

STRENGTH AND DURABILITY TRAINING IN FOOTBALL PLAYERS

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Football is one of the world's most widespread sports. In addition to other parameters concerning power, football players need enormous physical fitness. Explosive strength, repetitive strength, and static strength are important parameters for the inclusion of plans and training programs in individual football players.

Numerous studies have shown a significantly greater height and maximum muscle strength while performing vertical jump in elite athletes, compared with examinees in the lower league competition level.

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