

Anthropometric profile of professional football players according to the position occupied in the playing field

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Abstract

Objective: Analyze the anthropometric characteristics of Chilean professional soccer players divided according to the position they occupy in the field of play. Method: One hundred and fifty-eight (n = 158) professional soccer players divided into Archers (AR) Defenses (DEF) Volantes (VOL) and Forwards (FOR), with average Age values (24.2 ±4.76 years, body mass 75.0±7.28 kg and height 175.7±6.32 cm.), All belonging to the Ñublense Sports Club of the city of Chillan, Chile. An assessment of the body composition was made using the 5 component fractionation, somatotype, body mass index, sum of six skinfolds and the muscle-bone relationship, following the protocol of the International Society for the Advancements of Kinanthropometry. Results: Regarding body composition, mean values of Adipose Mass = 21.7%, Muscular Mass = 48.9%, Residual Mass = 12.4%, Bone Mass = 11.4% and Skin Mass = 5.2% were obtained. In relation to the somatotype, a balanced mesomorphic classification was obtained with mean values 2.5 - 5.4 - 2.1. Conclusion: According to the position they occupy on the pitch, the professional players of the Ñublense soccer club present a somatotype similar to that of other national and international soccer players, where the balanced mesomorphic component predominates. However, there is an increase in the percentages of adipose mass (AM) and a smaller stature, compared to international soccer players, which can determine clear differences in performance with respect to playing positions in competitive situations. © Copyright: Federación Española de Asociaciones de Docentes de Educación Física (FEADEF).

Author keywords

Athletic performance; Kinanthropometry; Soccer