

Effects of Two kinds of combined training on functional capacity and skill indicators of football players 18-25 years old

mehdi mansouri*,

Abstract: The aim of this study was to compare two combined training methods on functional capacity and skill indicators of professional football players (18-25 years old). For this purpose, 30 professional football player, who played in the Iran league and Provincial League, which were included in this study through collect access and random access were divided into 3 groups which each group contains of ten people. The first group did strength training (weight training) with fast skill Football, and the second group did resistance plyometric training with fast interval, and the third group was the control group. Research program was 6 weeks of combined training, which was conducted 4 training sessions per week. The subjects were tested before and after 6 weeks of training. Yo-Yo test (shuttle run) 20 meters for aerobic test, RAST test for anaerobic test, Illinois test for agility test, and 20, 30 and 50 meter sprint test for speed test, and indicators of football skill tests, were taken before and after 6 weeks of training. Research of subjects. Frequency distribution and descriptive tables were presented for descriptive analysis for findings. The Kolmogorov-Smirnov test was used for inferential analysis, and for the hypotheses test used t-test and covariance analysis (p

Keywords : Key words: Football, Interval Speedy - strength, plyometric, indicators skills.

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