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Strength and Power Training in Individual and Team Sports

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Message from the Guest Editor

Strength and power training is an integral part of developing and maintaining fitness in all sports, whether at a competitive or recreational level. Irrespective of age, sex and the level of competition, specific types of strength and power training (e.g. core training, plyometric training, eccentric training, use of weightlifting derivatives) are used to promote musculoskeletal health and to improve neuromuscular performance in competition and training.



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Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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