

Elastic explosive strength alterations in young soccer players in preparatory stage #47

Leandro Mateus Pagoto Spigolon¹, Tiago Volpi Braz¹, João Paulo Borin¹.

¹*Methodist University of Piracicaba, Piracicaba/SP, Brazil.*

E-mail: jpborin@unimep.br

The explosive strength has been pointed as one of physical capacities present in decisive moments in soccer game. So, the aim of this study was to verify possible alterations in elastic explosive strength performance in ten young soccer players (16.54 ± 0.54 years; 73.10 ± 8.36 kg; 178.10 ± 7.67 cm). During the match in preparatory stage to championship, the elastic explosive strength was evaluated by vertical jump with countermovement aid from arms (CMJa), using contact platform Jump Test[®] in 3 moments: before, in the interval and after game. BioEstat 5.0 software produced information in descriptive plan (mean and standard deviation) and in the inferential, Anova one-way for differences between moments and post hoc de Tukey's for multiple comparisons ($p < 0.01$). The main results indicate values 47.98 ± 4.61 cm before game, 46.46 ± 3.20 cm in the interval and 44.99 ± 3.71 cm after the game. In relation to collected data before game, it was observed a performance fall about 3.3% in elastic explosive strength in the interval and 6.6% after game ($p < 0.01$). These results shoed to be related with competitive actions sequence performed by soccer players during the match. From above, the used methodology seems to properly identify alterations that occur during matches, as an important indicator to monitoring and controlling training.

Key words: soccer; explosive strength; performance.