

Physical and Physiological Characteristics of an Elite Soccer Team's Players According to Playing Positions

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ABSTRACT The purpose of this study was to evaluate and compare the positional physical and physiological characteristics of the elite soccer players based on anthropometric measurements, blood lactate, 5-10-20 m sprint, SJ, CMJ, Yo-Yo IR1 tests. For this purpose, measurements were taken from 29 professional soccer players (age: 23.38 ± 3.42) during the competitive season of 2013/14. The ANOVA one way with Tukey's post hoc test was used to determine the differences of the players at different playing positions. Wingers were the youngest, shortest, lightest, and had less BMI and fat percentage than the players at the other playing positions. The wingers were the fastest and midfielders were the slowest group in the team in 5m and 10m. Forwards showed the best performance at SJ and CMJ in the team. The midfielders reached the highest and goalkeepers reached the lowest velocity at 2, 2.5, 3 and 4 mmol blood lactate levels. The wingers reached the best and the goalkeepers were/had the lowest distance at Yo-Yo IR1. Full backs reached a better distance than the midfielders, forwards and center backs respectively. The results clearly indicated that there are physical and physiological differences according to the playing position of soccer players.