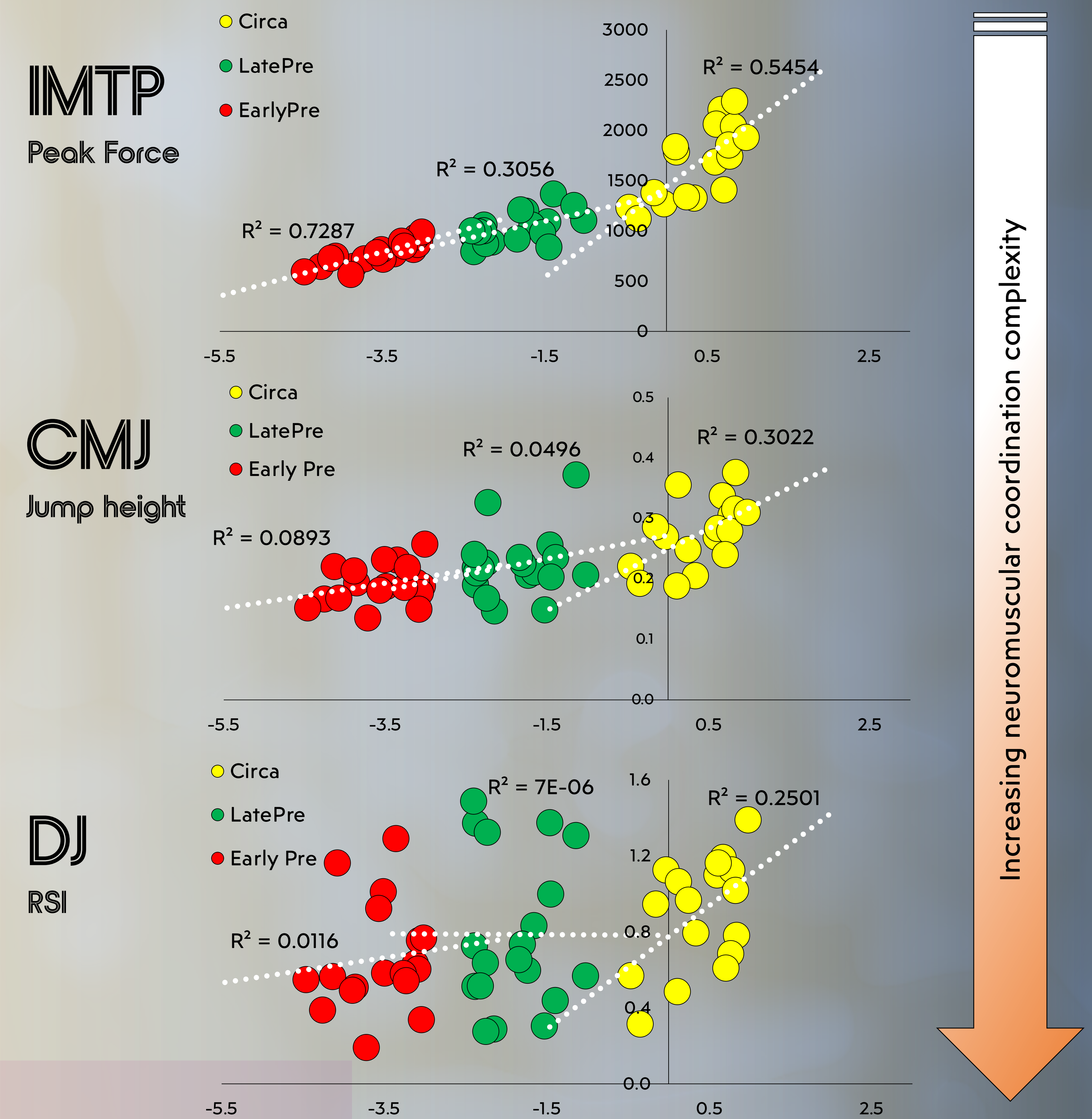


Isometric strength

improves with maturation
at a group level, but
jumping ability observes
modest improvements
until the growth spurt.



54 players from a
semi-professional
soccer academy
(8-15 yrs)



Strength assessments with **kinetic**
measures



Years from peak
height velocity
determined using
maturity offset

JS. Pedley¹, JM. Radnor¹, RS. Lloyd^{1,3,4},
T. Mathews¹, S. Moeskops¹, SJ. Morris¹,
JL. Oliver^{1,3}

¹Youth Physical Development Centre, Cardiff Metropolitan University, Cardiff, United Kingdom. ²Institute for Sport, Exercise and Health, London, United Kingdom. ³Sports Performance Research Institute New Zealand, AUT University, Auckland, New Zealand. ⁴Centre for Sport Science and Human Performance, Waikato Institute of Technology, Waikato, New Zealand. ⁵Division of Surgery & Interventional Science, University College London, London, United Kingdom. ⁶School of Sport and Exercise, University of Gloucestershire, Gloucester, United Kingdom

