

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, Tony and RUSSELL, Mark

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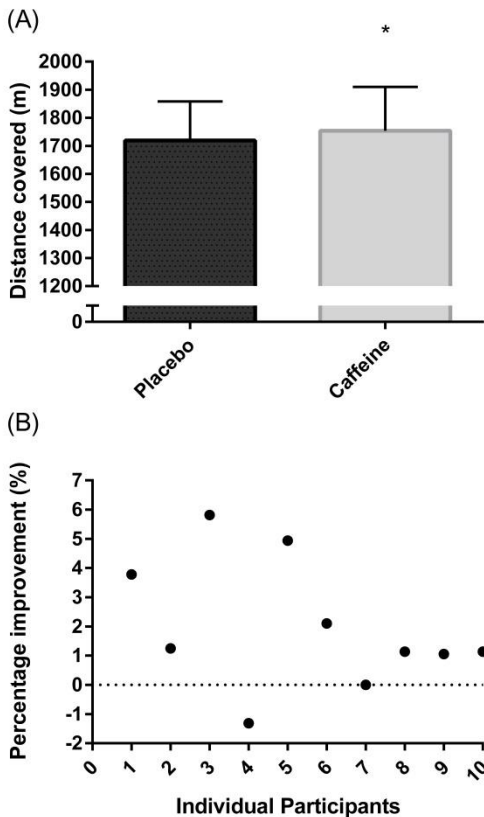


FIGURE 1. (A) Total distance covered on the Yo-Yo intermittent recovery test level 1 ($n = 10$). Data are expressed in as mean \pm SD. * Caffeine significantly higher than placebo ($p = 0.016$). (B) Individual participant data on percentage improvement after caffeine ingestion. Dotted line represents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