

Abstract

Title:

The Use of Velocity Based Training for the Development of Motor Skills in Football Players:
A Systematic Review

Objectives:

The aim of this Bachelor's thesis is to create an overview of the use of VBT methods in context of conditioning and particularly in strength training for football players. Additionally, this thesis summarizes all the knowledge and current findings of the effects of VBT in football based on available scientific studies.

Methods:

The development of this bachelor's thesis followed systematic review methods in accordance with PRISMA2020 guidelines. After creating the search script, data were collected from three scientific databases (Web of Science, PubMed, Scopus). Publications were then selected according to pre-established criteria of this study. Followed by thorough analysis, the publications were subjected to qualitative assessment using the Risk of Bias tool and subsequent synthesis. The citation manager Zotero was utilized for the organized processing of the studies.

Results:

In this bachelor's thesis, five studies investigating the effect of Velocity-based Training on the performance development of football players were included. In the synthesis was found that VBT methods were beneficial for development of football players. Notably, tailoring training to the optimal power load zone across different ends of the force-velocity curve and optimizing training variables to maximize power with overloading the athlete, particularly during crucial phases of the season, proved advantageous.

Keywords:

Strength training, conditioning, athletic performance, load, training programming