



# THE THERAPIST

JOURNAL OF THERAPIES & REHABILITATION SCIENCES

<https://thetherapist.com.pk/index.php/tt>

ISSN (P): 2790-7406, (E): 2790-7414

Volume 5, Issue 4 (Oct-Dec 2024)



## Review Article



# Impact of Core Stability Training on Football-Specific Performance and Injury Prevention: A Review

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## ARTICLE INFO

### Keywords:

Core, Football, Athletes, Joints, Agility, Balance, Strength, Injury Prevention

### How to Cite:

Tchomche, H. F., Bingquan, L., & Shoukat, S. (2024). Impact of Core Stability Training on Football-Specific Performance and Injury Prevention: A Review: Impact of Core Stability Training on Footballers. *THE THERAPIST (Journal of Therapies & Rehabilitation Sciences)*, 5(04), 11-17. <https://doi.org/10.54393/tt.v5i04.243>

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Received date: 7<sup>th</sup> November, 2024

Acceptance date: 25<sup>th</sup> December, 2024

Published date: 31<sup>st</sup> December, 2024

## ABSTRACT

Enhancing agility, balance, strength, and injury prevention are all made possible by core training, which is essential for football players. This review assesses the efficacy of football players' core training regimens. Both general and sport-specific core training considerably enhances athletic performance and lower the risk of injury, according to the analysis by positively impacting the agility, balance, and speed. The risks of injury are also prevented by such trainings by increased neuromuscular efficiency of athletes, the strength of stabilizing muscles augments, improved body alignment, appropriate load distribution and shock absorption and reduction in compensatory movements. Different exercises are incorporated in the core stability trainings of footballs including plank variations (front, side, reverse), bird-dog, dead bug, glute bridges, medicine ball rotational throws, Russian twists, cable woodchoppers, mountain climbers, single-leg balance exercises and lateral band walks. Variations in training methods and study designs, however, point to a lack of standardization in procedures. The review emphasizes the necessity of specialized core training interventions as well as additional study into their long-term effects on football players of various ages and abilities. Practitioners can more effectively create core training plans to maximize player performance and well-being by filling in these gaps.

## INTRODUCTION

Football players' development of power is largely dependent on their level of physical fitness, which includes their strength, speed, and endurance. Soccer is a high-intensity sport that requires both anaerobic power and aerobic endurance because it mixes constant movement with intense activity bursts [1]. A player's performance is greatly impacted by these variables, with VO<sub>2</sub> max being essential for facilitating recovery from repeated anaerobic efforts during a game. Core training has become more well-known in recent years because of its beneficial effects on everyday tasks and sports recovery [2]. Because they serve as the basis for stability and mobility, the core muscles are crucial for achieving peak athletic performance. Often referred to as the "proximal stability for distal mobility," the core is the central structure that connects the body and includes the hips, pelvis, and waist

[3]. The diaphragm, rectus abdominis, erector spinae, internal and external obliques, multifidus, pelvic floor, and transverse abdominis are important core muscles. Core strength is also influenced by supporting muscles like the cervical, lumbar, deep rotator, and quadratus lumborum [4]. Football players can perform at their best for the full 90 minutes of a game or even for up to 120 minutes during extra time thanks to the balance, strength, and endurance these muscles provide [5]. For effective force generation and transfer during dynamic movements, core stability which is the capacity to regulate the trunk's position and motion over the pelvis and legs is essential. While a weak or unstable core can hinder performance and raise the risk of injury [6], a strong core improves energy transfer from the ground through the lower body, trunk, and upper body. In addition to helping athletes perform at their peak while



lowering their risk of injury, core stability is essential for controlling spinal loads and transferring force between the upper and lower bodies [7]. Planks, side planks, bridges, side-lying hip abductions, oblique crunches, straight leg raises, cycling motions, windshield wipers, squats, glute bridges, superman variations, and hip extensions are among the exercises that football players frequently include in their training regimens to increase their core stability [8].

The purpose of this study is to investigate how core stability training exercises affect football players' overall performance.

The hips, lower back, and abdomen make up the core region. Furthermore, the core area is defined as the space between the knees and the ribs. According to another description, lumbopelvic hip complex is regarded as the core. A more recent method defines the core idea as a training program specifically created to promote the integrity and activity of the muscle groups that make up the body, support and wrap the spine, and actively participate in strength transitions in the upper extremities [9]. The most popular training technique used by football players to improve their strength performance is core training [10]. In this regard, core training has become a popular and successful approach in training programs in recent years which impacts an athletic body in several ways.

#### **Impact on Agility, Balance, and Speed**

Athletic performance receives fundamental enhancement from core stability training since football demands high agility, balance, and fast movements. Football players need to perform various complex movements, such as rapid changes of direction and sprinting, along with controlled slowing down of their motion when faced with different physical obstacles. Essential strength training activates positive physical effects through a solid movement base and protects players from injuries. The quick and effective direction modifications that football players must demonstrate depend on agility. The ability to perform agility depends directly on neuromuscular control and strength, together with balance, which requires a robust core structure. Scientific evidence shows that core conditioning improves neural coordination, which results in enhanced athletic agility during acceleration and deceleration functions [11]. When lower and upper body forces link properly through core training, it leads to enhanced movement quality and lowered expenses from quickly changing directions [12]. Agility performance improved significantly among athletes who took part in core stability training during eight weeks, according to results measured through the T-test and 5-10-5 shuttle run against a control group, as described in former research [13]. Core stability exercises provide sports competitors advantages when playing football because they perform well in sports that need constant directional changes.

Core stability training enhances balance requirements to a critical level. Football players who maintain balance

through their training sessions have better control of their bodies while performing demanding dynamic movements when they are tackling, jumping, and landing [14]. Stability exercises that use unsteady equipment, such as balance boards and Swiss balls, help improve body comprehension, thus enhancing overall balance control. Because they target core stability as well as leg balance, single-leg exercises boost the stability of ankle and knee joints. Such training proves valuable for football players since it minimizes the occurrence of non-contact injuries. Athletes who maintain superior balance have better control of their bodies and avoid losing ball control during raging situations with competitors. Postural adjustments are made to realign the centre of gravity inside the support base to prevent loss of balance and falls. In order to maintain the lumbar spine, these postural changes require the activation of core muscles. The postural control capability of players improves through core stability because it allows them to execute technical moves with precision during challenging situations [15].

Football success in defensive plays depends equally on speed, and both elements connect directly to strength in the core region [16]. The core functions as a transmission that connects the upper body segments to the lower body segments, thus enabling effective force transfer during sprinting movements. The ability to sprint depends on stride length and frequency together with ground reaction force, but all these elements strengthen when the core remains stable. The force that is generated in the internal abdominal pressure by the contraction of the core muscles is known as core strength. The spine is strengthened when the core muscles are activated and stabilize the core. Athletes who have developed core muscles are better able to handle the demands of training and execute technical motions with higher efficiency. Core weakness causes energy wastage that diminishes the total sprint speed capability while making athletes susceptible to injuries from imbalanced movement patterns [18]. The research conducted by Stanton et al. (2004) demonstrates how core stability assesses sprint performance. Research proved that athletes who performed core stability exercises experienced substantial progress during their 20-meter sprint distances. Training core stability aims at making deep trunk muscles strong enough to properly align the pelvis and minimize trunk rotation while sprinting. A more efficient running gait occurs together with speed improvements [19, 20].

#### **Impact on Football-Specific Skills**

Performance of football-specific actions like kicking along with dribbling, passing, and shooting demands proper technical skills, strength abilities, and reasonable coordination control [21]. The skills improve through core stability training since it enhances movement efficiency together with postural control for better precision and power execution. Kicking requires precise movement coordination, beginning at the core and moving force

between the hip and the knee, then ending in the ankle. An efficient core base enables an athlete to produce their peak power output while they strike accurately without losing stability. The core's weakness or instability determines that kicking performance will decrease and lead to increased injury risk through compensatory movements [22]. Multiple studies have confirmed that planks and rotational medicine ball throw as stability exercises boost kicking power together with accuracy improvement. For successful dribbling, players need to demonstrate excellent control, agility, and balance skills. The training of core stability enables athletes to develop the necessary coordination and stability required when handling the ball past opposition players. The performance of dribbling becomes better when players perform exercises that build their lateral stabilizing abilities, including side planks and lateral band walks [23, 24]. Balance security during quick direction modifications is enhanced due to improved stability, which allows players to hold onto the ball in demanding situations. Russian twists, along with cable woodchoppers, help athletes develop rotational strength capabilities, which leads to better force production efficiency. The critical combination of power balance and coordination in shooting benefits directly from an efficient core [25]. Competent core stability allows athletes to produce higher force outputs that simultaneously preserve their accuracy in their plays. It has been demonstrated through their study that core stability training during six weeks led participants to achieve quicker kicking speeds than the control group maintained no core training. Laboratory tests show that core training enhances more than injury prevention as it promotes specific improvements in football performance outcomes [26].

The development of defensive capabilities, including tackling and body positioning, becomes more effective when core stability improves. Athletes who defend the field need to stay balanced during physical encounters with opponents. Multi-directional force transmission in athletes becomes compromised when core stabilizing muscles are weak, which results in a higher risk of opponents evading them or destabilizing their position. The improvement of trunk strength through stability exercises enables defenders to position their bodies effectively and control their movements against external resistance. The performance context benefits from core stability training, which decreases performance-related injuries. The key function of core stability training exceeds performance enhancement since it serves as an essential tool for injury prevention. Football athletes sustain frequent injuries to their hamstrings along with groin issues and lower back pain mainly because of inadequate core strength and stability. A properly designed core stability exercise regimen fixes muscle inequality while identifying asymmetrical patterns to improve neuromuscular command for decreased athletic injuries [27].

Targeted core exercises help prevent hamstring strains since poor pelvic control usually causes them. The deep abdominal muscles, together with poor lumbopelvic stability, lead to groin injuries [28]. Core stability training builds up muscle strength, which leads to a decrease in sports-related injuries in athletes. The prevention of injuries strongly depends on functional performance abilities. Dynamic training of core stability enables athletes to improve their athletic qualities and decrease their risk of suffering football-related injuries. Core training delivers a double advantage as it stands vital for every football conditioning program [29].

### **Core Stability and Injury Prevention**

Current football practice requires an equal emphasis on guarding against injuries as it does on performance improvement. The practice of core stability training represents an essential preventive measure against lower limb injuries, which include anterior cruciate ligament (ACL) tears alongside hamstring strains and groin injuries. The core muscles build athlete capabilities to maintain posture while distributing natural body weight evenly across the joints to stabilize the lumbopelvic area in active movements. Such factors both reduce sports-related injuries and sustain athlete performance across an extended period [30]. Core stability stands as a fundamental factor for injury prevention because it performs two vital tasks, including neuromuscular control and joint stability, together with the elimination of movement compensations.

### **Neuromuscular Control and Postural Stability**

Neuromuscular control represents a body system's natural response to external forces as it prevents instability during stability-maintaining movements. The neuromuscular efficiency of athletes increases simultaneously with improved proprioceptive feedback when they have a strong core since this allows them to react swiftly to various movements or directions. Firm core control decreases accidental uncontrolled movements, which limit the occurrence of injuries [31, 32].

### **Joint Stabilization**

The deep stabilizing core muscles comprising transversus abdominis and multifidus and pelvic floor muscles around the spine and pelvis serve to give support. Weak activation of these muscles or their improper function leads to high-stress levels in the hips along with knees and ankles, thus heightening the chances of getting injured. Training the core stability system enhances the strength of stabilizing muscles, therefore improving body alignment and reducing pressure on outer body parts [33].

### **Load Distribution and Shock Absorption**

The proper activation of core muscles allows athletic forces to spread out evenly through the whole body structure. Such training distributes physical stress evenly throughout the body because it avoids placing excessive pressure on key locations such as knees and lower back. Athletes with weak core muscles tend to develop lower

back pain along with hamstring injuries because their running movement causes excessive lumbar flexion and pelvic tilt. Training the core helps maintain proper body movement patterns while decreasing the risk of developing headaches from repeated wear and tear [34].

### Reduction in Compensatory Movements

Body compensation leads to inefficient movement patterns when core muscles remain weak because it forces other muscle groups to take over, thus creating higher risks of injury. Excessive internal hip rotation, together with adduction because of core weakness, leads to ACL injuries in cutting movements. The re-establishment of muscle balance by core exercises helps prevent non-optimal body mechanics and enhances every aspect of one's movement quality [35].

### Reduction in the risk of Common Football Injuries

ACL injury is one of the most severe and widespread problems that affect football players. Since the core region's muscles are found in the middle of the body, they actively participate in most bodily motions. Sudden change or pivoting motions combined with cutting activities lead to most of these injuries. Scientific studies demonstrate that weak core muscles create poor pelvic and trunk control, which increases valgus knee collapse occurrence during ACL injury events. Valgus knee collapse acts as one of the main contributors to ACL injuries. The performance of core stability exercises improves trunk stability, which minimizes knee valgus motion and reduces

It has been established that individuals who possessed weak core stability demonstrated a substantially elevated chance of sustaining ACL tears compared to those exhibiting adequate core strength and control abilities. The integration of balance-oriented core exercises as part of training helps substantially decrease injury risks [36, 37].

Hamstring strains affect many football athletes when they perform sprinting or rapid acceleration movements. The ability to maintain core stability functions as a preventive measure for hamstring strains by supporting pelvic stability maintenance throughout the body. When core control is weak, it causes an anterior pelvic tilt, which creates excessive tension in the hamstrings when athletes move at high speeds [38].

The deep abdominal muscle strengthening exercises that support neutral pelvic positioning contribute to protecting hamstrings from potential injuries. Several studies validate the efficiency of Nordic hamstring exercises alongside core stability training protocols to stop these types of injuries [39].

Football athletes commonly endure groin injuries, specifically involving adductor strains, when performing kicking actions together with lateral movements. Weak core muscles increase the risk of groin injuries since they fail to properly stabilize the pelvis during energetic movements. Training the core stability system, which includes both adductors and lower abdominals, will diminish the risk of groin damage. One should perform side

planks with adduction together with resisted leg lifts as these exercises bring the most benefit [40].

### Training Protocols and Approaches

Core stability exercises include static, dynamic, and functional movements as subclasses (Table 1). A successful core stability training program needs to incorporate various exercises from different groups to enhance stability and performance results.

**Table 1:** Core Stability Exercises

Subclasses	Characteristics	Examples
Static	Endurance building and activation of deep core muscles are the main objectives of these exercise protocols	Plank Variations (front, side, reverse), Bird-Dog, Dead Bug, Glute Bridges [41]
Dynamic	These exercises are with movement because they enhance functional strength while establishing stability	Medicine Ball Rotational Throws, Russian Twists, Cable Woodchoppers, Mountain Climbers [41]
Functional Core Exercises	The exercises replicate movements from football, which helps athletes connect their core strength to actual performance in the game	Single-Leg Balance Exercises, Lateral Band Walks, Unilateral Kettlebell Carries, Agility Drills with Core Activation [42]

Numbered periods under periodization enable core stability training to achieve its maximum benefits by preventing athlete overload. Structured programming allows core strength to advance through multiple phases, which helps athletes adequately recover during development [42]. The training program is split into three distinct phases as part of the periodization system: the preparatory phase and the competition phase, with a separate recovery phase (Table 2) [43].

**Table 2:** Three Distinct Phases as Part of The Periodization System

Phase	Focus	Duration
Preparatory Phase	Focus on building foundational strength and endurance. Emphasize static and dynamic core exercises.	Train 2-3 times per week.
Competition Phase	Shift focus to sport-specific and functional core exercises. Sports movements that replicate those in football should be included in exercises	The number of workouts should decrease to 1-2 sessions weekly since overexertion is possible.
Recovery Phase	Exercise training should concentrate on movements that enhance flexibility alongside the prevention of injuries. Reduce the intensity and volume of core	2-3 times per week.

### Integration into Football Training

Proficient football training must include core stability exercises as integral components that should be implemented during every regular training session. The

first stage of core stability training includes dynamic core activation exercises in usual warm-up period and static core exercises along with flexibility work completed through the cool-down period. Coaches must make physical practice include multisegmental movements that replicate fundamental football athletic requirements [26]. Core stability research has expanded significantly during the last twenty years because it affects injury prevention and athletic performance. Research methodology issues create barriers to the standardization of experimental findings, which prevents their practical usage. The research challenges in core stability originate mainly from inconsistent definitions, dissimilar training methods, and divergent assessment instruments and performance evaluation measures used by different studies [44]. The reliability and validity of core stability research depend on resolving these fundamental problems. Core stability research faces its main obstacle due to the absence of clearly accepted definitions regarding core stability. Secondary sources create two distinct definitions of core stability: first, it describes movement ability to hold stable spinal and pelvic alignment, and second, it defines force capacity between upper and lower body segments. The absence of a clear definition of core stability prevents proper comparison of research findings and standardization of training approaches between studies. Multiple training methods differ for core stability protocols through their exercise choices and their parameters of intensity and frequency along with duration. Research investigations either concentrate on non-dynamic strength work via planks and bridges or target functional movements matching sports conditions. The heterogeneity of core training intervention design methodologies creates challenges for researchers when they process data and prevents the effective implementation of study results [45]. Researchers who examine static core exercises in their investigation generate dissimilar results from researchers performing dynamic intensity-based core training, although they use equivalent performance metrics. Research findings become complicated because scientists analyzed different populations, from recreational athletes to elite football players. Core stability requirements, together with their associated training responses, display substantial variability between different groups of participants. Studies that do not take into consideration population variables risk forming universal conclusions that might not apply to entire population groups. Future studies should concentrate on creating standardized core training regimens specifically designed for football in order to overcome these constraints. Particularly needed are longitudinal studies examining the long-term impacts of core training on performance and injury prevention across various age groups and skill levels. Additionally, combining core training with other

conditioning regimens like resistance training and plyometrics may offer a more comprehensive strategy for improving performance.

## CONCLUSIONS

To conclude, core training is an essential part of contemporary football training plans. Beyond just improving physical performance, it also helps players become more resilient and healthier overall. Coaches and practitioners can use core training to help football players at all levels reach their full potential by filling in the gaps in current research and practice.

## Authors Contribution

Conceptualization: LB

Methodology: LB

Formal analysis: HFT

Writing review and editing: SS

All authors have read and agreed to the published version of the manuscript

## Conflicts of Interest

All the authors declare no conflict of interest.

## Source of Funding

The authors received no financial support for the research, authorship and/or publication of this article.

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