

# Plyometric Training Effects on Athletic Performance in

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Citation Report

#	ARTICLE	IF	CITATIONS
1	Moderate Load Eccentric Exercise; A Distinct Novel Training Modality. <i>Frontiers in Physiology</i> , 2016, 7, 483.	1.3	93
2	Effects of Plyometric Training on Physical Fitness in Team Sport Athletes: A Systematic Review. <i>Journal of Human Kinetics</i> , 2016, 53, 231-247.	0.7	89
3	Effects of an In-season Plyometric Training Program on Repeated Change of Direction and Sprint Performance in the Junior Soccer Player. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 3312-3320.	1.0	48
4	The efficacy of vertical vs. horizontal plyometric training on speed, jumping performance and agility in soccer players. <i>International Journal of Sports Science and Coaching</i> , 2016, 11, 702-709.	0.7	27
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6	Age-Related Variation in Male Youth Athletes' Countermovement Jump After Plyometric Training: A Meta-Analysis of Controlled Trials. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 552-565.	1.0	102
7	Aerial Rotation Effects on Vertical Jump Performance Among Highly Skilled Collegiate Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 932-938.	1.0	11
8	New Insights Into the Development of Maximal Sprint Speed in Male Youth. <i>Strength and Conditioning Journal</i> , 2017, 39, 2-10.	0.7	18
9	Effects of Plyometric Training on Physical Fitness in Prepuberal Soccer Athletes. <i>International Journal of Sports Medicine</i> , 2017, 38, 370-377.	0.8	46
10	Is strength training frequency a key factor to develop performance adaptations in young elite soccer players?. <i>European Journal of Sport Science</i> , 2017, 17, 1241-1251.	1.4	17
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15	The preventive effect of the bounding exercise programme on hamstring injuries in amateur soccer players: the design of a randomized controlled trial. <i>BMC Musculoskeletal Disorders</i> , 2017, 18, 355.	0.8	10
16	Resistance training for children and adolescents. <i>Translational Pediatrics</i> , 2017, 6, 137-143.	0.5	53
17	Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review. <i>Sports Medicine</i> , 2018, 48, 1059-1081.	3.1	109
18	A Meta-Analysis of Resistance Training in Female Youth: Its Effect on Muscular Strength, and Shortcomings in the Literature. <i>Sports Medicine</i> , 2018, 48, 1661-1671.	3.1	60
19	Optimal Reactive Strength Index: Is It an Accurate Variable to Optimize Plyometric Training Effects on Measures of Physical Fitness in Young Soccer Players?. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 885-893.	1.0	76

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21	A systematic review on the effects of resistance and plyometric training on physical fitness in youth-What do comparative studies tell us?. <i>PLoS ONE</i> , 2018, 13, e0205525.	1.1	45
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24	Effects of Different Plyometric Training Frequencies on Components of Physical Fitness in Amateur Female Soccer Players. <i>Frontiers in Physiology</i> , 2018, 9, 934.	1.3	45
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38	The Efficacy and Safety of Lower-Limb Plyometric Training in Older Adults: A Systematic Review. <i>Sports Medicine</i> , 2019, 49, 113-131.	3.1	40
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40	Sequencing Effects of Plyometric Training Applied Before or After Regular Soccer Training on Measures of Physical Fitness in Young Players. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1959-1966.	1.0	29
41	Effects of Different Plyometric Training Frequencies on Measures of Athletic Performance in Prepubertal Male Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1609-1617.	1.0	28
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58	Effects of Plyometric Training with Agility Ladder on Physical Fitness in Youth Soccer Players. <i>International Journal of Sports Medicine</i> , 2021, 42, 896-904.	0.8	11
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76	8 HAFTALIK PLÄ°OMETRÄ°K ANTRENMANIN 13-15 YAÅž ERKEK FUTBOLCULARDA SÄœERAT, Ä±EVÄ°KLÄ°K VE KUVVET PERFORMANSI ÄœZERÄ°NE ETKÄ°SÄ°. DÄ¼zce Äœniversitesi SaÄ¼lÄ±k Bilimleri EnstitÄ¼sÄ¼ Dergisi, 0, , .	0.3	0
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99	The effect of 8 weeks plyometric exercise on physical and motoric features of mental disabled. <i>Pedagogy of Physical Culture and Sports</i> , 2022, 26, 228-232.	0.3	1
100	Effect of electromyostimulation and plyometrics training on sports-specific parameters in badminton players. <i>Sports Medicine and Health Science</i> , 2022, 4, 280-286.	0.7	7
101	The Effect of Six-Week Plyometric Training on Enhancing Sports Performance of Adolescent Students. <i>Teoria Ta Metodika Fizicnogo Vihovanna</i> , 2022, 22, S37-S44.	0.2	1
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