aspects of the game They will also find example training plans for each physical ability that should be developed as well as the best strength training exercises to incorporate into soccer practice Written by Tudor Bompa the creator of periodization training this is the best guide for introducing strength training into soccer practice to develop faster and more agile players [Complete Conditioning for Soccer](#) Greg Gatz, 2009 Increase strength to dribble through traffic Pack more power into shots on goal Improve quickness and agility to find open passing lanes and evade opponents Complete Conditioning for Soccer shows you how to achieve all of these performance goals and more Soccer players are faster and stronger than ever before In this special book and DVD package renowned soccer strength and conditioning coach Greg Gatz provides a comprehensive training approach that builds players physical abilities as well as the soccer specific skills required for dribbling tackling passing heading shooting and goalkeeping Complete with assessment tests for determining a players fitness status and specific programs that improve balance quickness agility speed and strength this book will help you dominate your position The DVD puts the training into action by demonstrating key tests

exercises and drills from the book With nutritional guidelines as well as seasonal workouts Complete Conditioning for Soccer provides a multidimensional training approach that will show you how to get the most from your time in the gym and on the pitch

Training for Soccer Players Marc Briggs, 2013-04-22 Training for Soccer Players blends a sports science approach to training with practical advice for coaches enabling them to deliver effective training for players of all abilities The book covers An overview of anatomy the mechanics of the human body and movement and how this directly relates to the physical demands of soccer Specific training methodologies in relation to aerobic and anaerobic training Principles of programme design and guidelines on how to design a training programme for all abilities Means of fitness testing ensuring practitioners can monitor and evaluate the effectiveness of soccer training programmes Nutrition and nutritional strategies for optimizing a player's training and performance Essential reading for soccer coaches wishing to provide structured and progressive training for their players Includes expert contributions from coaches and sports science professionals Superbly illustrated with 120 colour illustrations Marc Briggs is a Graduate Tutor at Northumbria University Dept of Sport Development soccer coach and has played football at professional clubs

Speed for Soccer G. Lee Powell, 2010-07-19 Become a faster and more dynamic soccer player and athlete with these proven strategies

Soccer Training Programmes Gerhard Frank, 2009 In the deepest darkest midnight of her soul Gabriella writes a book a horror story about demons and then one of them crawls up out of the pages and confronts her face to face A deranged fanatical fan who believes he is The Beast of Babylon from her novel turns up at a book signing and then comes after her to claim her as his bride And to sacrifice her son Ty as an offering to their unholy union Gabriella Ty and Tys grandfather Theo the crusty old stand up comic called Slap Yo Mama Carmichael run for their lives back to the only place in Gabriella's life where she ever felt safe But once there she discovers that facing the demons from her past may be harder and more dangerous than facing the one who hunts her As Ty and Theo battle their own personal monsters Gabriella begins to fall for a man who carries a guilt she can't even begin to imagine The predator who stalks Gabriella and her family tracks them down and corners his prey as a full moon rides high in the night sky and lightning explodes on the mountaintop Then all their lives and demons collide in a final apocalyptic celebration of one man's madness Gabriella's only hope lies in the unexplainable power of 2 000 year old tree Is it strong enough to save them Can a single perfect bristlecone pine somehow determine the fate of them all

Strength Training for Soccer Bram Swinnen, 2016-02-22 Strength and power are key elements of soccer performance A stronger player can sprint faster jump higher change direction more quickly and kick the ball harder Strength Training for Soccer introduces the science of strength training for soccer Working from a sound evidence base it explains how to develop a training routine that integrates the different components of soccer performance including strength speed coordination and flexibility and outlines modern periodization strategies that keep players closer to their peak over an extended period Dealing with themes of injury prevention rehabilitation and interventions as well as performance the book offers a uniquely focused guide to the principles of strength

and conditioning in a footballing context Fully referenced and full of practical drills detailed exercise descriptions training schedules and year plans Strength Training for Soccer is essential reading for all strength and conditioning students and any coach or trainer working in football **Soccer Science** Strudwick, Anthony ,2016-06-07 Manchester United s Tony Strudwick leads an all star panel in providing the most current research on soccer Soccer Science features the world s leading experts in soccer history biomechanics physiology psychology skill acquisition coaching tactical approaches and performance and match analysis **Fundamentals Of Kids Soccer Training** Gerard Janeway,2015-12-16 It is the goal of this book to teach the reader the fundamentals of soccer training especially for children or kids There are a few differences between the adult and children s soccer and this book is targeted towards the latter This book can also be an indispensable resource for the novice soccer coaches making the transition from regular to kid s soccer training One of the differences for example is your restricted to less physical movements One must also bear in mind that children must do this for fun first and foremost otherwise they might go to hate this sport and avoid training Intensity of training also cannot be as intense as children in general suffer from attention difficulties and do get bored easily Needless to say you need just to be more gentle in general This book is specifically for the goal of of helping kids improve their game performance and help them enjoy the training Likewise for the newbie coaches who must learn the fundamentals of kid s soccer training Here Is A Preview Of What You ll Discover Introduction Soccer Tips Blocking Selecting The Right Gloves For Goalkeeping In Soccer Coaching Soccer Soccer Tips Drills Handling Shin Splints Efficiently Coaching Girls In Soccer Proper Hydration Exploring Different Types Of Soccer Training Camps Exploring The Benefits Of Soccer Training For Children Finishing The Shot Fundamental Skills Required For Soccer Training Speed Soccer Stamina Soccer Dribbling Training Dribbling Abilities Dealing With Head Injuries Important Coaching Accessories For Soccer Training Boosting Speed Soccer Shoes Balls Outfit Shoes Much much more **The Soccer Coach** Marco Bruno,2019-10-17 Conditioning for Soccer Raymond Verheijen,1998 A guide to developing various aspects of conditioning for soccer players It features such chapters as Soccer Strength Training Soccer Specific Endurance Training Speed Training for Soccer Pre Season Conditioning Goalkeeper Training and Fitness Testing and Injury Prevention **Science and Soccer** Thomas Reilly,2003-12-08 Science and Soccer provides a comprehensive and accessible analysis of the physiology biomechanics and psychology behind the world s most popular sport and offers important guidance on how science translates into practice Fully revised and updated to include new scientific research and data it examines every key facet of the sport including players anatomy physiology psychology and biomechanics coaching and training nutrition injury prevention and rehabilitation soccer surfaces and equipment match analysis growth and development in youth players talent identification Science and Soccer represents a unique resource for students and academics in sports science and physical education It should also be essential reading for all professional support staff working in the game including coaches at all levels physiotherapists club doctors and sport psychologists Science and

Soccer A. Mark Williams, Paul Ford, Barry Drust, 2013-01-04 Now in a fully revised and updated third edition Science and Soccer is still the most comprehensive and accessible introduction to the physiology biomechanics and psychology behind the world's most popular sport Offering important guidance on how science translates into practice the book examines every key facet of the sport with a particular focus on the development of elite performers The topics covered include anatomy physiology psychology and biomechanics principles of training nutrition physical and mental preparation playing surfaces and equipment decision making and skill acquisition coaching and coach education performance analysis talent identification and youth development Science and Soccer Developing Elite Performers is a unique resource for students and academics working in sports science It is essential reading for all professional support staff working in the game including coaches at all levels physiotherapists conditioning specialists performance analysts club doctors and sport psychologists *Book 4: Soccer Revelations Coaching Knowledge* Bert Holcroft, 2019-05-17 The Holcroft saga is a rugby story the like of which may never have been equaled in the history of the game It begins over a century ago when Mr George Holcroft took charge of Leigh St Peters RLFC in 1889 He married and when his family grew Jack Harry William and Tom all played for local teams They married and George's grandsons Bert and Bill also played Bert Holcroft has been a distinguished servant for the game of rugby all his life He holds coaching certificates from both the Australian and British governing bodies one of only a handful of men to achieve such an honor in the game's history For twenty odd years Bert Holcroft has had one of the unlikeliest jobs in sport teaching Australian rugby coaches how to coach Considering the Australian dominance in the World Rugby in recent years that might seem par with taking coal to Newcastle But make no mistake Bert Holcroft has done as much as anyone to ensure Australia's reemergence as a major rugby power On the face of it Australia wouldn't seem to need any outside help let alone from a Pom Their record of only one test defeat since 1978 speaks for itself But Bert's reputation is nationwide down under quite simply he's one of the best in the business Bert who played for Leigh between 1950-60 has spent much of his latter years Down Under lecturing to top grade coaches in New South Wales Born and bred in Cameron Street Leigh Bert has few peers when it comes to teaching the basics of the 13 a side game Since migrating in the late 60s Bert has dedicated his life to coaching and fitness techniques Teams in Queensland New South Wales and Sydney have all come under his influence often with spectacular results Bert's credentials are impeccable Last summer he achieved the highest accolade in Australia his grade 3 certificate personally signed by the then Australian league chairman Kevin Humphreys and the director of coaching Peter Corcoran Three years earlier Bert has sailed through his grade 1 and 2 with flying colors In 1953 he was awarded his senior coaching certificate in England Bert who held a number of posts at Hilton Park before immigrating to Australia has spent a lot of his time heavily involved with rugby in the universities there He became director of coaching for the University of New South Wales and later coach of the Combined Universities side He was awarded coaching accreditation by the Australian Institute of Sport Department of Sport and Recreation New South Wales and the NSW Rugby

League for administration as well as national coaching certificates in both Britain and Australia being one of only a handful of people to do so Eventually the offer of a job in Sydney came to coach Premiership glamorous club Eastern Suburbs **How to Improve Your Speed in Soccer** Rob Hunter,1995 **Effective Use of the Agility Ladder for Soccer** Peter Schreiner,2003-08 The agility ladder maximizes speed and reaction concentration balance and coordination Get the most out of this popular training tool with the help of coordination training expert Peter Schreiner as he presents his most effective exercises with clear and precise descriptions excellent photos and innovative diagrams Dutch Soccer Secrets Peter Hyballa,Poel H. Dieter te,2011-09-29 Learn how a nation of about 16 million inhabitants can regularly produce world class players or coaches like Johan Cruyff Arjen Robben or Dick Advocaat and Louis van Gaal *Elite Soccer Players* Ryan Curtis,Courteney Benjamin,Robert Huggins,Douglas J. Casa,2019-12-06 The sport of soccer has evolved immensely since its beginning around 2 000 years ago and is now considered the most popular sport in the world The research related to the physical psychological and tactical aspects of the game has risen in conjunction with its fame *Elite Soccer Players Maximizing Performance and Safety* seeks to inform the reader with the most current research connected to optimizing physical performance and reducing the risk of injury of the elite soccer athlete for a variety of ages After providing an initial brief overview of applying physical and psychological scientific concepts in soccer Part I Laying the Foundation this book then takes the reader through a series of important yet novel parts including Athlete Monitoring and Data Analysis Optimizing Physical Performance Injury Epidemiology and Risk Reduction Achieving Peak Performance and Safety in Various Environmental Conditions and Unique Aspects of the Game The goal of *Elite Soccer Players Maximizing Performance and Safety* is to conceptualize and expand upon the current research associated with these topics and provide an applicable point of view to the coaches sport scientists strength and conditioning coaches and sports medicine professionals who work with these athletes every day **The Best of Soccer Journal** Jay Martin,2011-09 Includes the best articles from Soccer Journal that cover the most important aspects of soccer technique tactics the mental game and the physical game

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