

Abstract

Title: The effects of the application of insoles in sports shoes on aerobic capacity of soccer players

Objectives: Effects of insoles Bootmatetsi on aerobic capacity of football players.

Methods: The research sample included a soccer player in the U16 category (n = 19). The Yo-Yo Intermittent Recovery Test Level 1 was used to verify the interventional effect of the Bootmatetsi insoles. For the subjective perception of physical activity during the pretest and posttest was used a 15-degree Borg scale of 6 – 20. A five-point Likert scale was used to evaluate the comfort of Bootmatetsi insoles. The data was processed using Microsoft Office Excel 2010.

Results: The application of Bootmatetsi insoles to football boots has provided a significant improvement in aerobic performance compared to original insoles (d = 1.1). Performance improved on average by 24%, i.e average improvement VO₂max by 2,43 ml.min⁻¹.kg⁻¹. At the same time, research group claims that Bootmatetsi insoles have been rated as comfortable.

Keywords: insoles, Bootmatetsi, aerobic capacity, VO₂max