

# Javier Raya-González

## List of Publications by Year in descending order

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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	The effects of jump training on measures of physical performance, lower extremities injury incidence and burden in highly trained male soccer players. <i>Research in Sports Medicine</i> , 2024, 32, 107-121.	1.3	1
2	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
3	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
4	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
5	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
6	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
7	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
8	Influence of players' physical performances on the variation of the external and internal responses to repeated bouts of small-sided games across youth age categories. <i>Proceedings of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology</i> , 2022, 236, 313-324.	0.7	2
9	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
10	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
11	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
12	Perception and application of flywheel training by professional soccer practitioners. <i>Biology of Sport</i> , 2022, 39, 809-817.	3.2	14
13	Efecto de la suplementación con zumo de remolacha sobre el resultado obtenido en un test máximo incremental y en dos test de valoración de potencia del tren inferior en triatletas amateurs.. <i>RICYDE Revista Internacional De Ciencias Del Deporte</i> , 2022, 18, 1-14.	0.2	0
14	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
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	Inter- and intra-microcycle external load analysis in female professional soccer players: A playing position approach. <i>PLoS ONE</i> , 2022, 17, e0264908.	2.5	1
17	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
18	Editorial: Training Methodology: A Multidimensional Approach for Team Sports. <i>Frontiers in Psychology</i> , 2022, 13, 862465.	2.1	1

#	ARTICLE	IF	CITATIONS
19	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
20	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
21	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
22	External match loads imposed upon Ultimate Frisbee players: A comparison between playing positions. <i>Science and Sports</i> , 2021, 36, 160-162.	0.5	1
23	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
24	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
25	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
26	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
27	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
28	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
29	Injury Profile in Women's Football: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2021, 51, 423-442.	6.5	33
30	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
31	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
32	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
33	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
34	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
35	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
36	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

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37	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
38	F36...DXA, BIA, anthropometry and skin folds methodology in body composition. , 2021, , .		0
39	Comparison of multidirectional jump performance and lower limb passive range of motion profile between soccer and basketball young players. PLoS ONE, 2021, 16, e0245277.	2.5	13
40	The Flywheel Paradigm in Team Sports: A Soccer Approach. Strength and Conditioning Journal, 2021, 43, 12-22.	1.4	20
41	Load Quantification and Testing Using Flywheel Devices in Sports. Frontiers in Physiology, 2021, 12, 739399.	2.8	12
42	Injury prevention of hamstring injuries through exercise interventions. Journal of Sports Medicine and Physical Fitness, 2021, 61, 1242-1251.	0.7	6
43	Effects of strength training on health determinants in men over 65 years: a systematic review. Archivos De Medicina Del Deporte, 2021, 38, 283-288.	0.1	0
44	Flywheel Training Periodization in Team Sports. Frontiers in Physiology, 2021, 12, 732802.	2.8	18
45	The Differentiate Effects of Resistance Training With or Without External Load on Young Soccer Players's Performance and Body Composition. Frontiers in Physiology, 2021, 12, 771684.	2.8	2
46	Basketball-Specific Small-Sided Games Training during Ramadan Intermitting Fasting: Do Changes in Body Composition, Sleep Habits, and Perceived Exertion Affect Technical Performance?. International Journal of Environmental Research and Public Health, 2021, 18, 12008.	2.6	3
47	Effects of body mass-based resistance training on measures of physical fitness and musculotendinous injury incidence and burden in U16 male soccer players. Research in Sports Medicine, 2021, , 1-14.	1.3	1
48	Effects Of Caffeine, Beetroot Juice And Its Interaction Consumption On Exercise-Related Fatigue. Kinesiology, 2021, 53, 185-192.	0.6	1
49	Herramientas de medici3n del rango de movimiento para evaluar la funci3n del tronco en atletas en silla de ruedas con discapacidades f3sicas. , 2021, 47, .		0
50	Analysis and relationship between the anthropometric and somatotype characteristics and cardiovascular capacity in amateur mountain runners: a pilot study. Archivos De Medicina Del Deporte, 2021, 38, 319-326.	0.1	0
51	Acute Effects of Caffeine Supplementation on Movement Velocity in Resistance Exercise: A Systematic Review and Meta-analysis. Sports Medicine, 2020, 50, 717-729.	6.5	33
52	The influence of youth soccer players's sprint performance on the different sided games's external load using GPS devices. Research in Sports Medicine, 2020, 28, 194-205.	1.3	32
53	Health and Wellness Status Perception of Half-Marathon Runners: Influence of Age, Sex, Injury, and Training with Qualified Staff. International Journal of Environmental Research and Public Health, 2020, 17, 5649.	2.6	8
54	Effects of Plyometric Jump Training on Jump and Sprint Performance in Young Male Soccer Players: A Systematic Review and Meta-analysis. Sports Medicine, 2020, 50, 2125-2143.	6.5	47

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55	Effects of Nutrition Education Interventions in Team Sport Players. A Systematic Review. <i>Nutrients</i> , 2020, 12, 3664.	4.1	27
56	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
57	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
58	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
59	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
60	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
61	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
62	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
63	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
64	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
65	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
66	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
67	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
68	Sex-based differences in the external loads imposed during an official ultimate-frisbee competition: monitoring of ultimate-frisbee demands. <i>European Journal of Human Movement</i> , 2020, 45, 4-11.	0.2	0
69	Quantification of Perceived Effort in Elite Young footballers Throughout a Season. <i>Apunts Educacion Fisica Y Deportes</i> , 2020, , 63-69.	0.2	0
70	An Approach to the Fatigue in Young Soccer Players Resulting from Sided Games. <i>Sports</i> , 2019, 7, 174.	1.7	2
71	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
72	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

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73	Effects of moderate vs. high iso-inertial loads on power, velocity, work and hamstring contractile function after flywheel resistance exercise. PLoS ONE, 2019, 14, e0211700.	2.5	20
74	Determining the Relationship Between Internal Load Markers and Noncontact Injuries in Young Elite Soccer Players. International Journal of Sports Physiology and Performance, 2019, 14, 421-425.	2.3	37
75	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].. RICYDE Revista Internacional De Ciencias Del Deporte, 2019, 15, 225-234.	0.2	5
76	Muscle injuries in the academy of a Spanish professional football club: A one-year prospective study. Apunts Medicine De L'Esport, 2018, 53, 3-9.	0.5	2
77	Métodos de entrenamiento de la fuerza para la mejora de las acciones en el fútbol. Apunts: Educació Física i Esports, 2018, , 72-93.	0.2	0
78	Métodos de entrenamiento de la fuerza para la mejora de las acciones en el fútbol [Strength Training Methods for Improving Actions in Football]. Apunts Educación Física Y Deportes, 2018, , 72-93.	0.2	2
79	Internal load in elite young soccer players during a whole season according to playing positions. International Journal of Physical Education Fitness and Sports, 2018, 7, 36-41.	0.2	1
80	Efectos a corto plazo de un programa de entrenamiento de sobrecarga excéntrica sobre el		