

# 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



Feng Gao<sup>1</sup>   
(Physical Education Professional)

1. Pingdingshan University,  
Institute of Physical Education,  
Pingdingshan, Henan, China.

## Correspondence:

Gao Feng  
Pingdingshan, Henan, China.  
467000.  
dianfeng0321@163.com

## 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

**Bill Foran**



## **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 **High-performance Sports Conditioning** Bill Foran, 2001 This guide starts with a conditioning programme before tailoring the training exercises and drills to the development of sport specific performances The training programme is designed for peak performance during the competitive season *NASM's Essentials of Sports Performance Training* Micheal Clark, Scott Lucett, Donald T. Kirkendall, 2010 This First Edition based on the National Academy of Sports Medicine NASM proprietary Optimum Performance Training OPT model teaches future sports performance coaches and other trainers how to strategically design strength and conditioning programs to train athletes safely and effectively Readers will learn NASM's systematic approach to program design with sports performance program guidelines and variables protocols for building stabilization strength and power programs innovative approaches to speed agility and quickness drills and more This is the main study tool for NASM's Performance Enhancement Specialist PES *Strength and Conditioning in Football: Driving Physical Performance through Research and Innovation* Marco Beato, Chris J. Bishop, Anthony Nicholas Turner, 2024-10-17 Modern sport depends on research and the advancement of science in order to achieve increments in performance and health promotion This is particularly true for football which is the most popular sport in the world Frontiers in Physiology and in Sport and Active Living recognize the importance of strength and conditioning in football and the necessity to facilitate debate and discussion amongst the sport science community This Research Topic entitled Strength and Conditioning in football Driving physical performance through research and innovation aims to highlight themes that foster debate and discussion in the high performance football industry Strength and Conditioning for Sports Performance Ian Jeffreys, Jeremy Moody, 2016-04-28 An effective strength and conditioning program is an essential component of the preparation of any athlete or sportsperson Strength and Conditioning for Sports Performance is a comprehensive and authoritative introduction to the theory and practice of strength and conditioning providing students coaches and athletes with everything they need to design and implement effective training programs The book includes a clear and rigorous explanation of the core science underpinning strength and conditioning techniques and gives a detailed step by step guide to all of the key training methodologies including training for strength speed endurance agility flexibility as well as plyometrics Throughout the book the focus is on the coaching process with every chapter highlighting the application of strength and conditioning techniques in everyday coaching situations The book also includes a unique and extensive section of sport specific chapters each of which examines in detail the application of strength and conditioning to a particular sport from soccer and basketball to golf and track and field athletics The book includes contributions from world leading strength and conditioning specialists in every chapter

including coaches who have worked with Olympic gold medallists and international sports teams at the very highest level Strength and Conditioning for Sports Performance is an essential course text for any degree level student with an interest in strength and conditioning for all students looking to achieve professional accreditation and an invaluable reference for all practising strength and conditioning coaches

**Textbook Of Sports Medicine: Complete Guide To Athletic Health And Performance** Prof. Joseph Singh, Dr. Heeralal Yadav, The Textbook of Sports Medicine Complete Guide to Athletic Health and Performance provides a comprehensive overview of how to prevent assess and treat sports related injuries while optimizing athletes physical performance and long term health It covers key areas such as injury mechanisms rehabilitation techniques strength and conditioning principles nutrition biomechanics and the medical management of both acute and chronic conditions Integrating evidence based practices from sports medicine Focuses on prevention assessment and treatment of sports related injuries Covers rehabilitation techniques and strategies for safe return to sport Explains principles of strength and conditioning for performance enhancement Discusses nutrition and diet for optimal athletic health and recovery Examines biomechanics and movement analysis to improve efficiency and reduce injury risk Integrates medical management of both acute and chronic sports conditions Serves as a comprehensive guide for athletes coaches trainers and sports medicine professionals

**Physiological Aspects of Sport Training and Performance** Jay Hoffman, 2002 This new in depth sport physiology reference provides a strong introduction to the physiological principles underlying sport training and performance Plus it delivers the best guidance available on applying the principles to athletes who are training to improve sport performance Physiological Aspects of Sport Training and Performance is an excellent resource for students and professionals in sports medicine and sport physiology The book thoroughly explores the practical and applied aspects of exercise prescription and includes specific advice on the conditioning and performance of athletes Physiological Aspects of Sport Training and Performance also explains how various components of sport and performance are measured Dr Jay Hoffman has worked extensively with athletes and coaches throughout his professional career Focusing on training factors and how various conditions and situations affect sport performance he provides an in depth review of all physiological components of an athlete s training program Physiological Aspects of Sport Training and Performance covers a broad range of topics Physiological adaptations to exercise Exercise training principles and prescription Nutrition fluid regulation and ergogenic aids Environmental factors Medical and health conditions The information is presented in an attractive reader friendly format that makes learning easy Key terms appear in bold print chapters are packed with supporting figures and numerous tables bring life to standardized performance data and specific athletic profiles such as strength measures for collegiate football players Physiological Aspects of Sport Training and Performance will quickly become your primary reference book It provides all the answers you need to successfully prescribe exercise for a wide variety of athletes

Soccer: Functional Fitness Training Harry Dost, Peter Hyballa, Hans-Dieter te Poel, 2016-11-28 The world s best soccer

players are incredibly fit fast lean and strong Achieving this level of athleticism requires a rigorous soccer fitness training program applying the most effective drills exercises and core training methods In Soccer Functional Fitness Training the authors present numerous drills for this training Based on the latest the findings in sports science and on the authors long term coaching experience they present an extensive practical guide to help you improve your team s performance through core training soccer specific exercises and drills The exercises can be used for amateurs and professional players youth and adults alike Your players can learn how to score the most exciting and acrobatic goals how to tackle without fouling and how to avoid injuries The drills in the book create typical match situations to help your team prepare for the game and stay motivated Many of the fitness exercises require no extra equipment and rely only on bodyweight thus targeting many different muscles at once The book is easy to use on the pitch and the ideal tool to turn youth players into the next Cristiano Ronaldo Zlatan Ibrahimovic or Bastian Schweinsteiger *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 **Speed for Soccer** G. Lee Powell,2010-07-19 Become a faster and more dynamic soccer player and athlete with these proven strategies **Developing Speed** NSCA -National Strength & Conditioning Association,Ian Jeffreys,2013-06-12 Athletes in all sports rely on speed Whether it involves sprinting down the court on a fast break or chasing a loose ball speed often contributes to overall athletic ability Developing Speed teaches you how to elevate your speed in a scientifically based manner that will have you blowing by the competition Written by eight of the top National Strength and Conditioning Association experts Developing Speed is your guide to elite level speed development regardless of your sport In addition to the scientific coverage of speed development this guide helps you assess your current ability and identify your areas of greatest need Using this information along with the most effective drills and exercises you ll have the tools and information for creating your own speed development program If increasing your athletic speed is what you re seeking then look no further With the cutting edge information packed into this one resource you ll achieve new personal bests and reach your most aggressive goals Developing Speed is the only tool you need to develop your personal program and take your speed to the highest level Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam **Youth Soccer** Thomas Reilly,Dave Richardson,Gareth Stratton,A. Mark Williams,2004-09-16 Youth Soccer From Science to

Performance blends contemporary child focussed sports science theory with youth specific coaching practice to help create evidence soccer development strategies for children      **How to Improve Your Speed in Soccer** Rob Hunter,1995

Future Directions for Performance Related Research in the Sports Sciences Les Burwitz,P. M. Moore,D. M. Wilkinson,1992      Peak Performance for Soccer Alex Calder,Adam Centofanti,2022-12-01 In this book over 40 of the world s leading practitioners working in elite soccer over 6 continents share advanced knowledge of the environment as well as a scientific understanding of the game and players This book explores those traits at an intricate level through shared experiences of some of the best performance coaches working in elite soccer The content in this book is derived from practical and evidence based concepts that have been applied at the elite level Uncovering the coaching strategies as well as contemporary issues in elite soccer this comprehensive textbook illustrates what it takes to thrive as a performance coach at the top level Collaborating with the industry leaders in soccer the chapters address a myriad of topics such as the multiple roles and responsibilities youth development strength and conditioning application nutrition and recovery strategies tracking and monitoring fitness and fatigue powerful communication methods and staff cohesion and return to play and injury prevention strategies Peak Performance for Soccer is essential reading for all coaches and practitioners at any level who work in soccer Alex Calder is the head of sports science with the Houston Dynamo competing in Major League Soccer MLS He is an accredited level 3 elite coach with the Australian Strength and Conditioning Association ASCA as well as holding accreditations through the National Strength and Conditioning Association NSCA and Collegiate Strength and Conditioning Coaches Association CSCCa Adam Centofanti is currently the head of fitness for the Seattle Sounders FC having previously served as the head of academy strength and conditioning for Houston Dynamo FC Formally with Melbourne City FC Adam held various roles with the club including conditioning coach sports scientist in the academy sector as well as overseeing the women s performance program achieving multiple championships      **Renegade Training for Football** Coach Davies,2002 The ultimate guide to developing maximum strength maximum speed and maximum power      **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      *Seven Steps to Peak Performance* Richard M. Suinn,1986 This manual enables athletes to enhance their performance through mental training It has been field tested by the elite athletes and its effectiveness was also tested in a laboratory study with students enrolled in an introductory sport course The manual is appropriate for competitive or recreational athletes to enhance those psychological skills relating to performance It can be used in conjunction with the consultation of a coach instructor and a sports psychologist or be implemented into a self directed program The mental skills taught here include relaxation stress management positive thought control self regulation mental rehearsal concentration and energy control      Baily's Magazine of Sports and Pastimes Tresham Gilbey,1889

Critical Pluralism, Democratic Performance, and Community Power Paul Schumaker, 1991 Who governs is a central question in political science Typically political scientists address this question by relying upon either empirical analysis which explains existing political practices or normative analysis which describes ideal political practices

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