Correlation between the reaction time peripherals stimulus and maturation by soccer players

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Introduction: React quickly to stimuli during a football match can put the player at an advantage over your opponents, especially if the stimuli are peripheral. It may be that sexual maturation of individuals has correlation with the time in which players respond to the peripheral stimulus. This study aims to analyze the correlation between maturation and the reaction time to peripheral stimuli soccer players in the Under-13 category.

Methods: The sample was comprised by 18 soccer players. Mental Test and Training System (MTTS) was used to evaluate the reaction time for peripheral stimulus and the Khamis-Roche method (1994) was used to assess the maturity of the players. Descriptive analysis and statistical tests Shapiro Wilk and bivariate Spearman's correlation was performed. The level of significance was p <0.05.

Results: The results indicate negative moderate correlation (rho = -0.496, p <0.036) between maturation and reaction time stimulus to the peripheral, so that the more mature players react more quickly to the peripheral stimulus.

Conclusion: It is possible to verify that by going through the maturation process, football players start to recognize the peripheral stimuli faster.

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