

## Special Issue

# Strength and Power Training in Individual and Team Sports

### Message from the Guest Editor

Strength and power training is an integral part of developing and maintaining fitness in all sports, whether at a competitive or recreational level. Irrespective of age, sex and the level of competition, specific types of strength and power training (e.g. core training, plyometric training, eccentric training, use of weightlifting derivatives) are used to promote musculoskeletal health and to improve neuromuscular performance in competition and training.

### Guest Editor

Prof. Dr. Gregory C. Bogdanis

School of Physical Education and Sports Science, National and Kapodistrian University of Athens, 157 84 Athens, Greece

### Deadline for manuscript submissions

closed (25 September 2023)



## Sports

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*Sports*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[sports@mdpi.com](mailto:sports@mdpi.com)

[mdpi.com/journal/  
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## About the Journal

### Message from the Editor-in-Chief

*Sports* (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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### Editor-in-Chief

Prof. Dr. Eling Douwe De Bruin

1. Institute of Human Movement Sciences and Sport, IBWS ETH, HCP H 25.1, Leopold-Ruzicka-Weg 4, CH-8093 Zürich, Switzerland
2. Karolinska Institutet, Stockholm, Sweden

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JCR - Q1 (Sport Sciences) / CiteScore - Q1 (Physical Therapy, Sports Therapy and Rehabilitation)

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