

# **The effects of different intensity strength- power training of skill, physical fitness and testosterone futsal teen**

Saleh Norozi Astalaki\*,

**Abstract** The aims of this study the effects of different intensity strength- power training of skill, physical fitness and testosterone futsal teen. **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  $M\pm SD$   $11.10\pm 0.87$  year, high  $128\pm 0.05$  cm, wight  $33.70\pm 3.88$  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 running 30 meters, strength, anaerobic capacity, waist to hip ratio 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 between pre and post test scores strength, shooting, passing, waist to hip ratio in both groups. And index lower in low-intensity exercise group was significant. But testosterone index showed no significant difference in any of the exercises. Differences between the groups there was a significant difference before and after shooting skill test. But the difference between groups in the pre and post-test scores between groups within the parameters of strength, lower body strength, speed, waist to hip ratio and testosterone had no significant difference. **Conclusion:** Results of this study it can be concluded that both futsal effective training method can improve functional performance.

**Keywords :** Keywords: futsal, strength-power, anaerobic capacity, speed, strength, waist to hip ratio, testosterone.

