

The Acute Effects of Specific Preconditioning Activities on Penalty Kick Performance in Soccer Players

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ABSTRACT The aim of this study was to compare the acute effects of various preconditioning activities on football penalty kick performance. 21 football players performed four different preconditioning activities in random order on non-consecutive days. The preconditioning activities were composed of only 10 minutes of jogging (OW), 10 minutes of jogging and squats with body weight (SBW), 10 minutes of jogging and elastic band (EB), and 10 minutes of jogging and whole-body vibration (WBV). After the completion of each preconditioning activity, the football penalty kick performance of the subjects was tested. The difference between OW and SBW (5,2%), and EB (4,7%) and WBV (5 %) were considered to be meaningful ($p < 0,01$). However, no difference was noted between SBW, EB and WBV ($p > 0,01$). According to the findings, SBW, EB and WBV applications, which were used as preconditioning activities after a low intensity aerobics-based joggings acutely, increase penalty kick performance.