

The Effects of Core Training Applied to Footballers on Anaerobic Power, Speed and Agility Performance

Bekir Mendes

School of Physical Education and Sports, Gaziantep University, Gaziantep, 27310, Turkey

E-mail: zeynimendes@hotmail.com

KEYWORDS Agility. Core training. Football. Maximum Speed

ABSTRACT This study was conducted to investigate the effects of physiological parameters of core strength training applied to footballers. 15 core exercises were applied to 31 footballers aged 18-30, along 6 weeks. Zigzag test was applied to the footballers to measure agility measurements and Wingate test was applied to measure anaerobic power. Results of repeated measurement ANOVA indicated that there were only significant differences among the weeks in terms of 10 m sprint ($P=0.012$) and 20 m speed ($P=0.000$). It is possible to conclude that the core strength training may contribute to the speed performance. However, it would not be sufficient to consider only core strength training for anaerobic power and agility measurements.