

## عنوان مقاله:

Effect of small sided soccer games on Interleukin-18 and blood lactate of teenage soccer players in warm weather

## محل انتشار:

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## خلاصه مقاله:

**Introduction:** Training techniques, age, and climatic conditions may play a significant role in physiological responses of soccer players. Therefore, this study set out to investigate changes in the serum interleukin-18 (IL-18) and blood lactate levels of teenagers after playing small-sided soccer games in warm weather. **Methods:** In this study, 24 soccer players aged 15-18 years were participated. Among them, 16 players divided into six experimental groups including two 4-member teams (mean age:  $16.13 \pm 0.88$  years; height:  $167.00 \pm 6.66$  cm; weight:  $58.70 \pm 7.34$  kg; BMI:  $20.96 \pm 1.79$ ) and four 2-member teams (mean age:  $16.80 \pm 0.48$  years; height:  $167.00 \pm 5.73$  cm; weight:  $55.16 \pm 5.98$  kg; BMI:  $19.78 \pm 1.83$ ). Experiments were conducted in two fields, sized  $25 \times 20$  m<sup>2</sup> and  $35 \times 28$  m<sup>2</sup>, respectively. The other 8 players (mean age:  $16.18 \pm 1.07$  years; height:  $171.00 \pm 6.75$  cm; weight:  $58.86 \pm 8.21$  kg; BMI:  $20.03 \pm 2.14$ ) were taken as control group and did not perform any [athletic] activity. The blood samples of all groups were collected before and immediately after the games, and then the IL-18 and lactate levels were measured. **Results:** According to the results, the amount of IL-18 and lactate significantly increased in the experimental groups ( $P < 0.05$ ). **Conclusion:** It may put that playing small sided soccer games in warm weather significantly increases IL-18 and blood lactate levels of teenage players.

## کلمات کلیدی:

Interleukin-18, Lactate, Soccer Players, Interleukin-18, Lactate, Soccer Players

## لینک ثابت مقاله در پایگاه سیویلیکا:

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