

Investigating Women Futsal and Soccer Players' Acceleration, Speed and Agility Features

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ABSTRACT The present study aims to examine the agility, speed and acceleration features in women futsal and women soccer players. A total of 70 volunteers including 35 futsal (age, 20.85 ± 1.88 years; height, 166.85 ± 4.57 cm; weight, 61.74 ± 9.07 kg) and 35 football players (age, 20.40 ± 3.34 years; height, 165.02 ± 7.66 cm; weight, 60.98 ± 6.76 kg) participated in the study. The training ages of the futsal and soccer players were 6.08 ± 1.44 years and 5.77 ± 3.26 years, respectively. The participants' 10 meter, 20 meter and 30 meter agility and acceleration values were measured using the New Test Power Timer measurement instrument. The SPSS 17.00 package program was used to evaluate the data. An independent sample test was performed on independent groups to determine the differences between them. The results indicated that woman futsal players' 10 meter, 20 meter and 30 meter speed and agility values were significantly higher than women soccer players.