# Jonathon J S Weakley

List of Publications by Year
in descending order



| 63 | 1,714 | 236612 25 | 344852 36 |
|---|---|---|---|
| papers | citations | h-index | g-index |

| 63 | 63 | 63 | 900 |
|---|---|---|---|
| all docs | docs citations | times ranked | citing authors |

| # | Article | IF | Citations |
|---|---|---|---|
| 1 | A multidimensional approach to identifying the physical qualities of male English regional academy rugby union players; considerations of position, chronological age, relative age and maturation. European Journal of Sport Science, 2023, 23, 178-188. | 1.4 | 10 |
| 2 | Comparison of Countermovement Jump and Squat Jump Performance Between 627 State and Non-State Representative Junior Australian Football Players. Journal of Strength and Conditioning Research, 2023, 37, 641-645. | 1.0 | 1 |
| 3 | The effects of travel on performance: a 13-year analysis of the National Rugby League (NRL) competition. Science and Medicine in Football, 2022, 6, 60-65. | 1.0 | 2 |
| 4 | The inter-device reliability of global navigation satellite systems during team sport movement across multiple days. Journal of Science and Medicine in Sport, 2022, 25, 340-344. | 0.6 | 21 |
| 5 | A Systematic Review on Fitness Testing in Adult Male Basketball Players: Tests Adopted, Characteristics Reported and Recommendations for Practice. Sports Medicine, 2022, 52, 1491-1532. | 3.1 | 24 |
| 6 | Overtraining Syndrome Symptoms and Diagnosis in Athletes: Where Is the Research? A Systematic Review. International Journal of Sports Physiology and Performance, 2022, 17, 675-681. | 1.1 | 15 |
| 7 | Putting the Squeeze on Compression Garments: Current Evidence and Recommendations for Future Research: A Systematic Scoping Review. Sports Medicine, 2022, 52, 1141-1160. | 3.1 | 14 |
| 8 | Influence of countermovement depth on the countermovement jumpâ€derived reactive strength index modified. European Journal of Sport Science, 2021, 21, 1606-1616. | 1.4 | 23 |
| 9 | Jump Training in Rugby Union Players: Barbell or Hexagonal Bar?. Journal of Strength and Conditioning Research, 2021, 35, 754-761. | 1.0 | 13 |
| 10 | The Validity and Reliability of Commercially Available Resistance Training Monitoring Devices: A Systematic Review. Sports Medicine, 2021, 51, 443-502. | 3.1 | 58 |
| 11 | Influence of age and maturation status on sprint acceleration characteristics in junior Australian football. Journal of Sports Sciences, 2021, 39, 1585-1593. | 1.0 | 13 |
| 12 | Superior Changes in Jump, Sprint, and Change-of-Direction Performance but Not Maximal Strength Following 6 Weeks of Velocity-Based Training Compared With 1-Repetition-Maximum Percentage-Based Training. International Journal of Sports Physiology and Performance, 2021, 16, 232-242. | 1.1 | 38 |
| 13 | The Applied Sports Science and Medicine of Netball: A Systematic Scoping Review. Sports Medicine, 2021, 51, 1715-1731. | 3.1 | 16 |
| 14 | Number of Repetitions Performed Before and After Reaching Velocity Loss Thresholds: First Repetition Versus Fastest Repetitionâ€"Mean Velocity Versus Peak Velocity. International Journal of Sports Physiology and Performance, 2021, 16, 950-957. | 1.1 | 14 |
| 15 | Bench Press 1-Repetition Maximum Estimation Through the Individualized Loadâ€"Velocity Relationship: Comparison of Different Regression Models and Minimal Velocity Thresholds. International Journal of Sports Physiology and Performance, 2021, 16, 1074-1081. | 1.1 | 24 |
| 16 | The Validity and Reliability of Wearable Microtechnology for Intermittent Team Sports: A Systematic Review. Sports Medicine, 2021, 51, 549-565. | 3.1 | 38 |
| 17 | Velocity-Based Training: From Theory to Application. Strength and Conditioning Journal, 2021, 43, 31-49. | 0.7 | 148 |
| 18 | The Effects of Superset Configuration on Kinetic, Kinematic, and Perceived Exertion in the Barbell Bench Press. Journal of Strength and Conditioning Research, 2020, 34, 65-72. | 1.0 | 15 |

| # | Article | IF | Citations |
|---|---|---|---|
| 19 | Show Me, Tell Me, Encourage Me: The Effect of Different Forms of Feedback on Resistance Training Performance. Journal of Strength and Conditioning Research, 2020, 34, 3157-3163. | 1.0 | 46 |
| 20 | The Effects of 10%, 20%, and 30% Velocity Loss Thresholds on Kinetic, Kinematic, and Repetition Characteristics During the Barbell Back Squat. International Journal of Sports Physiology and Performance, 2020, 15, 180-188. | 1.1 | 42 |
| 21 | Sleep patterns of elite youth team-sport athletes prior to and during international competition. Science and Medicine in Football, 2020, 4, 15-21. | 1.0 | 5 |
| 22 | Application of velocity loss thresholds during free-weight resistance training: Responses and reproducibility of perceptual, metabolic, and neuromuscular outcomes. Journal of Sports Sciences, 2020, 38, 477-485. | 1.0 | 49 |
| 23 | The Quality, Quantity, and Intraindividual Variability of Sleep Among Students and Student-Athletes. Sports Health, 2020, 12, 43-50. | 1.3 | 15 |
| 24 | Velocity Loss Thresholds Reliably Control Kinetic and Kinematic Outputs during Free Weight Resistance Training. International Journal of Environmental Research and Public Health, 2020, 17, 6509. | 1.2 | 5 |
| 25 | Effect of Competition Frequency on Strength Performance of Powerlifting Athletes. Journal of Strength and Conditioning Research, 2020, 34, 1213-1219. | 1.0 | 13 |
| 26 | Testing methods and physical qualities of male age grade rugby union players: A systematic review. PLoS ONE, 2020, 15, e0233796. | 1.1 | 30 |
| 27 | Criterion Validity, and Interunit and Between-Day Reliability of the FLEX for Measuring Barbell Velocity During Commonly Used Resistance Training Exercises. Journal of Strength and Conditioning Research, 2020, 34, 1519-1524. | 1.0 | 25 |
| 28 | â€œHow Am I Going, Coach?â€â€”The Effect of Augmented Feedback During Small-Sided Games on Locomotor, Physiological, and Perceptual Responses. International Journal of Sports Physiology and Performance, 2020, 15, 677-684. | 1.1 | 8 |
| 29 | Applied Sport Science for Male Age-Grade Rugby Union in England. Sports Medicine - Open, 2020, 6, 14. | 1.3 | 28 |
| 30 | Reliability of the velocity achieved during the last repetition of sets to failure and its association with the velocity of the 1-repetition maximum. PeerJ, 2020, 8, e8760. | 0.9 | 18 |
| 31 | Convergent Validity, Reliability, and Sensitivity of a Running Test to Monitor Neuromuscular Fatigue. International Journal of Sports Physiology and Performance, 2020, 15, 1067-1073. | 1.1 | 12 |
| 32 | Reliability and validity of different methods of estimating the one-repetition maximum during the free-weight prone bench pull exercise. Journal of Sports Sciences, 2019, 37, 2205-2212. | 1.0 | 65 |
| 33 | Structure of force variability during squats performed with an inertial flywheel device under stable versus unstable surfaces. Human Movement Science, 2019, 66, 497-503. | 0.6 | 11 |
| 34 | The Effects of Augmented Feedback on Sprint, Jump, and Strength Adaptations in Rugby Union Players After a 4-Week Training Program. International Journal of Sports Physiology and Performance, 2019, 14, 1205-1211. | 1.1 | 39 |
| 35 | Assessment of the load-velocity profile in the free-weight prone bench pull exercise through different velocity variables and regression models. PLoS ONE, 2019, 14, e0212085. | 1.1 | 42 |
| 36 | Criterion Validity of Force and Power Outputs for a Commonly Used Flywheel Resistance Training Device and Bluetooth App. Journal of Strength and Conditioning Research, 2019, 33, 1180-1184. | 1.0 | 23 |

| # | Article | IF | Citations |
|---|---|---|---|
| 37 | Visual Feedback Attenuates Mean Concentric Barbell Velocity Loss and Improves Motivation, Competitiveness, and Perceived Workload in Male Adolescent Athletes. Journal of Strength and Conditioning Research, 2019, 33, 2420-2425. | 1.0 | 62 |
| 38 | Maximum running intensities during English academy rugby union match-play. Science and Medicine in Football, 2019, 3, 43-49. | 1.0 | 6 |
| 39 | Strength and Conditioning Practices in Adolescent Rugby Players: Relationship With Changes in Physical Qualities. Journal of Strength and Conditioning Research, 2019, 33, 2361-2369. | 1.0 | 37 |
| 40 | Bigger, stronger, faster, fitter: the differences in physical qualities of school and academy rugby union players. Journal of Sports Sciences, 2018, 36, 2399-2404. | 1.0 | 46 |
| 41 | Reliability and Validity of a Medicine Ballâ€“Contained Accelerometer for Measuring Upper-Body Neuromuscular Performance. Journal of Strength and Conditioning Research, 2018, 32, 1915-1918. | 1.0 | 6 |
| 42 | The organised chaos of English adolescent rugby union: Influence of weekly match frequency on the variability of match and training loads. European Journal of Sport Science, 2018, 18, 341-348. | 1.4 | 25 |
| 43 | The physical characteristics of match-play in English schoolboy and academy rugby union. Journal of Sports Sciences, 2018, 36, 645-650. | 1.0 | 21 |
| 44 | The appropriateness of training exposures for match-play preparation in adolescent schoolboy and academy rugby union players. Journal of Sports Sciences, 2018, 36, 704-709. | 1.0 | 17 |
| 45 | Understanding the Relationship Between Coach and Athlete Perceptions of Training Intensity in Youth Sport. Journal of Strength and Conditioning Research, 2018, 32, 3239-3245. | 1.0 | 16 |
| 46 | Between-Day Reliability and Usefulness of a Fitness Testing Battery in Youth Sport Athletes: Reference Data for Practitioners. Measurement in Physical Education and Exercise Science, 2018, 22, 11-18. | 1.3 | 25 |
| 47 | Organized Chaos in Late Specialization Team Sports: Weekly Training Loads of Elite Adolescent Rugby Union Players. Journal of Strength and Conditioning Research, 2018, 32, 1316-1323. | 1.0 | 29 |
| 48 | Presenting objective visual performance feedback over multiple sets of resistance exercise improves motivation, competitiveness, and performance. Proceedings of the Human Factors and Ergonomics Society, 2018, 62, 1306-1310. | 0.2 | 13 |
| 49 | The Physical Characteristics of Specific Phases of Play During Rugby Union Match Play. International Journal of Sports Physiology and Performance, 2018, 13, 1331-1336. | 1.1 | 17 |
| 50 | The effect of physical contact on changes in fatigue markers following rugby union fieldâ€based training. European Journal of Sport Science, 2017, 17, 647-655. | 1.4 | 42 |
| 51 | We know they train, but what do they do? Implications for coaches working with adolescent rugby union players. International Journal of Sports Science and Coaching, 2017, 12, 175-182. | 0.7 | 20 |
| 52 | The Influence of Resistance Training Experience on the Between-Day Reliability of Commonly Used Strength Measures in Male Youth Athletes. Journal of Strength and Conditioning Research, 2017, 31, 2005-2010. | 1.0 | 28 |
| 53 | The Influence of Training Age on the Annual Development of Physical Qualities Within Academy Rugby League Players. Journal of Strength and Conditioning Research, 2017, 31, 2110-2118. | 1.0 | 28 |
| 54 | Validity of Daily and Weekly Self-Reported Training Load Measures in Adolescent Athletes. Journal of Strength and Conditioning Research, 2017, 31, 1121-1126. | 1.0 | 31 |

| # | Article | IF | Citations |
|---|---|---|---|
| 55 | Movement and physical demands of school and university rugby union match-play in England. BMJ Open Sport and Exercise Medicine, 2017, 2, e000147. | 1.4 | 28 |
| 56 | Physical Demands of Representative Match-Play in Adolescent Rugby Union. Journal of Strength and Conditioning Research, 2017, 31, 1290-1296. | 1.0 | 36 |
| 57 | Real-time quantitative performance feedback during strength exercise improves motivation, competitiveness, mood, and performance. Proceedings of the Human Factors and Ergonomics Society, 2017, 61, 1546-1550. | 0.2 | 29 |
| 58 | The effects of traditional, superset, and tri-set resistance training structures on perceived intensity and physiological responses. European Journal of Applied Physiology, 2017, 117, 1877-1889. | 1.2 | 45 |
| 59 | To Jump or Cycle? Monitoring Neuromuscular Function in Rugby Union Players. International Journal of Sports Physiology and Performance, 2017, 12, 690-696. | 1.1 | 20 |
| 60 | The Effect of Body Mass on the 30-15 Intermittent Fitness Test in Rugby Union Players. International Journal of Sports Physiology and Performance, 2016, 11, 400-403. | 1.1 | 34 |
| 61 | Between-Days Reliability and Sensitivity of Common Fatigue Measures in Rugby Players. International Journal of Sports Physiology and Performance, 2016, 11, 581-586. | 1.1 | 62 |
| 62 | Changes in Adductor Strength After Competition in Academy Rugby Union Players. Journal of Strength and Conditioning Research, 2016, 30, 344-350. | 1.0 | 24 |
| 63 | Comparison of the two most commonly used gold-standard velocity monitoring devices (GymAware) Tj ETQq1 1 0.784314 rgBT /Ove<br>of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology, 0, ,<br>175433712110296. | 0.4 | 4 |