

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:

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

This document is the author deposited version. You are advised to consult the publisher's version if you wish to cite from it.

Published version

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.

Copyright and re-use policy

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

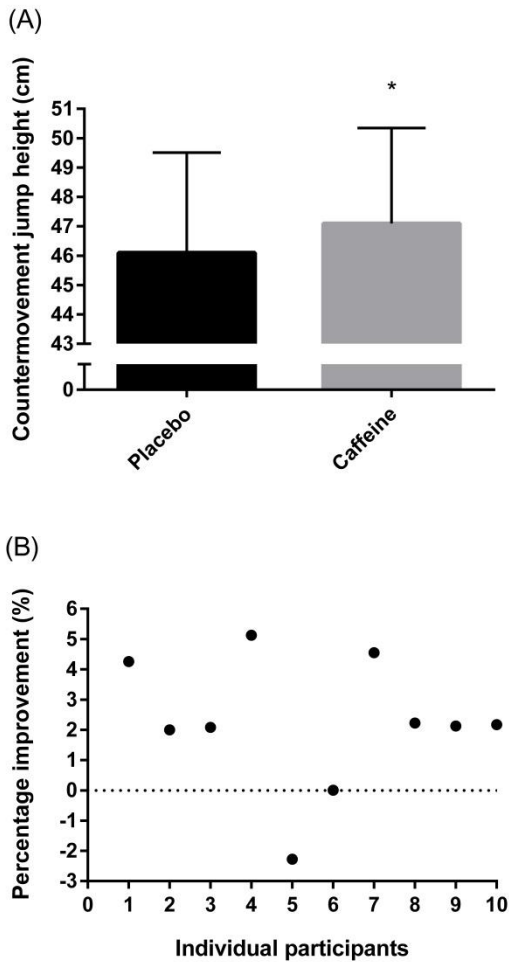


FIGURE 2. (A) Countermovement jump height ($n = 10$). Data are expressed in as mean \pm SD. * Caffeine significantly higher than placebo ($p = 0.008$). (B) Individual participant data on percentage improvement after caffeine ingestion. Dotted line represents no change.