Middlesex University Research Repository

An open access repository of

Middlesex University research

<http://eprints.mdx.ac.uk>

Loturco, Irineu ORCID logoORCID: <https://orcid.org/0000-0003-1309-2568>, Bishop, Chris
ORCID logoORCID: <https://orcid.org/0000-0002-1505-1287>, Freitas, Tomás T. ORCID
logoORCID: <https://orcid.org/0000-0001-8571-3189>, Pereira, Lucas A. and Jeffreys, Ian (2020)
Vertical force production in soccer: mechanical aspects and applied training strategies.
Strength & Conditioning Journal, 42 (2) . pp. 6-15. ISSN 1524-1602 [Article]
(doi:10.1519/SSC.0000000000000513)

Final accepted version (with author's formatting)

This version is available at: <https://eprints.mdx.ac.uk/28497/>

Copyright:

Middlesex University Research Repository makes the University's research available electronically.

Copyright and moral rights to this work are retained by the author and/or other copyright owners unless otherwise stated. The work is supplied on the understanding that any use for commercial gain is strictly forbidden. A copy may be downloaded for personal, non-commercial, research or study without prior permission and without charge.

Works, including theses and research projects, may not be reproduced in any format or medium, or extensive quotations taken from them, or their content changed in any way, without first obtaining permission in writing from the copyright holder(s). They may not be sold or exploited commercially in any format or medium without the prior written permission of the copyright holder(s).

Full bibliographic details must be given when referring to, or quoting from full items including the author's name, the title of the work, publication details where relevant (place, publisher, date), pagination, and for theses or dissertations the awarding institution, the degree type awarded, and the date of the award.

If you believe that any material held in the repository infringes copyright law, please contact the Repository Team at Middlesex University via the following email address:

eprints@mdx.ac.uk

The item will be removed from the repository while any claim is being investigated.

See also repository copyright: re-use policy: <http://eprints.mdx.ac.uk/policies.html#copy>

Vertical force production in soccer: mechanical aspects and applied training strategies

Abstract

Vertical force production (VFP) is widely recognized as a critical determinant of performance in a series of soccer-specific activities, such as sprinting, jumping, and changing direction. Therefore, practitioners are constantly seeking better and more effective strategies to improve VFP in professional soccer players. This article analyzes the mechanical aspects associated with the actual role played by VFP in elite soccer, and also examines and highlights the training considerations related to its appropriate and effective development during modern soccer seasons.

Introduction

In elite soccer, the capability to generate force in the vertical direction has been associated with successful performance in numerous match tasks, such as vertical jumps, maximum sprints, and change-of-direction (COD) maneuvers (45, 71, 87). Superior performance in explosive tasks such as vertical jumps and sprints is achieved by applying great amounts of force into the ground, in order to quickly accelerate the body and achieve higher velocities in the initial phases of the movement (51, 52). The VFP is especially important when it is considered that these actions typically occur during decisive game situations (e.g., a short sprint when scoring a goal) (27, 28, 76). Wisloff et al. (87) indicated that professional soccer players with superior levels of strength in the half squat exercise could sprint faster (in 10 and 30 m sprints and in the 10 m shuttle run test) and jump higher than their weaker counterparts. Accordingly, several investigations have shown that, independently of the training sequence or methodological approach used

during the interventions, increases in VFP are normally accompanied by significant increases in the physical performance of soccer players (7, 14, 47, 54, 55). As a result, practitioners are constantly seeking more accurate and applied information regarding the actual role played by VFP in elite soccer, as well as the most effective strategies to enhance this ability throughout the competitive season. One logical way to better understand how player performance can be affected by higher or lower levels of VFP is by examining in detail its possible associations with some soccer-specific motor-skills, such as jump and speed-qualities. In this context, this article discusses the importance of VFP in soccer and presents some considerations about the effects of different training elements (e.g., exercise type and loading intensity) on the physical performance of elite soccer players.

Literature Search

Coaches are encouraged to take an evidence-based approach in choosing the most appropriate training interventions and part of this involves an analysis of experimental studies that have investigated the development of VFP and its effect on the physical performance of soccer players. To facilitate this, a PubMed search was carried out using the following keywords: “soccer” or “football” or “team-sports” or "team sports" and "strength training" or "power training" or "resistance training" or "jump training" or "explosive training" or "optimum power load" or "optimal power load" and “vertical force” or “vertical force production” or “vertical force performance” or "vertical jump" or "squat jump" or "countermovement jump" or “sprint” or “sprinting” or "sprinting speed" or "sprint velocity" or "velocity" or "sprint time" or "change of direction" or "change-of-direction" or “COD” or "COD time" or "COD velocity" or "COD speed" or "jump squat" or "half-squat" or "half squat", published until 2018. This search resulted in

22 studies, which are discussed throughout the article and which allowed an analysis to determine the potential of different training strategies to increase vertical jumping ability, linear speed, and COD speed in elite soccer players (**Table 1**).

The close relationship between VFP and vertical jump performance

Throughout official soccer matches, vertical jumps are generally executed during vigorous offensive or defensive maneuvers, to score or prevent goals (27, 60). Although the number of jumps during a match may be relatively low (~ 10 jumps) (60), this action accounts for 22% and 11% of goal situations for scoring and assisting players; respectively (27), confirming its importance to soccer performance. Despite the multifaceted nature (64) of jumping tasks, there is little doubt that VFP plays a key role in vertical jump performance. Indeed, a previous study (42) showed that the ability to produce higher peak and instantaneous forces (i.e., forces at 50, 90, and 250 ms) during an isometric mid-thigh clean pull is closely related to vertical jump height and to smaller differences between “weighted (with a 20 kg barbell) and unweighted (without overload) jump heights” in collegiate athletes (including soccer players). In the same way, Requena et al. (71) reported significant correlations between half squat one-repetition maximum (1RM) measures and unloaded squat and countermovement jumps in soccer players from the Estonian Soccer First Division. Accordingly, Loturco et al. (53) observed that two different vertically-oriented 6-week training schemes comprised of squats and loaded jump squats (i.e., traditional periodization regime) or solely loaded jump squats (i.e., optimum training load regime) were equally effective in simultaneously increasing the maximum squat strength and countermovement jump height of professional soccer players. From these data, it is possible to deduce that soccer players able to apply greater amounts of force in and through vertically-directed exercises (43, 51, 89) (e.g., squat

variations and loaded vertical jumps) are potentially able to perform better in different vertical jump tests, under loaded or unloaded conditions. For some authors, these strong relationships may be explained by the mechanical similarities and resemblances in movement patterns between squat-based movements and vertical jumps (42, 71, 72). Interestingly, these close correlations and positive effects of VFP on player performance have also been observed for other relevant soccer-specific physical capacities such as maximum sprinting speed (43, 45, 70, 87).

Sprinting speed and VFP

In a classic study regarding sprinting mechanics, Weyand et al. (85) stated that runners reach faster speeds, not by repositioning their legs more rapidly in the air, but by applying greater vertical support forces against the ground. These authors concluded that, at any speed, applying greater forces in “opposition to gravity” will increase the vertical velocity at takeoff, reducing the foot ground contact times, and subsequently increasing the flight time and step length (85). Similarly, Nilsson and Thorstensson (65) reported that the transition from lower to higher velocities results in shorter support phases, with concomitant and progressive increases in vertical peak forces. As a consequence, it could be expected that improvements in VFP of soccer players will promote corresponding improvements in their ability to sprint over longer distances (e.g., ≥ 20 m). In fact, it has already been shown that a vertically-oriented plyometric training program able to increase vertical jump height and peak force is equally able to increase both 20 m speed and 10-20 m acceleration in high-level U-20 soccer players (52). However, these data should be interpreted with some caution, as: 1) in elite soccer, the majority of high-intensity running actions are performed over distances shorter than 10 m (3, 9, 22); and (2) there is a growing body of literature indicating that the ability to orient the resultant force vector

horizontally while accelerating is a key determinant of sprint performance (12, 57, 58). Nonetheless, a recent study by Colyer et al. (16) examined some aspects of ground reaction force waveforms collected in maximal-effort sprints, establishing the specific mechanisms which allowed sprinters to continue accelerating beyond the soccer players' velocity plateau. According to previous results (57, 58), the "faster individuals" (i.e., sprinters; compared to soccer players) displayed a more horizontally-oriented force vector during the late braking phase, early propulsive phase, and the latter portions of the propulsive phase. Importantly, the authors also observed that, as athletes approached their velocity plateau and the ground reaction force vector becomes more vertical, the vertical component of force gradually acted as a critical performance indicator of maximum velocity (57, 58). Thus, the limits in the maximum velocities reached by soccer players might be related to (among other things) their "lower capacity" to generate the vertical impulse required to produce adequate (i.e., longer) flight times across the entire acceleration phase (15, 16). Together, these findings may have important implications for practice and research. Although elite soccer players predominantly sprint over short distances and rarely run close to their top-speeds (3, 9), improvements in maximum running velocity (through the appropriate development of VFP) could considerably increase their "speed reserve" (84), reducing the relative chronic workload (59) and, hence, the associated risk of injury. In addition, these positive effects seem to also be translated to more complex and mixed physical qualities, such as the COD ability (66, 79).

VFP: possible influences on COD performance

COD ability, defined as the set of skills necessary to change movement direction or velocity (66), is considered a key determinant action in modern soccer (5, 27). Even

though during games COD mainly occurs in response to an external stimulus (e.g., ball movements, opponents and team-mates actions, changing game situations, etc.) (8, 36-38, 88), planned COD maneuvers provide the physiological and mechanical basis that underpin the ability to perform successive accelerations and decelerations in different directions and movement planes (66). Therefore, understanding and, subsequently, developing the physical qualities more associated with superior COD performances are of utmost importance for practitioners. Sheppard and Young (79) suggested that technique, straight speed, anthropometric characteristics, and leg muscle qualities (e.g., reactive and concentric strength) are sub-components of COD speed. Hence, it can be argued that the athlete's strength level and, consequently, VFP may have a possible influence on COD performance. Despite correlational research indicating a limited association between conventional maximum dynamic strength measurements (i.e., squat 1RM test) and COD ability (11), different longitudinal studies using vertically-oriented exercises (e.g., squat-based movements) have shown that enhancements in the VFP of soccer players may also result in positive adaptations in their COD performance (6, 21, 40, 80). Illustrating this idea, a study by Keiner et al. (40) concluded that an 8-week in-season periodized strength training program, incorporating the front and back squat exercises, resulted in increases in both maximum dynamic strength and COD speed in young soccer players, which was not observed in the control group that executed regular soccer training alone. Nevertheless, COD ability is a multifaceted phenomenon and, as such, factors other than strength could explain the increases in COD speed in soccer players (36-38, 49, 80). Irrespective of this, it is undeniable that for an athlete to effectively change direction, vertical and horizontal ground reaction forces of high magnitude must be applied to rapidly decelerate and re-accelerate the body (17, 24, 35, 77). This importance will depend on the mechanical characteristics of each specific COD

maneuver. For example, in less aggressive directional changes (i.e., with angles $\leq 45^\circ$), deceleration is limited, and velocity maintenance is key (23, 35). In these situations, VFP seems to be a critical determinant of successful performances (77). In contrast, when sharper COD actions (e.g., 90° or 180° cuts) are executed, greater braking forces and more intense decelerations and re-accelerations are required (23, 31, 35). In this case, VFP may have a less prominent impact, especially when compared with the role played by the horizontally-oriented (braking and propulsive) forces (23, 24, 35). One final aspect to consider is that, for a given athlete, during every COD maneuver, a higher approach velocity will necessarily result in a greater sprint momentum (i.e., the product of body mass and running velocity) (2). Thus, increased loading on the knee joints (23, 61) and a resultant adjustment in body position during the directional change can be expected in faster and more powerful players. In this regard, lowering the center of mass (CoM) has been identified as a strategy related to superior COD techniques (66), which, from a mechanical standpoint, appears to be beneficial. A lower CoM may help an athlete with a greater momentum overcome the higher inertia naturally associated with the movement. Notably, if the propulsive phase of a COD maneuver starts from a more flexed position, the VFP is crucial to return the body to a more upright and sprint available posture. Finally, given that for COD maneuvers with similar movement patterns (e.g., more flexed angles) greater vertical ground reaction forces are related to faster completion times (77), practitioners might consider training strategies focused on enhancing the VFP of soccer players to also elicit positive adaptations in COD kinetic and kinematic variables.

Using different training loads to improve VFP

The load used to develop VFP appears to play a key role in determining the direction and magnitude of the neuromuscular adaptations provided by a given resistance

training program. In this regard, an 8-week study by McBride et al. (56) compared the effects of light- versus heavy-load jump squats (30 and 80% of half squat 1RM, respectively) on the development of strength, power, and speed capabilities of male athletic subjects, revealing contrasting responses between the two training schemes. For example, although both loads were equally effective at improving maximum squat strength, the “heavy-load group” presented significant decreases in short sprint performance (i.e., 5 m) (56), which in elite soccer can be considered a very problematic issue. Wilson et al. (86) observed that a substantial increase of 21% in squat strength (achieved after an 8-week squat training program comprising 4-6 sets of 6-10 “maximal effort repetitions”) is necessary to produce a slight improvement of 2.2% in speed ability in exercise science students. Accordingly, in a recent review of the effects of strength training on highly trained soccer players, Silva et al. (80) reported that on average, these athletes need to increase their 1RM squat by 23.5% to achieve improvement of around 2% in sprint performance, from 10 to 40 m. Of note, the vast majority of studies analyzed in this specific section of the review used a range of loads $\geq 80\%$ 1RM for the squat-based exercises during the whole (or for the most part of the) intervention period. Thus, it is highly probable that the “reduced levels” of transference from VFP to maximum sprint running are not only related to the vertical force orientation *per se*, but also, to the heavy range of loads typically used to develop this capacity. Nonetheless, this is a very conflicting theory, as previous research indicated that the intention to move a given resistance quickly is more relevant than the actual movement velocity to promote specific velocity adaptations in the neuromuscular system (4, 39). Even so, there is a compelling body of evidence suggesting that light to moderate loading ranges (i.e., 30% to 60% 1RM) and the “optimum power loads” (which typically occur between ~ 45 and 65% 1RM and can be easily determined by the barbell velocity) (30, 48, 53, 54, 62) may be more

appropriate than heavier loads (i.e., $\geq 80\%$ 1RM) to increase VFP and promote the transference of the VFP to sprinting ability in soccer players (25, 30, 50, 51, 69). Importantly, these improvements seem to occur at both ends of the force-velocity curve (i.e., low-load/high-velocity portion and high-load/low-velocity portion), without compromising (and even enhancing) the speed-related qualities of these athletes (53). Indeed, several studies have already reported meaningful increases in linear sprint speed and COD speed of elite soccer players after training interventions performed under light and optimum loading conditions (13, 20, 44, 46, 47, 50, 54, 67, 68, 73). In contrast, investigations using heavy loads have systematically failed to demonstrate substantial improvements in the speed and power performance of soccer players (10, 32-34, 41, 74, 75, 81, 83) (**Table 1**). It is essential to note that the positive responses to light and moderate loads are only obtained when soccer players are continuously required to execute the resistance training repetitions as fast as possible, thereby producing the highest level of force for each relative load (30, 53). Furthermore, light or moderate load training is generally better tolerated by professional soccer players than heavy load training, as the latter can generate a high level of fatigue, possibly impairing performance in the subsequent (and usually numerous) soccer-specific training sessions (e.g., technical and tactical training) and increasing the associated risk of injury (1, 25, 29, 30, 69). That said, from a practical point of view, practitioners are strongly encouraged to regularly implement strength-power training routines using light to moderate loads during both pre-season and in-season competitive periods, to safely and effectively develop VFP in elite soccer players. The proven efficacy and good tolerability of these loading ranges allows players to perform the resistance training sessions in a more frequent and regular manner than when using traditional heavy loads, which appears to be a key factor in determining

the magnitude of VFP increases across different team-sports, and especially in professional soccer (78, 80).

INSERT TABLE 1 HERE

Developing VFP through ballistic or traditional resistance exercises

Another critical point to consider when developing VFP in elite soccer players is the appropriate selection of the training exercises (43-45). Resistance exercises may be divided into two distinct classes: ballistic and traditional (i.e., “non-ballistic”) movements (**Figure 1**). Briefly, the most important difference between them is that the ballistic movements prevent any deceleration phase throughout the complete range of motion, whereas traditional exercises necessarily present a considerable period of deceleration during their execution (18). For many researchers, these mechanical characteristics are decisive in determining the level of transference from strength and power improvements to sport-specific performance, making the ballistic exercises potentially more useful and advantageous for preparing elite athletes from numerous sports (18, 19, 64). However, a previous study revealed that both exercise modes are efficient and may have different effects on the physical performance of professional soccer players (51). While the ballistic jump squat appears to be more effective at reducing acceleration decreases over very-short distances (which typically occur throughout a soccer preseason), the traditional half squat seems to be superior for increasing vertical jump performance (51). However, other investigations executed with senior and youth soccer players who exclusively performed jump squats or back squats, also reported significant improvements in multiple and complementary performance measures, such as maximum dynamic and isometric strength, jump and sprint abilities, and aerobic and anaerobic parameters related to fatigue

(7, 14, 46, 50, 55). Therefore, at least from this “mechanical perspective” (i.e., ballistic or non-ballistic), it is not possible to select, or even indicate, which exercise mode is more appropriate for enhancing VFP in elite soccer players. Considering the established effectiveness and popularity of both training strategies (18, 63), coaches are recommended to use the two exercise techniques in a varied and context-specific manner, which might follow, for example, some principles of training periodization or be adapted to the players’ training background. In this sense, the non-ballistic squat movements (with moderate to heavy loads or optimum power loads) could be used during the earlier phases of the athletes’ preparation (e.g., soccer pre-seasons) and be gradually replaced with their ballistic variations (using light to moderate loads or optimum power loads) throughout the competitive season (**Table 2**) (54). Likewise, soccer players with limited experience in resistance training may initiate the development of their VFP by using half or parallel squats during the strength foundation phase and, as their ability to execute these traditional (and easier) movements improves, they can progressively perform the explosive (ballistic) jump squats with light to moderate loads (53) (**Table 3**). As mentioned above, both exercise techniques have been widely suggested as potential strategies to elicit meaningful improvements in the VFP of soccer players and can be straightforwardly and safely applied to soccer training routines (18, 51, 63).

*****INSERT FIGURE 1 HERE*****

*****INSERT TABLE 2 HERE*****

*****INSERT TABLE 3 HERE*****

Practical Applications

VFP is a critical component of physical and technical performance in soccer. Therefore, it is recommended that elite soccer players regularly perform ballistic and non-ballistic “vertically-directed exercises” in their training practices (43, 51, 89). The exercise selection (e.g., traditional half squat or loaded jump squat) should be based on different factors, such as players’ training background or traditional periodization principles. Due to confounding factors, including the congested fixture schedules, the inherent risks, and the (potential) problematic by-products of using heavy loads (e.g., excessive fatigue and negative effects on speed-related abilities) in professional soccer, it is suggested practitioners prioritize the use of light and moderate loading intensities in their training programs. According to the current body of literature, soccer players with superior levels of VFP should also be able to jump higher, achieve greater COD speeds, and better tolerate the chronic match and training workload by increasing their speed reserve.

Summary and Conclusions

This article provides evidence that VFP is a very important capability for soccer players, as it is directly associated with successful performance in a diverse range of specific-soccer actions (e.g., jumping, sprinting, and COD tasks) which, in their vast majority, occur during decisive match situations (27, 28, 82). Factors such as exercise type (e.g., traditional or ballistic) and loading intensity (e.g., light or heavy loads) seem to be determinants for the development of optimal and suitable training strategies, which must be adapted to the real needs (e.g., match demands) (5, 27) and conditions (e.g., congested fixture schedules) (26) of modern soccer players. Similarly, the development of VFP must never be seen in isolation and ultimately the capacity to apply force in the

context of the game must also be stressed, as this is the ultimate goal of the training program. Consequently, VFP development should be seen as part of a wider development program where technical aspects of performance, together with contextual application, are also stressed. Soccer coaches and sport scientists should be aware of this and take it into account when designing resistance training programs for professional soccer players. Future articles should also analyze the role played by VFP in injury prevention and in complementary physical fitness qualities (e.g., repeated-sprint ability) as well as examining the relationships between vertical and horizontal force production and their implications for improving speed and jump qualities.

References

1. Aprianono, T, Nunome, H, Ikegami, Y, and Sano, S. The effect of muscle fatigue on instep kicking kinetics and kinematics in association football. *J Sports Sci* 24:951-960, 2006.
2. Baker, DG and Newton, RU. Comparison of lower body strength, power, acceleration, speed, agility, and sprint momentum to describe and compare playing rank among professional rugby league players. *J Strength Cond Res* 22:153-158, 2008.
3. Barnes, C, Archer, DT, Hogg, B, Bush, M, and Bradley, PS. The evolution of physical and technical performance parameters in the English Premier League. *Int J Sports Med* 35:1095-1100, 2014.
4. Behm, DG and Sale, DG. Intended rather than actual movement velocity determines velocity-specific training response. *J Appl Physiol (1985)* 74:359-368, 1993.

- 324 5. Bloomfield, J, Polman, R, and O'Donoghue, P. Physical demands of different
325 positions in FA Premier League soccer. *J Sports Sci Med* 6:63-70, 2007.
- 326 6. Bogdanis, GC, Papaspyrou, A, Souglis, A, Theos, A, Sotiropoulos, A, and
327 Maridaki, M. Effects of hypertrophy and a maximal strength training programme
328 on speed, force and power of soccer players. In: *Science and Football VI: The*
329 *proceedings of the sixth world congress on science and football*. Reilly, T,
330 Korkusuz, F, eds. New York: Routledge, 290-295, 2009.
- 331 7. Bogdanis, GC, Papaspyrou, A, Souglis, AG, Theos, A, Sotiropoulos, A, and
332 Maridaki, M. Effects of two different half-squat training programs on fatigue
333 during repeated cycling sprints in soccer players. *J Strength Cond Res* 25:1849-
334 1856, 2011.
- 335 8. Born, DP, Zinner, C, Duking, P, and Sperlich, B. Multi-Directional Sprint
336 Training Improves Change-Of-Direction Speed and Reactive Agility in Young
337 Highly Trained Soccer Players. *J Sports Sci Med* 15:314-319, 2016.
- 338 9. Bradley, PS, Sheldon, W, Wooster, B, Olsen, P, Boanas, P, and Krstrup, P. High-
339 intensity running in English FA Premier League soccer matches. *J Sports Sci*
340 27:159-168, 2009.
- 341 10. Brito, J, Vasconcellos, F, Oliveira, J, Krstrup, P, and Rebelo, A. Short-term
342 performance effects of three different low-volume strength-training programmes
343 in college male soccer players. *J Hum Kinet* 40:121-128, 2014.
- 344 11. Brughelli, M, Cronin, J, Levin, G, and Chaouachi, A. Understanding change of
345 direction ability in sport: a review of resistance training studies. *Sports Med*
346 38:1045-1063, 2008.
- 347 12. Buchheit, M, Samozino, P, Glynn, JA, Michael, BS, Al Haddad, H, Mendez-
348 Villanueva, A, and Morin, JB. Mechanical determinants of acceleration and

349 maximal sprinting speed in highly trained young soccer players. *J Sports Sci*
350 32:1906-1913, 2014.

351 13. Campos-Vazquez, MA, Romero-Boza, S, Toscano-Bendala, FJ, Leon-Prados, JA,
352 Suarez-Arrones, LJ, and Gonzalez-Jurado, JA. Comparison of the effect of
353 repeated-sprint training combined with two different methods of strength training
354 on young soccer players. *J Strength Cond Res* 29:744-751, 2015.

355 14. Chelly, MS, Fathloun, M, Cherif, N, Ben Amar, M, Tabka, Z, and Van Praagh, E.
356 Effects of a back squat training program on leg power, jump, and sprint
357 performances in junior soccer players. *J Strength Cond Res* 23:2241-2249, 2009.

358 15. Colyer, SL, Nagahara, R, and Salo, AIT. Kinetic demands of sprinting shift across
359 the acceleration phase: Novel analysis of entire force waveforms. *Scand J Med*
360 *Sci Sports* 28:1784-1792, 2018.

361 16. Colyer, SL, Nagahara, R, Takai, Y, and Salo, AIT. How sprinters accelerate
362 beyond the velocity plateau of soccer players: Waveform analysis of ground
363 reaction forces. *Scand J Med Sci Sports* 28:2527-2535, 2018.

364 17. Condello, G, Kernozek, TW, Tessitore, A, and Foster, C. Biomechanical Analysis
365 of a Change-of-Direction Task in Collegiate Soccer Players. *Int J Sports Physiol*
366 *Perform* 11:96-101, 2016.

367 18. Cormie, P, McGuigan, MR, and Newton, RU. Developing maximal
368 neuromuscular power: part 2 - training considerations for improving maximal
369 power production. *Sports Med* 41:125-146, 2011.

370 19. Cronin, J, McNair, PJ, and Marshall, RN. Developing explosive power: a
371 comparison of technique and training. *J Sci Med Sport* 4:59-70, 2001.

372 20. de Hoyo, M, Gonzalo-Skok, O, Sanudo, B, Carrascal, C, Plaza-Armas, JR,
373 Camacho-Candil, F, and Otero-Esquina, C. Comparative Effects of In-Season

374 Full-Back Squat, Resisted Sprint Training, and Plyometric Training on Explosive
375 Performance in U-19 Elite Soccer Players. *J Strength Cond Res* 30:368-377, 2016.

376 21. de Hoyo, M, Sanudo, B, Carrasco, L, Mateo-Cortes, J, Dominguez-Cobo, S,
377 Fernandes, O, Del Ojo, JJ, and Gonzalo-Skok, O. Effects of 10-week eccentric
378 overload training on kinetic parameters during change of direction in football
379 players. *J Sports Sci* 34:1380-1387, 2016.

380 22. Di Salvo, V, Gregson, W, Atkinson, G, Tordoff, P, and Drust, B. Analysis of high
381 intensity activity in Premier League soccer. *Int J Sports Med* 30:205-212, 2009.

382 23. Dos' Santos, T, Thomas, C, Comfort, P, and Jones, PA. The Effect of Angle and
383 Velocity on Change of Direction Biomechanics: An Angle-Velocity Trade-Off.
384 *Sports Med* 48:2235-2253, 2018.

385 24. Dos' Santos, T, Thomas, C, Jones, PA, and Comfort, P. Mechanical Determinants
386 of Faster Change of Direction Speed Performance in Male Athletes. *J Strength
387 Cond Res* 31:696-705, 2017.

388 25. Draganidis, D, Chatzinikolaou, A, Jamurtas, AZ, Carlos Barbero, J, Tsoukas, D,
389 Theodorou, AS, Margonis, K, Michailidis, Y, Avloniti, A, Theodorou, A,
390 Kambas, A, and Fatouros, I. The time-frame of acute resistance exercise effects
391 on football skill performance: the impact of exercise intensity. *J Sports Sci*
392 31:714-722, 2013.

393 26. Dupont, G, Nedelec, M, McCall, A, McCormack, D, Berthoin, S, and Wisloff, U.
394 Effect of 2 soccer matches in a week on physical performance and injury rate. *Am
395 J Sports Med* 38:1752-1758, 2010.

396 27. Faude, O, Koch, T, and Meyer, T. Straight sprinting is the most frequent action in
397 goal situations in professional football. *J Sports Sci* 30:625-631, 2012.

- 398 28. Faude, O, Roth, R, Di Giovine, D, Zahner, L, and Donath, L. Combined strength
399 and power training in high-level amateur football during the competitive season:
400 a randomised-controlled trial. *J Sports Sci* 31:1460-1467, 2013.
- 401 29. Franco-Marquez, F, Rodriguez-Rosell, D, Gonzalez-Suarez, JM, Pareja-Blanco,
402 F, Mora-Custodio, R, Yanez-Garcia, JM, and Gonzalez-Badillo, JJ. Effects of
403 Combined Resistance Training and Plyometrics on Physical Performance in
404 Young Soccer Players. *Int J Sports Med* 36:906-914, 2015.
- 405 30. Gonzalez-Badillo, JJ, Pareja-Blanco, F, Rodriguez-Rosell, D, Abad-Herencia, JL,
406 Del Ojo-Lopez, JJ, and Sanchez-Medina, L. Effects of velocity-based resistance
407 training on young soccer players of different ages. *J Strength Cond Res* 29:1329-
408 1338, 2015.
- 409 31. Hader, K, Palazzi, D, and Buchheit, M. Change of direction speed in soccer: How
410 much braking is enough? *Int J Fund Appl Kinesiol* 47:67-74, 2015.
- 411 32. Hammami, M, Gaamouri, N, Shephard, RJ, and Chelly, MS. Effects of Contrast
412 Strength vs. Plyometric Training on Lower Limb Explosive Performance, Ability
413 to Change Direction and Neuromuscular Adaptation in Soccer Players. *J Strength*
414 *Cond Res*, 33: 2094-2103, 2019.
- 415 33. Hammami, M, Negra, Y, Billaut, F, Hermassi, S, Shephard, RJ, and Chelly, MS.
416 Effects of Lower-Limb Strength Training on Agility, Repeated Sprinting With
417 Changes of Direction, Leg Peak Power, and Neuromuscular Adaptations of
418 Soccer Players. *J Strength Cond Res* 32:37-47, 2018.
- 419 34. Hammami, M, Negra, Y, Shephard, RJ, and Chelly, MS. Effects of leg contrast
420 strength training on sprint, agility and repeated change of direction performance
421 in male soccer players. *J Sports Med Phys Fitness* 57:1424-1431, 2017.

- 422 35. Havens, KL and Sigward, SM. Whole body mechanics differ among running and
423 cutting maneuvers in skilled athletes. *Gait Posture* 42:240-245, 2015.
- 424 36. Jeffreys, I. Movement training for field sports: Soccer. *Strength Cond J* 30:19-27,
425 2008.
- 426 37. Jeffreys, I. A task-based approach to developing context-specific agility. *Strength*
427 *Cond J* 33:52-59, 2011.
- 428 38. Jeffreys, I, Huggins, S, and Davies, N. Delivering a Gamespeed-focused Speed
429 and Agility Development Program in an English Premier League Soccer
430 Academy. *Strength Cond J* 40:23-32, 2018.
- 431 39. Kawamori, N and Newton, RU. Velocity specificity of resistance training: Actual
432 movement velocity versus intention to move explosively. *Strength Cond J* 28:86,
433 2006.
- 434 40. Keiner, M, Sander, A, Wirth, K, and Schmidtbleicher, D. Long-term strength
435 training effects on change-of-direction sprint performance. *J Strength Cond Res*
436 28:223-231, 2014.
- 437 41. Kotzamanidis, C, Chatzopoulos, D, Michailidis, C, Papaiakevou, G, and Patikas,
438 D. The effect of a combined high-intensity strength and speed training program
439 on the running and jumping ability of soccer players. *J Strength Cond Res* 19:369-
440 375, 2005.
- 441 42. Kraska, JM, Ramsey, MW, Haff, GG, Fethke, N, Sands, WA, Stone, ME, and
442 Stone, MH. Relationship between strength characteristics and unweighted and
443 weighted vertical jump height. *Int J Sports Physiol Perform* 4:461-473, 2009.
- 444 43. Loturco, I, Contreras, B, Kobal, R, Fernandes, V, Moura, N, Siqueira, F,
445 Winckler, C, Suchomel, T, and Pereira, LA. Vertically and horizontally directed

446 muscle power exercises: relationships with top-level sprint performance. *PLoS*
 447 *One* 13:e0201475, 2018.

448 44. Loturco, I, Kobal, R, Kitamura, K, Abad, CCC, Faust, B, Almeida, L, and Pereira,
 449 LA. Mixed training methods: effects of combining resisted sprints or plyometrics
 450 with optimum power loads on sprint and agility performance in professional
 451 soccer players. *Front Physiol* 8:1034, 2017.

452 45. Loturco, I, Kobal, R, Maldonado, T, Piazzzi, AF, Bottino, A, Kitamura, K, Abad,
 453 CCC, Pereira, LA, and Nakamura, FY. Jump squat is more related to sprinting
 454 and jumping abilities than Olympic push press. *Int J Sports Med* 38:604-612,
 455 2017.

456 46. Loturco, I, Nakamura, FY, Kobal, R, Gil, S, Cal Abad, CC, Cuniyochi, R, Pereira,
 457 LA, and Roschel, H. Training for power and speed: effects of increasing or
 458 decreasing jump squat velocity in elite young soccer players. *J Strength Cond Res*
 459 29:2771-2779, 2015.

460 47. Loturco, I, Nakamura, FY, Kobal, R, Gil, S, Pivetti, B, Pereira, LA, and Roschel,
 461 H. Traditional periodization versus optimum training load applied to soccer
 462 players: effects on neuromuscular abilities. *Int J Sports Med* 37:1051-1059, 2016.

463 48. Loturco, I, Nakamura, FY, Tricoli, V, Kobal, R, Abad, CC, Kitamura, K,
 464 Ugrinowitsch, C, Gil, S, Pereira, LA, and Gonzales-Badillo, JJ. Determining the
 465 optimum power load in jump squats using the mean propulsive velocity. *PLoS*
 466 *One* 10:e0140102, 2015.

467 49. Loturco, I, Nimphius, S, Kobal, R, Bottino, A, Zanetti, V, Pereira, LA, and
 468 Jeffreys, I. Change-of direction deficit in elite young soccer players. *German J*
 469 *Exerc Sport Res* 48:228-234, 2018.

- 470 50. Loturco, I, Pereira, LA, Kobal, R, Maldonado, T, Piazzzi, AF, Bottino, A,
471 Kitamura, K, Cal Abad, CC, Arruda, M, and Nakamura, FY. Improving sprint
472 performance in soccer: effectiveness of jump squat and Olympic push press
473 exercises. *PLoS One* 11:e0153958, 2016.
- 474 51. Loturco, I, Pereira, LA, Kobal, R, Zanetti, V, Gil, S, Kitamura, K, Abad, CC, and
475 Nakamura, FY. Half-squat or jump squat training under optimum power load
476 conditions to counteract power and speed decrements in Brazilian elite soccer
477 players during the preseason. *J Sports Sci* 33:1283-1292, 2015.
- 478 52. Loturco, I, Pereira, LA, Kobal, R, Zanetti, V, Kitamura, K, Abad, CC, and
479 Nakamura, FY. Transference effect of vertical and horizontal plyometrics on
480 sprint performance of high-level U-20 soccer players. *J Sports Sci* 33:2182-2191,
481 2015.
- 482 53. Loturco, I, Ugrinowitsch, C, Roschel, H, Tricoli, V, and Gonzalez-Badillo, JJ.
483 Training at the optimum power zone produces similar performance improvements
484 to traditional strength training. *J Sports Sci Med* 12:109-115, 2013.
- 485 54. Loturco, I, Ugrinowitsch, C, Tricoli, V, Pivetti, B, and Roschel, H. Different
486 loading schemes in power training during the preseason promote similar
487 performance improvements in Brazilian elite soccer players. *J Strength Cond Res*
488 27:1791-1797, 2013.
- 489 55. Marian, V, Katarina, L, David, O, Matus, K, and Simon, W. Improved Maximum
490 Strength, Vertical Jump and Sprint Performance after 8 Weeks of Jump Squat
491 Training with Individualized Loads. *J Sports Sci Med* 15:492-500, 2016.
- 492 56. McBride, JM, Triplett-McBride, T, Davie, A, and Newton, RU. The effect of
493 heavy- vs. light-load jump squats on the development of strength, power, and
494 speed. *J Strength Cond Res* 16:75-82, 2002.

- 495 57. Morin, JB, Bourdin, M, Edouard, P, Peyrot, N, Samozino, P, and Lacour, JR.
496 Mechanical determinants of 100-m sprint running performance. *Eur J Appl*
497 *Physiol* 112:3921-3930, 2012.
- 498 58. Morin, JB, Edouard, P, and Samozino, P. Technical ability of force application as
499 a determinant factor of sprint performance. *Med Sci Sports Exerc* 43:1680-1688,
500 2011.
- 501 59. Murray, NB, Gabbett, TJ, and Townshend, AD. The Use of Relative Speed Zones
502 in Australian Football: Are We Really Measuring What We Think We Are? *Int J*
503 *Sports Physiol Perform* 13:442-451, 2018.
- 504 60. Nedelec, M, McCall, A, Carling, C, Legall, F, Berthoin, S, and Dupont, G. The
505 influence of soccer playing actions on the recovery kinetics after a soccer match.
506 *J Strength Cond Res* 28:1517-1523, 2014.
- 507 61. Nedergaard, NJ, Kersting, U, and Lake, M. Using accelerometry to quantify
508 deceleration during a high-intensity soccer turning manoeuvre. *J Sports Sci*
509 32:1897-1905, 2014.
- 510 62. Negra, Y, Chaabene, H, Hammami, M, Hachana, Y, and Granacher, U. Effects of
511 High-Velocity Resistance Training on Athletic Performance in Prepuberal Male
512 Soccer Athletes. *J Strength Cond Res* 30:3290-3297, 2016.
- 513 63. Newton, RU and Kraemer, WJ. Developing explosive muscular power:
514 Implications for a mixed methods training strategy. *Strength Cond J* 16:20-31,
515 1994.
- 516 64. Newton, RU, Kraemer, WJ, and Häkkinen, K. Effects of ballistic training on
517 preseason preparation of elite volleyball players. *Med Sci Sports Exerc* 31:323-
518 330, 1999.

- 519 65. Nilsson, J and Thorstensson, A. Ground reaction forces at different speeds of
520 human walking and running. *Acta Physiol Scand* 136:217-227, 1989.
- 521 66. Nimphius, S, Callaghan, SJ, Bezodis, NE, and Lockie, RG. Change of Direction
522 and Agility Tests: Challenging Our Current Measures of Performance. *Strength*
523 *Cond J* 40:26-38, 2018.
- 524 67. Otero-Esquina, C, de Hoyo Lora, M, Gonzalo-Skok, O, Dominguez-Cobo, S, and
525 Sanchez, H. Is strength-training frequency a key factor to develop performance
526 adaptations in young elite soccer players? *Eur J Sport Sci* 17:1241-1251, 2017.
- 527 68. Pareja-Blanco, F, Sanchez-Medina, L, Suarez-Arrones, L, and Gonzalez-Badillo,
528 JJ. Effects of Velocity Loss During Resistance Training on Performance in
529 Professional Soccer Players. *Int J Sports Physiol Perform* 12:512-519, 2017.
- 530 69. Reeves, RK, Laskowski, ER, and Smith, J. Weight training injuries: part 2:
531 diagnosing and managing chronic conditions. *Phys Sportsmed* 26:54-73, 1998.
- 532 70. Requena, B, Garcia, I, Requena, F, de Villarreal, ES, and Cronin, JB. Relationship
533 between traditional and ballistic squat exercise with vertical jumping and maximal
534 sprinting. *J Strength Cond Res* 25:2193-2204, 2011.
- 535 71. Requena, B, Gonzalez-Badillo, JJ, de Villareal, ES, Ereline, J, Garcia, I,
536 Gapeyeva, H, and Paasuke, M. Functional performance, maximal strength, and
537 power characteristics in isometric and dynamic actions of lower extremities in
538 soccer players. *J Strength Cond Res* 23:1391-1401, 2009.
- 539 72. Rodriguez-Rosell, D, Mora-Custodio, R, Franco-Marquez, F, Yanez-Garcia, JM,
540 and Gonzalez-Badillo, JJ. Traditional vs. Sport-Specific Vertical Jump Tests:
541 Reliability, Validity, and Relationship With the Legs Strength and Sprint
542 Performance in Adult and Teen Soccer and Basketball Players. *J Strength Cond*
543 *Res* 31:196-206, 2017.

- 544 73. Rodriguez-Rosell, D, Torres-Torrelo, J, Franco-Marquez, F, Gonzalez-Suarez,
545 JM, and Gonzalez-Badillo, JJ. Effects of light-load maximal lifting velocity
546 weight training vs. combined weight training and plyometrics on sprint, vertical
547 jump and strength performance in adult soccer players. *J Sci Med Sport* 20:695-
548 699, 2017.
- 549 74. Ronnestad, BR, Kvamme, NH, Sunde, A, and Raastad, T. Short-term effects of
550 strength and plyometric training on sprint and jump performance in professional
551 soccer players. *J Strength Cond Res* 22:773-780, 2008.
- 552 75. Ronnestad, BR, Nymark, BS, and Raastad, T. Effects of in-season strength
553 maintenance training frequency in professional soccer players. *J Strength Cond*
554 *Res* 25:2653-2660, 2011.
- 555 76. Santiago, C, Gonzalez-Freire, M, Serratos, L, Morate, FJ, Meyer, T, Gomez-
556 Gallego, F, and Lucia, A. ACTN3 genotype in professional soccer players. *Br J*
557 *Sports Med* 42:71-73, 2008.
- 558 77. Schreurs, MJ, Benjaminse, A, and Lemmink, K. Sharper angle, higher risk? The
559 effect of cutting angle on knee mechanics in invasion sport athletes. *J Biomech*
560 63:144-150, 2017.
- 561 78. Seitz, LB, Reyes, A, Tran, TT, Saez de Villarreal, E, and Haff, GG. Increases in
562 lower-body strength transfer positively to sprint performance: a systematic review
563 with meta-analysis. *Sports Med* 44:1693-1702, 2014.
- 564 79. Sheppard, JM and Young, WB. Agility literature review: classifications, training
565 and testing. *J Sports Sci* 24:919-932, 2006.
- 566 80. Silva, JR, Nassis, GP, and Rebelo, A. Strength training in soccer with a specific
567 focus on highly trained players. *Sports Med - Open* 2:1-27, 2015.

- 568 81. Spinetti, J, Figueiredo, T, Bastos, VDO, Assis, M, Fernandes, LDO, Miranda, H,
569 Machado de Ribeiro Reis, VM, and Simão, R. Comparison between traditional
570 strength training and complex contrast training on repeated sprint ability and
571 muscle architecture in elite soccer players. *J Sports Med Phys Fitness* 56:1269-
572 1278, 2016.
- 573 82. Stolen, T, Chamari, K, Castagna, C, and Wisloff, U. Physiology of soccer: an
574 update. *Sports Med* 35:501-536, 2005.
- 575 83. Styles, WJ, Matthews, MJ, and Comfort, P. Effects of Strength Training on Squat
576 and Sprint Performance in Soccer Players. *J Strength Cond Res* 30:1534-1539,
577 2016.
- 578 84. Vescovi, JD. Impact of maximum speed on sprint performance during high-level
579 youth female field hockey matches: female athletes in motion (FAiM) study. *Int*
580 *J Sports Physiol Perform* 9:621-626, 2014.
- 581 85. Weyand, PG, Sternlight, DB, Bellizzi, MJ, and Wright, S. Faster top running
582 speeds are achieved with greater ground forces not more rapid leg movements. *J*
583 *Appl Physiol* 89:1991-1999, 2000.
- 584 86. Wilson, GJ, Murphy, AJ, and Walshe, A. The specificity of strength training: the
585 effect of posture. *Eur J Appl Physiol Occup Physiol* 73:346-352, 1996.
- 586 87. Wisloff, U, Castagna, C, Helgerud, J, Jones, R, and Hoff, J. Strong correlation of
587 maximal squat strength with sprint performance and vertical jump height in elite
588 soccer players. *Br J Sports Med* 38:285-288, 2004.
- 589 88. Young, WB, Dawson, B, and Henry, G. Agility and change-of-direction speed are
590 independent skills: Implications for training for agility in invasion sports. *Int J*
591 *Sports Sci Coaching* 10:159-169, 2015.

89. Young, WB, Talpey, S, Feros, S, O'Grady, M, and Radford, C. Lower body exercise selection across the force-velocity continuum to enhance sprinting performance. *J Aust Strength Cond* 23:39-42, 2015.

FIGURE CAPTION

Figure 1. Specific variations of vertically oriented exercises that can be easily performed by soccer players: (1) half squat, (2) dumbbell squat, and (3) hexagonal barbell squat, in both “traditional” (non-ballistic) and ballistic conditions. (A) initial position, (B) final phase of the traditional mode, and (C) final phase of the ballistic mode.