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Jump Tests As A Criterion Of Neuromuscular Recovery After Matches In Elite Futsal Players

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Abstract: BACKGROUND: Jump tests have been applied in different sports to assess the neuromuscular fatigue after a period of intensive workload training period or competition, nevertheless no data related with this methodology has been reported in elite Futsal.

PURPOSE: To apply the jump test methodology to determine the neuromuscular fatigue after matches as criterion to restart training sessions.

METHODS: 15 elite Spanish Futsal players carried out two jump tests (SJ and CMJ), the first one the day before (24 h pre-match) and the second one the day after (48 h post-match) of matches during two training season of 2008-2010. The warm-up before all tests was standardized. The flight times of Jump tests were recorded by means Musclelab system (Ergotest Innovation, Norway). Each player performed two attempts of each test and the highest height was recorded (expressed in cm), moreover the peak power was estimated (expressed in W) by means Sayer's equation. Comparisons between pre-match and post-match were done by means a Wilcoxon test due to data did not follow the normality. Statistical significance was set at $p < 0.05$.

RESULTS: After comparisons between pre-test and post-test there were not found significant differences for height (CMJ: 41.4 ± 5.9 vs. 41.5 ± 6.0 cm, respectively; SJ: 38.6 ± 7.8 vs. 38.4 ± 7.7 cm, respectively) and for peak power (CMJ: 3733 ± 460 vs. 3699 ± 444 W, respectively; SJ: 3610 ± 420 vs. 3586 ± 425 W, respectively).

CONCLUSIONS: The present study suggests that CMJ and SJ Jump tests are useful as a criterion to determine the neuromuscular fatigue and to start training sessions after matches.

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