

## **The Evaluation of Anaerobic Power Values and Sprint Performances of Football Players Playing in Different Positions**

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**ABSTRACT** The purpose of this paper is to compare the anaerobic power values and sprint performances of football players playing in different positions and to evaluate the association between these. A total of 40 male football players participated in the study voluntarily. For this aim, 20, 30 and 45.72 m sprint tests, vertical jump and Wingate anaerobic power tests were performed on the football players. The results of this study showed that there were significant differences for all the sprint tests. Moreover, statistically significant positive correlation was found between all the sprint tests, while statistically significant negative correlation was found between sprint and vertical jump tests. In addition, a negative correlation was found between 30 m sprint and peak power values. Also, the negative correlation found between the sprint and vertical jump values brings to mind that vertical jump trainings can be used to improve the ability of speed.