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RELATIONSHIPS BETWEEN JUMP AND SPRINT FORCE-VELOCITY PROFILES AND PERFORMANCE

Carnegie Applied Rugby Research

CARR centre

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Purpose

To investigate the associations between matched mechanical variables derived from both vertical¹ and horizontal² force-velocity-power (FVP) profiling, and the performance outcome variables within squat jump (SJ) and sprint performance.

Method

20 elite male academy rugby league players (age 17.6±0.9 years; height 179.9±6.6cm; body mass 91.2±11.8kg).

- Data collection:** The participants performed two maximal 40m sprints. Sprints were recorded using a radar gun device (Stalker ATS II), which obtained instantaneous speed-time measurements. Sprint times were determined from the modelled velocity-time data at 2m, 5m, 10m and 20m and maximum velocity (Vmax; m.s⁻¹)².
- The participants performed two maximal SJ (~90° knee angle) repetitions with 0kg, 20kg, 40kg, 60kg and 80kg. An Optojump was used to record jump height (cm) for each load.
- Body mass relative vertical and horizontal mechanical variables (theoretical maximal values of force (F0) (N/kg), velocity (V0) (m/s), power (Pmax) (W/kg)) and the slope of the F-V linear relationship (Sfv) were calculated^{1,2}.
- Data analysis:** Pearson's correlation coefficients (r) assessed the relationship between matched vertical and horizontal mechanical variables (F0 vertical & horizontal, v0 vertical & horizontal, Pmax vertical & horizontal and Sfv vertical & horizontal) and SJ and sprint performance.



Figure 1&2. Mechanical profiling methods imagery

Results

Table 1. Horizontal and vertical mechanical variables Mean ± SD data.

	F0 (N/kg)	V0 (m/s)	Sfv (N.s/m/kg)	Pmax (W/kg)
HZT variable	7.31±1.04	8.7±0.54	-0.84±0.13	15.9±2.58
VTC variable	31.34±5.15	4.16±1.51	-8.8±4.42	31.51±9.6

Table 2. Performance variable Mean ± SD data.

	Jump height (cm)	2m time (s)	5m time (s)	10m time (s)	20m time (s)	Vmax (m/s)
Performance variable	32.34±11.59	0.82±0.06	1.41±0.08	2.17±0.12	3.49±0.18	8.42±0.49

Table 3. Pearson correlation between matched mechanical variables

	F0 (N/kg)	V0 (m/s)	Sfv (N.s/m/kg)	Pmax (W/kg)
HZT & VTC	r=-0.19	r=0.15	r=-0.25	r=0.34

Table 4. Pearson correlation between HZT mechanical and performance variables.

	HZT-F0 (N/kg)	HZT-V0 (m/s)	HZT-Sfv (N.s/m/kg)	HZT-Pmax (W/kg)
Jump height (cm)	r=-0.42	r=-0.25	r=-0.36	r=-0.43
2m time (s)	r=-0.98***	r=-0.22	r=0.83***	r=-0.94***
5m time (s)	r=-0.96***	r=-0.32*	r=0.78***	r=-0.96***
10m time (s)	r=-0.93***	r=-0.42*	r=0.71***	r=-0.98***
20m time (s)	r=-0.85***	r=-0.59***	r=-0.59***	r=-0.98***
Vmax (m/s)	r=0.17	r=1.0***	r=0.26	r=0.55***

Table 5. Pearson correlation between VTC mechanical and performance variables.

	VTC-F0 (N/kg)	VTC-V0 (m/s)	VTC-Sfv (N.s/m/kg)	VTC-Pmax (W/kg)
Jump height (cm)	r=-0.13	r=0.47*	r=0.41	r=0.51*
2m time (s)	r=0.16	r=-0.40	r=-0.27	r=-0.39
5m time (s)	r=0.19	r=-0.40	r=-0.28	r=-0.37
10m time (s)	r=0.17	r=-0.35	r=-0.25	r=-0.32
20m time (s)	r=0.21	r=-0.39	r=-0.30	r=-0.36
Vmax (m/s)	r=-0.05	r=0.17	r=0.12	r=0.16

Note: F0, theoretical maximal force; v0, theoretical maximal velocity; Pmax, theoretical maximal power; HZT, horizontal; VTC, vertical. *P < 0.05, **P < 0.01, ***P < 0.001.

Results Summary

- There was no significant correlation between vertical and horizontal FVP matched mechanical variables (p > 0.05).
- The correlations between vertical FVP variables and sprint performance and between horizontal FVP variables and SJ performance failed to reach statistical significance (p > 0.05).
- Moderate -0.32 to near perfect 1.0 significant correlations (p < 0.05) were found between mechanical and performance variables shifting the importance of separate variables depending on the testing task.

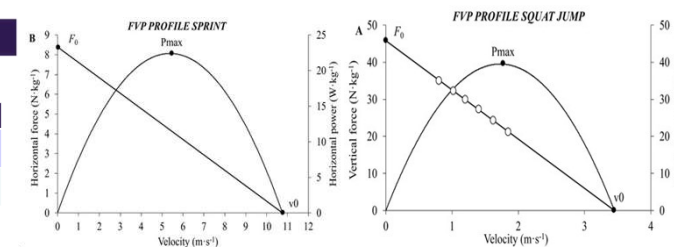


Figure 3 & 4. Example mechanical profiles sprint and SJ³

Conclusions

- The absence of significant correlations between the vertical and horizontal FVP profiles suggests that they provide distinctive information about the athlete's mechanical variables.
- The magnitude of the correlations between mechanical variables and sprint performance shifted across the velocity-time curve, therefore performance is determined by separate qualities depending on the distance.
- Whereas, Pmax reported the greatest correlation with SJ height.

Practical Applications

- To ensure specific, accurate and comprehensive characterisation of athletes' physical qualities FVP profiles should be determined with exercises maximal mechanically similarity to the targeted performance task.
- These results will aid practitioners in test selection the prescription and individualisation of training by providing important information as to the most influential variables to develop SJ and sprint performance.

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