

Compare profiles of physical fitness and mood states in elite young soccer players with Guilan elite adults

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The purpose of this study was to compare the profile of physical preparedness and psychological condition of young elite footballers with the Adult elite of Guilan. For this purpose, young elite players (30 individuals with an average age of 17.1 ± 0.74 years) and adult elite players (30 individuals with an average age of 24.8 ± 2.22) were ed as the sample. Physical fitness variables were measured using standardized methods and tools as follows: Anaerobic power by Rust test, speed of 60 m, long standing, static strength with dynamometer, cardiovascular fitness test with Cooper's 12-minute test and test Sargent was measured by jumping vertically. The results showed that there was a significant difference in weight, age and body mass indexes among young elite footballers compared to adult elites (p

Keywords : Physical fitness profile, mood status, young elite, adult elite

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