

Javier Raya-González

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/4105313/publications.pdf>

Version: 2024-02-01

85
papers

901
citations

516710

16
h-index

642732

23
g-index

94
all docs

94
docs citations

94
times ranked

664
citing authors

#	ARTICLE	IF	CITATIONS
1	Effects of Plyometric Jump Training on Jump and Sprint Performance in Young Male Soccer Players: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2020, 50, 2125-2143.	6.5	47
2	Determining the Relationship Between Internal Load Markers and Noncontact Injuries in Young Elite Soccer Players. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 421-425.	2.3	37
3	Distribution of External Load During Acquisition Training Sessions and Match Play of a Professional Soccer Team. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 3453-3458.	2.1	33
4	Acute Effects of Caffeine Supplementation on Movement Velocity in Resistance Exercise: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2020, 50, 717-729.	6.5	33
5	Injury Profile in Women's Football: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2021, 51, 423-442.	6.5	33
6	The influence of youth soccer players' sprint performance on the different sided games' external load using GPS devices. <i>Research in Sports Medicine</i> , 2020, 28, 194-205.	1.3	32
7	Injury Profile of Male and Female Senior and Youth Handball Players: A Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3925.	2.6	29
8	Effects of Nutrition Education Interventions in Team Sport Players. A Systematic Review. <i>Nutrients</i> , 2020, 12, 3664.	4.1	27
9	The effect of a weekly flywheel resistance training session on elite U-16 soccer players' physical performance during the competitive season. A randomized controlled trial. <i>Research in Sports Medicine</i> , 2021, 29, 571-585.	1.3	27
10	Selection and promotion processes are not associated by the relative age effect in an elite Spanish soccer academy. <i>PLoS ONE</i> , 2019, 14, e0219945.	2.5	23
11	Influence of Different Small-Sided Game Formats on Physical and Physiological Demands and Physical Performance in Young Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2287-2293.	2.1	23
12	A Longitudinal Investigation of Muscle Injuries in an Elite Spanish Male Academy Soccer Club: A Hamstring Injuries Approach. <i>Applied Sciences (Switzerland)</i> , 2020, 10, 1610.	2.5	23
13	Beetroot juice supplementation increases concentric and eccentric muscle power output. Original investigation. <i>Journal of Science and Medicine in Sport</i> , 2021, 24, 80-84.	1.3	22
14	Chronic effects of flywheel training on physical capacities in soccer players: a systematic review. <i>Research in Sports Medicine</i> , 2023, 31, 228-248.	1.3	21
15	The effect of flywheel training on strength and physical capacities in sporting and healthy populations: An umbrella review. <i>PLoS ONE</i> , 2022, 17, e0264375.	2.5	21
16	Effects of moderate vs. high iso-inertial loads on power, velocity, work and hamstring contractile function after flywheel resistance exercise. <i>PLoS ONE</i> , 2019, 14, e0211700.	2.5	20
17	The Flywheel Paradigm in Team Sports: A Soccer Approach. <i>Strength and Conditioning Journal</i> , 2021, 43, 12-22.	1.4	20
18	Effects of Caffeine Supplementation on Power Performance in a Flywheel Device: A Randomised, Double-Blind Cross-Over Study. <i>Nutrients</i> , 2019, 11, 255.	4.1	19

#	ARTICLE	IF	CITATIONS
19	Strength, Jumping, and Change of Direction Speed Asymmetries Are Not Associated With Athletic Performance in Elite Academy Soccer Players. <i>Frontiers in Psychology</i> , 2020, 11, 175.	2.1	19
20	Effects of Flywheel Resistance Training on Sport Actions. A Systematic Review and Meta-Analysis. <i>Journal of Human Kinetics</i> , 2021, 77, 191-204.	1.5	19
21	Flywheel Training Periodization in Team Sports. <i>Frontiers in Physiology</i> , 2021, 12, 732802.	2.8	18
22	Effects of flywheel training on strength-related variables in female populations. A systematic review. <i>Research in Sports Medicine</i> , 2022, 30, 353-370.	1.3	17
23	The influence of offside rule and pitch sizes on the youth soccer players' small-sided games external loads. <i>Research in Sports Medicine</i> , 2020, 28, 324-338.	1.3	16
24	Analyzing the Magnitude of Interlimb Asymmetries in Young Female Soccer Players: A Preliminary Study. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 475.	2.6	16
25	Caffeine Ingestion Improves Performance During Fitness Tests but Does Not Alter Activity During Simulated Games in Professional Basketball Players. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 387-394.	2.3	15
26	Eccentric-Overload Production during the Flywheel Squat Exercise in Young Soccer Players: Implications for Injury Prevention. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3671.	2.6	14
27	Relationship between Amount, Type, Enjoyment of Physical Activity and Physical Education Performance with Cyberbullying in Adolescents. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 2038.	2.6	14
28	The influence of physical fitness attributes on external demands during simulated basketball matches in youth players according to age category. <i>Physiology and Behavior</i> , 2021, 233, 113354.	2.1	14
29	Perception and application of flywheel training by professional soccer practitioners. <i>Biology of Sport</i> , 2022, 39, 809-817.	3.2	14
30	Effects of including endurance and speed sessions within small-sided soccer games periodization on physical fitness. <i>Biology of Sport</i> , 2021, 38, 291-299.	3.2	13
31	Comparison of multidirectional jump performance and lower limb passive range of motion profile between soccer and basketball young players. <i>PLoS ONE</i> , 2021, 16, e0245277.	2.5	13
32	Injury Profile of Elite Male Young Soccer Players in a Spanish Professional Soccer Club: A Prospective Study During 4 Consecutive Seasons. <i>Journal of Sport Rehabilitation</i> , 2020, 29, 801-807.	1.0	12
33	Effects of Different Inertial Load Settings on Power Output Using a Flywheel Leg Curl Exercise and its Inter-Session Reliability. <i>Journal of Human Kinetics</i> , 2020, 74, 215-226.	1.5	12
34	Load Quantification and Testing Using Flywheel Devices in Sports. <i>Frontiers in Physiology</i> , 2021, 12, 739399.	2.8	12
35	Effects of Mental Fatigue in Total Running Distance and Tactical Behavior During Small-Sided Games: A Systematic Review With a Meta-Analysis in Youth and Young Adult's Soccer Players. <i>Frontiers in Psychology</i> , 2021, 12, 656445.	2.1	10
36	Effects of basketball match-play on ankle dorsiflexion range of motion and vertical jump performance in semi-professional players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2020, 60, 110-118.	0.7	9

#	ARTICLE	IF	CITATIONS
37	Health and Wellness Status Perception of Half-Marathon Runners: Influence of Age, Sex, Injury, and Training with Qualified Staff. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 5649.	2.6	8
38	Relationships between Players' Physical Performance and Small-Sided Game External Responses in a Youth Soccer Training Context. <i>Sustainability</i> , 2020, 12, 4482.	3.2	8
39	Short and Long-Term Effects of a Simple-Strength-Training Program on Injuries Among Elite U-19 Soccer Players. <i>Research Quarterly for Exercise and Sport</i> , 2020, 92, 1-9.	1.4	7
40	Influence of Pitch Size on Short-Term High Intensity Actions and Body Impacts in Soccer Sided Games. <i>Journal of Human Kinetics</i> , 2021, 78, 187-196.	1.5	7
41	Effects of Recreational Small-Sided Soccer Games on Bone Mineral Density in Untrained Adults: A Systematic Review and Meta-Analysis. <i>Healthcare (Switzerland)</i> , 2021, 9, 457.	2.0	7
42	A Comparison in Physical Fitness Attributes, Physical Activity Behaviors, Nutritional Habits, and Nutritional Knowledge Between Elite Male and Female Youth Basketball Players. <i>Frontiers in Psychology</i> , 2021, 12, 685203.	2.1	7
43	Effects of plyometric jump training on soccer players' balance: A systematic review and meta-analysis of randomized-controlled trials. <i>Biology of Sport</i> , 2022, 39, 765-778.	3.2	7
44	The effects of training based on Nordic hamstring and sprint exercises on measures of physical fitness and hamstring injury prevention in U19 male soccer players. <i>Research in Sports Medicine</i> , 2023, 31, 588-603.	1.3	7
45	Longitudinal differences in the injury profile of professional male handball players according to competitive-level. <i>Research in Sports Medicine</i> , 2021, 29, 90-102.	1.3	6
46	Injury prevention of hamstring injuries through exercise interventions. <i>Journal of Sports Medicine and Physical Fitness</i> , 2021, 61, 1242-1251.	0.7	6
47	Influence of the COVID-19 lockdown on Spanish professional soccer teams' external demands according to their on-field ranking. <i>Biology of Sport</i> , 2022, 39, 1081-1086.	3.2	6
48	Analysis of the Effect of Injuries on Match Performance Variables in Professional Soccer Players: A Retrospective, Experimental Longitudinal Design. <i>Sports Medicine - Open</i> , 2022, 8, 31.	3.1	6
49	The effects of defensive style and final game outcome on the external training load of professional basketball players. <i>Biology of Sport</i> , 2021, 38, 483-490.	3.2	5
50	Is physical fitness related with in-game physical performance? A case study through local positioning system in professional basketball players. <i>Proceedings of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology</i> , 2023, 237, 188-196.	0.7	5
51	Efectos en el rendimiento físico a corto plazo de dos programas de entrenamiento neuromuscular con diferente orientación aplicados en jugadores de fútbol de elite U-17. [Short-term physical performance effects of two different neuromuscular oriented training programs on U-17 elite soccer players]. <i>RICYDE Revista Internacional De Ciencias Del Deporte</i> , 2017, 13, 88-103.	0.2	5
52	Analysis of the success in soccer match officials' decisions during an international tournament according to contextual factors. [Análisis del éxito en las decisiones de los árbitros en partidos oficiales de fútbol durante un torneo internacional atendiendo a factores contextuales]. <i>RICYDE Revista Internacional De Ciencias Del Deporte</i> , 2019, 15, 225-234.	0.2	5
53	The Increased Effectiveness of Resistance Training on Unstable vs. Stable Surfaces on Selected Measures of Physical Performance in Young Male Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 888-894.	2.1	5
54	Injury Profile in Professional Handball Players During 4 Consecutive Seasons According to Playing Positions: A Longitudinal Study. <i>Sports Health</i> , 2022, 14, 273-282.	2.7	4

#	ARTICLE	IF	CITATIONS
55	Effects of Gluteal Muscles Strengthening on Lower-Limb Injuries in Male Professional Handball Players. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, 1593-1598.	2.1	4
56	Influence of opponent ranking on the physical demands encountered during Ultimate Frisbee match-play. <i>Sports Biomechanics</i> , 2023, 22, 822-833.	1.6	3
57	Assessing the Perceived Exertion in Elite Soccer Players during Official Matches According to Situational Factors. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 410.	2.6	3
58	Basketball-Specific Small-Sided Games Training during Ramadan Intermitting Fasting: Do Changes in Body Composition, Sleep Habits, and Perceived Exertion Affect Technical Performance?. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 12008.	2.6	3
59	Considerations to Optimize Strength and Muscle Mass Gains Through Flywheel Resistance Devices: A Narrative Review. <i>Strength and Conditioning Journal</i> , 2023, 45, 111-121.	1.4	3
60	Muscle injuries in the academy of a Spanish professional football club: A one-year prospective study. <i>Apunts Medicine De L'Esport</i> , 2018, 53, 3-9.	0.5	2
61	An Approach to the Fatigue in Young Soccer Players Resulting from Sided Games. <i>Sports</i> , 2019, 7, 174.	1.7	2
62	Analysis of the goals scored in Spanish First and Second division during the 2017/2018 season. <i>Sport TK, 0</i> , , 37-43.	0.3	2
63	Effects of combined plyometric and sled training on vertical jump and linear speed performance		

#	ARTICLE	IF	CITATIONS
73	Inter- and intra-microcycle external load analysis in female professional soccer players: A playing position approach. PLoS ONE, 2022, 17, e0264908.	2.5	1
74	Editorial: Training Methodology: A Multidimensional Approach for Team Sports. Frontiers in Psychology, 2022, 13, 862465.	2.1	1
75	The effects of jump training on measures of physical performance, lower extremities injury incidence and burden in highly trained male soccer players. Research in Sports Medicine, 2024, 32, 107-121.	1.3	1
76	Response to Comment On: "Injury Profile in Women's Football: A Systematic Review and Meta-Analysis". Sports Medicine, 2021, 51, 2667-2670.	6.5	0
77	F36...DXA, BIA, anthropometry and skin folds methodology in body composition. , 2021, , .		0
78	Aplicación de un programa de fuerza con carga excéntrica en la readaptación de una lesión de		