

Strength and Kicking Performance in Soccer: A Review

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Abstract

ABSTRACT: THE STUDY OF THE MAXIMAL KICK BALL VELOCITY IN SOCCER IS OF INTEREST DUE TO ITS RELEVANCE IN THE SCORE ACHIEVED IN A SOCCER MATCH. THIS REVIEW FOCUSES ON STUDIES THAT HAVE EXPLORED THE ASSOCIATION BETWEEN STRENGTH AND BALL VELOCITY, AND THE EFFECTS OF STRENGTH TRAINING IN THE MAXIMUM KICKING VELOCITY. THE STUDIES REVIEWED SUGGEST THAT THE RELATIONSHIP BETWEEN STRENGTH AND KICKING VELOCITY IN SOCCER IS INCONSISTENT. IN ADDITION, PLYOMETRIC AND EXPLOSIVE STRENGTH TRAINING CAN BE CARRIED OUT SUCCESSFULLY IN COMBINATION WITH REGULAR SOCCER TRAINING TO IMPROVE THE MAXIMUM KICKING VELOCITY.

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