

## Central Lancashire Online Knowledge (CLoK)

Title	The Effect of Transition Period on Performance Parameters in Elite Female Soccer Players
Type	Article
URL	<a href="https://clock.uclan.ac.uk/id/eprint/31840/">https://clock.uclan.ac.uk/id/eprint/31840/</a>
DOI	<a href="https://doi.org/10.1055/a-1103-2038">https://doi.org/10.1055/a-1103-2038</a>
Date	2020
Citation	Parpa, Koulla (2020) The Effect of Transition Period on Performance Parameters in Elite Female Soccer Players. International Journal of Sports Medicine, 41 (08). pp. 528-532. ISSN 0172-4622
Creators	Parpa, Koulla

It is advisable to refer to the publisher's version if you intend to cite from the work.  
<https://doi.org/10.1055/a-1103-2038>

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Table 1 Anthropometric and body composition of female soccer players (n=18), Mean  $\pm$ SD

	End of competitive period	After the transition period
	Mean $\pm$ SD	Mean $\pm$ SD
Age (years)	23.61 $\pm$ 4.29	
Height (cm)	164.80 $\pm$ 4.67	
Total Body Mass (kg)	58.29 $\pm$ 6.49*	59.44 $\pm$ 5.83*
BF%	19.81 $\pm$ 3.46*	21.51 $\pm$ 3.14*

BF%: body fat

\*p< 0.01

Table 2. Lower body strength of female soccer players (n=18), Mean  $\pm$ SD

	End of competitive period	After the transition period
	Mean $\pm$ SD	Mean $\pm$ SD
Right quadriceps (60 °/sec)	*137.56 $\pm$ 25.02	* 130.39 $\pm$ 20.41
Left quadriceps (60 °/sec)	*140.50 $\pm$ 27.38	*134.17 $\pm$ 28.45
Right hamstring (60 °/sec)	101.89 $\pm$ 15.59	98.89 $\pm$ 15.40
Left hamstring (60 °/sec)	99.89 $\pm$ 20.39	101.22 $\pm$ 19.33

\*p<0.01

Table 3. Running time and Vo2 max of female soccer players (n=18), Mean  $\pm$ SD

	End of competitive period Mean $\pm$ SD	After the transition period Mean $\pm$ SD
RT	*10.86 $\pm$ 1.56	11.82 $\pm$ 1.48
Vo2 max	*51.92 $\pm$ 4.30	49.60 $\pm$ 4.89

\*p<0.01

RT: running time (min)

Table 4. Afternoon training plan for weeks 1-4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	OFF	Warm up (10min), proprioceptive training (10min), upper and lower body circuit training (30min), cool down (10 min)	OFF	OFF	Warm up (10min), proprioceptive training (10min), upper and lower body circuit training (30min), cool down (10 min)	OFF	OFF
Week 2	OFF	Warm up (10 min), flexibility training (5 min), proprioceptive training (5 min), upper body and core training (30 min), cool down (10 min)	OFF	OFF	Warm up (10 min), flexibility training (5 min), proprioceptive training (5 min), upper body and core training (30 min), cool down (10 min)	OFF	OFF
Week 3	OFF	Warm up (10min), proprioceptive training (10min), upper and lower body circuit training (30min), cool down (10 min)	OFF	OFF	Warm up (10min), proprioceptive training (10min), upper and lower body circuit training (30min), cool down (10 min)	OFF	OFF
Week 4	OFF	Warm up (10min), jumping exercises (10min), lower and core body circuit training (30min), cool down (10 min)	OFF	OFF	Warm up (10min), jumping exercises (10min), lower and core body circuit training (30min), cool down (10 min)	OFF	OFF