

The Effect of Core and Plyometric Exercises on Soccer Players

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ABSTRACT The objective of this study is to examine the effects of core and plyometric exercises on some motoric capabilities of soccer players. 30 soccer players who play for Mugla University S.C. participated in the research study. In the research, core and plyometric exercises were implemented on two different groups for 8 weeks, but within a 30-35 minutes time frame and on twice a week basis. Before the implementations, pre-test results of the two groups of 15 players were obtained. For 8 weeks, plyometric strength training exercises were implemented on the 1st experimental group whilst, core strength training exercises were implemented on the 2nd experimental group. After 8 weeks, post-test measures of the two groups were obtained. Statistical differences between tests were analyzed with t-test. The significance level was taken as $p < 0.05$. In conclusion, it was observed that 8-week core exercises implemented on soccer players who play in Amateur League have been more effective in jumping and in some motoric capabilities than the plyometric exercises.