

Relationship between the Yo-Yo Intermittent Recovery Test Level 1 and Anaerobic Performance Tests in Youth Soccer Players

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Abstract : The aims of the study were to investigate the relationship between the Yo-Yo intermittent recovery test level 1 (YYIR1) and relatively easy to conduct anaerobic power tests such as Sergeant (SJ) and Standing Broad Jump (SBJ), the flexibility Sit&Reach test (S&R) and Hexagon Agility (HA) test in twenty youth soccer players, aged 14 years. Players completed YYIR1 and other performance tests [(SJ), (SBJ)] in two consecutive days. The mean YYIR1 distances for the players was 1454 ± 420 m. Peak Anaerobic Power (PAPw) was calculated using SJ (cm) scores. The mean PAPw was 2966,83w. Spearman's correlation test results revealed that there is a statistically significant negative correlation between HA and YYIR1 tests ($r = -0.72$, $p=0.000$) and no significant correlation was found between anaerobic power tests and YYIR1. In conclusion, as a test to measure player's intermittent aerobic capacity YYIR1 test and anaerobic power test results have not shown significant correlation. Although the YYIR1 test has been used in talent identification, anaerobic qualifications of player's should be assessed using designated performance tests.

Keywords : yo-yo test, anaerobic power, soccer, sergeant jump test

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