

Effects of caffeinated gum on a battery of soccer-specific tests in trained university-standard male soccer players

RANCHORDAS, Mayur <<http://orcid.org/0000-0001-7995-9115>>, KING, George, RUSSELL, Mitchell, LYNN, Anthony and RUSSELL, Mark

Available from Sheffield Hallam University Research Archive (SHURA) at:

<https://shura.shu.ac.uk/18752/>

This document is the Other

Citation:

RANCHORDAS, Mayur, KING, George, RUSSELL, Mitchell, LYNN, Anthony and RUSSELL, Mark (2018). Effects of caffeinated gum on a battery of soccer-specific tests in trained university-standard male soccer players. *International Journal of Sport Nutrition & Exercise Metabolism*, 28 (6), 629-634. [Article]

Copyright and re-use policy

See <http://shura.shu.ac.uk/information.html>

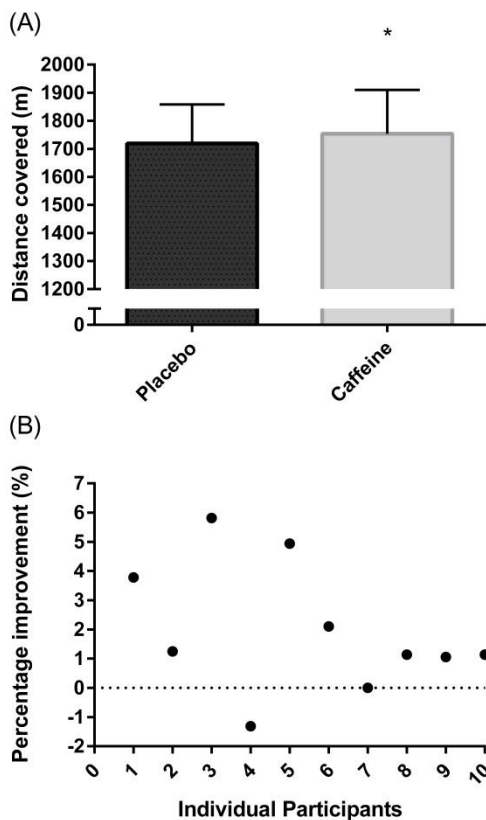


FIGURE 1. (A) Total distance covered on the Yo-Yo intermittent recovery test level 1 ($n = 10$). Data are expressed in as mean \pm SD. * Caffeine significantly higher than placebo ($p = 0.016$). (B) Individual participant data on percentage improvement after caffeine ingestion. Dotted line represents no change.