

**Relationship Between the Eccentric Utilization Ratio and 20-meter Sprint Times in Division I Men’s Soccer Players**

Exercise Science

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**Purpose**
The purpose of this study was to examine the relationship between the eccentric utilization ratio (EUR) and 20-meter sprint (20m) times in Division I men’s soccer players.

**Methods**
Twenty-one athletes (age = 20.7 ± 1.2 years, height = 179.38 ± 6.09cm, 76.4 ± 6.5kg) performed countermovement jumps (CMJ), squat jumps (SJ), and 20m testing during a single testing session. The EUR was calculated using the athletes' jump height (EUR-JH) and peak power (EUR-PP). Person product-moment correlations were used to examine the relationship between both EUR variables and 20m.

**Results**
20m displayed trivial and small, negative relationships with EUR-JH (r = -0.041, p = 0.361) and EUR-PP (r = -0.118, p = 0.340), respectively. No statistically significant relationships were found between 20m and either EUR variable.

**Conclusions**
The results of this study found both EUR variables to be weak predictors of 20m in Division I collegiate soccer players. It is important to note, however, that these data were collected during a single post-season testing session. Accordingly, future studies should aim to examine the longitudinal changes in EUR over the course of a training year to better understand its relationship to sprint performance.

Link: https://s3.us-east-2.amazonaws.com/lagrangecollegecitations/LewisSEACSM.pdf

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