

# The relationship between strength with, speed, agility and jump performance athlete football player

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**Objective:** This study examined the relationship between power and speed, agility and performance of football players. 30 male players, trained football (age, 23.5667 , BMI 22.85 ) The Guilan Passion Club participated voluntarily in this study. **Methods:** This study was carried out during the two-week training period. The strength was measured with 1Rn test, the speed of 20 and 30 meters, the agility of the zigzag test with the balloon, the balloon jump, and the length of the shoot. The inferential analysis of the findings the Kolmogorov-Smirnov test for normal test The distribution of data and Pearson correlation coefficient tests were used to test the hypotheses at a significant level of  $P \leq 0.05$ . Inference and inferential analysis of findings by Kalmogorov-Smirnov test were used to test the normal distribution of data and Pearson correlation coefficient tests to test the hypotheses of research at a significant level of  $P \leq 0.05$ . The error error of 0.05 showed the correlation coefficient of velocity, jump, agility with absolute and relative power Has been. In the intensity of the relationship between velocity, jump, and agility with absolute power, the relationship between velocity of 30 m and absolute power has the highest correlation coefficient ( $r = -0.16$ ), and the relation between Sargent jump and absolute power has the lowest correlation coefficient ( $r = 137 / 0$ ) In the intensity of the relationship between velocity, jump, and agility with relative power, there is the highest correlation coefficient with no relative ballistic zigzag ( $r = 0.667$ ) ( $r = 0.667$ ) and the ratio of jump length with relative strength has the lowest correlation coefficient ( $r = 0.004$ ) The results of the research showed that there is no correlation between absolute and relative power at 30 m, 20 m, jump length and sargent, no zigzag without ball and ball with soccer players.

**Keywords :** strength, speed, agility and performance, football players

