

Table 2. General strength training characteristics in the three experimental teams

Team	Strength Training Type	Intensity	Strength Training Exercises
Team A	Circuit strength training in the field, 10 stations, 4 sets 10 reps in free weight exercises, 4' rest between sets	Moderate intensity (70-80% of 1RM)	Core Strength exercises (2 exercises) + free weight exercises: lunge, squats, steps up on bench with external weight, pullover, arm curls (biceps), triceps, bench press
Team B	4 sets, 5-6 reps, explosive action high execution speed	High intensity GSC (90% 1RM)	Leg extension, hamstring curl, chest press, calf raise, pullover, arm curls (biceps), triceps
Team C	4 sets, 5-6 reps, explosive action high execution speed, (alternating with SPS training every second strength training session)	High intensity GSC (90% 1RM) or SPS	Leg extension, hamstring curl, chest press, calf raise, pullover, arm curls (biceps), triceps

GSC: General strength conditioning; SPS: soccer-specific strength; 1RM: one repetition maximum.