

The effect of 8 weeks of Strength-power training at different intensity on physical fitness, skills, cortisol and IgA young futsal players

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Abstract The aim of this study the effects of power-power at 8 weeks of training with different intensities on physical fitness, skills, cortisol and IgA was young futsal players. **Methods:** 60 subjects were ed, out of which 20 subjects were randomly divided into 2 groups of 10 were divided equally accessible. The first group training with an intensity of 60-50% of one repetition maximum Strength-power with normal practice futsal age was $M \pm SD$ 11.10 ± 0.87 year, high 128 ± 0.05 cm, wight 33.70 ± 3.88 kg and the second group with an intensity of 80-70% of one repetition maximum strength exercises-can with regular exercise were futsal. Before and after dribbling skills training program of their measurements, aerobic capacity, running 10 meters, leg strength, anaerobic capacity and blood tests cortisol and IgA were taken. Statistical analyze by t dependent and t independent through SPSS version 21 was measured. **Results:** The results showed that the scores of pre and posttest strength, speed, upper body strength, aerobic power, dribbling, cortisol and IgA in low intensity exercise creates significant ($P < 0.05$). **Conclusion:** Results of this study it can be concluded that both futsal effective training method can improve functional performance.

Keywords : . **Keywords:** futsal, strength-power, aerobic capacity, anaerobic capacity, speed, cortisol, IgA

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