

**1367 ANAEROBIC PERFORMANCE OF ADOLESCENTS VS ADULTS : EFFECT OF AGE AND SOCCER TRAINING.**

H. M. AL-Hazzaa, FACSM, S. A. AL-Refaei, K. S. Almuzaini, M. A. Sulaiman, & M.Y. Dafterdar  
Exercise Physiology Laboratory, King Saud University, Riyadh, Saudi Arabia.

Anaerobic performance, whether expressed in absolute power or relative to body mass, was shown to be lower in children and adolescents as compared to adults. This study examined the interaction of age and soccer training on indices of anaerobic power. Subjects consisted of 36 boys (18 soccer players, age =  $13.9 \pm 1.2$  yr., & 18 untrained boys, age =  $13.3 \pm 1.2$  yr.) and 38 adult males (19 soccer players, age =  $24.1 \pm 2.3$  yr., & 19 untrained males, age =  $21.7 \pm 1.6$  yr.). Anaerobic performance was assessed by Wingate anaerobic test using a flying start. A two-way ANOVA revealed significant interactions ( $p < 0.01$ ) between age and training in absolute peak (PP) and mean (MP) anaerobic power. However, when anaerobic power was related to body mass, the interactions became insignificant. Analyses of the main effects revealed that training had a significant ( $p < 0.01$ ) effect on MP (W/kg), but not on PP. Further analysis of MP (W/kg) data showed that training was significantly effective among adults but not among adolescents. It was concluded that soccer training may not improve adolescent's anaerobic performance.