Ronaldo Kobal

List of Publications by Year
in descending order

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75 papers	2,317 citations	201674 27 h-index	254184 43 g-index
75 all docs	75 docs citations	75 times ranked	1600 citing authors

#	Article	IF	Citations
1	Vertical and Horizontal Jump Tests Are Strongly Associated With Competitive Performance in 100-m Dash Events. Journal of Strength and Conditioning Research, 2015, 29, 1966-1971.	2.1	113
2	Relationship Between Sprint Ability and Loaded/Unloaded Jump Tests in Elite Sprinters. Journal of Strength and Conditioning Research, 2015, 29, 758-764.	2.1	101
3	Transference effect of vertical and horizontal plyometrics on sprint performance of high-level U-20 soccer players. Journal of Sports Sciences, 2015, 33, 2182-2191.	2.0	95
4	Strength and Power Qualities Are Highly Associated With Punching Impact in Elite Amateur Boxers. Journal of Strength and Conditioning Research, 2016, 30, 109-116.	2.1	93
5	Predicting the Maximum Dynamic Strength in Bench Press: The High Precision of the Bar Velocity Approach. Journal of Strength and Conditioning Research, 2017, 31, 1127-1131.	2.1	83
6	Determining the Optimum Power Load in Jump Squat Using the Mean Propulsive Velocity. PLoS ONE, 2015, 10, e0140102.	2.5	82
7	Half-squat or jump squat training under optimum power load conditions to counteract power and speed decrements in Brazilian elite soccer players during the preseason. Journal of Sports Sciences, 2015, 33, 1283-1292.	2.0	74
8	Relationship Between Change of Direction, Speed, and Power in Male and Female National Olympic Team Handball Athletes. Journal of Strength and Conditioning Research, 2018, 32, 2987-2994.	2.1	73
9	Vertically and horizontally directed muscle power exercises: Relationships with top-level sprint performance. PLoS ONE, 2018, 13, e0201475.	2.5	72
10	Predicting Punching Acceleration From Selected Strength and Power Variables in Elite Karate Athletes. Journal of Strength and Conditioning Research, 2014, 28, 1826-1832.	2.1	71
11	Differences in Muscle Mechanical Properties Between Elite Power and Endurance Athletes. Journal of Strength and Conditioning Research, 2015, 29, 1723-1728.	2.1	69
12	Traditional Periodization versus Optimum Training Load Applied to Soccer Players: Effects on Neuromuscular Abilities. International Journal of Sports Medicine, 2016, 37, 1051-1059.	1.7	69
13	Using Bar Velocity to Predict Maximum Dynamic Strength in the Half-Squat Exercise. International Journal of Sports Physiology and Performance, 2016, 11, 697-700.	2.3	62
14	Improving Sprint Performance in Soccer: Effectiveness of Jump Squat and Olympic Push Press Exercises. PLoS ONE, 2016, 11, e0153958.	2.5	52
15	Mixed Training Methods: Effects of Combining Resisted Sprints or Plyometrics with Optimum Power Loads on Sprint and Agility Performance in Professional Soccer Players. Frontiers in Physiology, 2017, 8, 1034.	2.8	52
16	Change-of direction deficit in elite young soccer players. German Journal of Exercise and Sport Research, 2018, 48, 228-234.	1.2	52
17	Predictive Factors of Elite Sprint Performance: Influences of Muscle Mechanical Properties and Functional Parameters. Journal of Strength and Conditioning Research, 2019, 33, 974-986.	2.1	46
18	Effects of Different Combinations of Strength, Power, and Plyometric Training on the Physical Performance of Elite Young Soccer Players. Journal of Strength and Conditioning Research, 2017, 31, 1468-1476.	2.1	44

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19	A Correlational Analysis of Tethered Swimming, Swim Sprint Performance and Dry-land Power Assessments. International Journal of Sports Medicine, 2016, 37, 211-218.	1.7	41
20	Validity and Usability of a New System for Measuring and Monitoring Variations in Vertical Jump Performance. Journal of Strength and Conditioning Research, 2017, 31, 2579-2585.	2.1	40
21	Training for Power and Speed. Journal of Strength and Conditioning Research, 2015, 29, 2771-2779.	2.1	39
22	Bar velocities capable of optimising the muscle power in strength-power exercises. Journal of Sports Sciences, 2017, 35, 734-741.	2.0	39
23	Functional Screening Tests: Interrelationships and Ability to Predict Vertical Jump Performance. International Journal of Sports Medicine, 2018, 39, 189-197.	1.7	39
24	Change-of-direction, speed and jump performance in soccer players: a comparison across different age-categories. Journal of Sports Sciences, 2020, 38, 1279-1285.	2.0	37
25	Do asymmetry scores influence speed and power performance in elite female soccer players?. Biology of Sport, 2019, 36, 209-216.	3.2	36
26	Tensiomyography parameters and jumping and sprinting performance in Brazilian elite soccer players. Sports Biomechanics, 2015, 14, 340-350.	1.6	33
27	Jump-Squat and Half-Squat Exercises: Selective Influences on Speed-Power Performance of Elite Rugby Sevens Players. PLoS ONE, 2017, 12, e0170627.	2.5	30
28	Transference of Traditional Versus Complex Strength and Power Training to Sprint Performance. Journal of Human Kinetics, 2014, 41, 265-273.	1.5	26
29	Performance changes and relationship between vertical jump measures and actual sprint performance in elite sprinters with visual impairment throughout a Parapan American games training season. Frontiers in Physiology, 2015, 6, 323.	2.8	26
30	Force-Velocity Relationship in Three Different Variations of Prone Row Exercises. Journal of Strength and Conditioning Research, 2021, 35, 300-309.	2.1	26
31	Effects of resisted sprint training on sprinting ability and change of direction speed in professional soccer players. Journal of Sports Sciences, 2018, 36, 1923-1929.	2.0	25
32	One-Repetition-Maximum Measures or Maximum Bar-Power Output: Which Is More Related to Sport Performance?. International Journal of Sports Physiology and Performance, 2019, 14, 33-37.	2.3	25
33	Loadâ€“Velocity Relationship in National Paralympic Powerlifters: A Case Study. International Journal of Sports Physiology and Performance, 2019, 14, 531-535.	2.3	25
34	Muscle Contraction Velocity: A Suitable Approach to Analyze the Functional Adaptations in Elite Soccer Players. Journal of Sports Science and Medicine, 2016, 15, 483-491.	1.6	25
35	Differences in physical performance between U-20 and senior top-level Brazilian futsal players. Journal of Sports Medicine and Physical Fitness, 2016, 56, 1289-1297.	0.7	25
36	Effects of far infrared rays emitting clothing on recovery after an intense plyometric exercise bout applied to elite soccer players: a randomized double-blind placebo-controlled trial. Biology of Sport, 2016, 33, 277-283.	3.2	23

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37	Jump Squat is More Related to Sprinting and Jumping Abilities than Olympic Push Press. International Journal of Sports Medicine, 2017, 38, 604-612.	1.7	23
38	Effects of Unloaded vs. Loaded Plyometrics on Speed and Power Performance of Elite Young Soccer Players. Frontiers in Physiology, 2017, 8, 742.	2.8	23
39	Transference Effect of Short-Term Optimum Power Load Training on the Punching Impact of Elite Boxers. Journal of Strength and Conditioning Research, 2021, 35, 2373-2378.	2.1	20
40	Strength-Power Performance of Visually Impaired Paralympic and Olympic Judo Athletes From the Brazilian National Team: A Comparative Study. Journal of Strength and Conditioning Research, 2017, 31, 743-749.	2.1	19
41	Perceived training load and jumping responses following nine weeks of a competitive period in young female basketball players. PeerJ, 2018, 6, e5225.	2.0	19
42	Differences in Change of Direction Speed and Deficit Between Male and Female National Rugby Sevens Players. Journal of Strength and Conditioning Research, 2021, 35, 3170-3176.	2.1	19
43	Heart rate and heart rate variability of Yo-Yo IR1 and simulated match in young female basketball athletes: A comparative study. International Journal of Performance Analysis in Sport, 2016, 16, 776-791.	1.1	18
44	Physical Performance of Brazilian Rugby Players From Different Age Categories and Competitive Levels. Journal of Strength and Conditioning Research, 2016, 30, 2433-2439.	2.1	17
45	Heart rate variability in elite sprinters: effects of gender and body position. Clinical Physiology and Functional Imaging, 2017, 37, 442-447.	1.2	17
46	Acceleration and Speed Performance of Brazilian Elite Soccer Players of Different Age-Categories. Journal of Human Kinetics, 2018, 64, 205-218.	1.5	17
47	Power output in traditional and ballistic bench press in elite athletes: Influence of training background. Journal of Sports Sciences, 2019, 37, 277-284.	2.0	17
48	Cardiac Autonomic Control in High Level Brazilian Power and Endurance Track-and-Field Athletes. International Journal of Sports Medicine, 2014, 35, 772-778.	1.7	16
49	Is Tensiomyography-Derived Velocity of Contraction a Sensitive Marker to Detect Acute Performance Changes in Elite Team-Sport Athletes?. International Journal of Sports Physiology and Performance, 2020, 15, 31-37.	2.3	16
50	Postâ€Activation Potentiation: Is there an Optimal Training Volume and Intensity to Induce Improvements in Vertical Jump Ability in Highlyâ€Trained Subjects?. Journal of Human Kinetics, 2019, 69, 239-247.	1.5	16
51	Self-selected Rest Interval Improves Vertical Jump Postactivation Potentiation. Journal of Strength and Conditioning Research, 2021, 35, 91-96.	2.1	14
52	Performance Changes of Elite Paralympic Judo Athletes During a Paralympic Games Cycle: A Case Study with the Brazilian National Team. Journal of Human Kinetics, 2017, 60, 217-224.	1.5	13
53	Loaded and unloaded jump performance of top-level volleyball players from different age categories. Biology of Sport, 2017, 3, 273-278.	3.2	13
54	Differences in Speed and Power Capacities Between Female National College Team and National Olympic Team Handball Athletes. Journal of Human Kinetics, 2018, 63, 85-94.	1.5	13

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55	Vertical and depth jumping performance in elite athletes from different sports specialties. Science and Sports, 2017, 32, e191-e196.	0.5	12
56	Relationship Between Resting Heart Rate Variability and Intermittent Endurance Performance in Novice Soccer Players. Research Quarterly for Exercise and Sport, 2019, 90, 355-361.	1.4	12
57	Power and Speed Differences Between Brazilian Paralympic Sprinters With Visual Impairment and Their Guides. Adapted Physical Activity Quarterly, 2016, 33, 311-323.	0.8	11
58	Physical and physiological differences of backs and forwards from the Brazilian National rugby union team. Journal of Sports Medicine and Physical Fitness, 2017, 57, 1549-1556.	0.7	11
59	Influence of Different Resistance Exercise Loading Schemes on Mechanical Power Output in Work to Rest Ratio â€“ Equated and â€“ Nonequated Conditions. Journal of Strength and Conditioning Research, 2012, 26, 1308-1312.	2.1	10
60	Portable Force Plates: A Viable and Practical Alternative to Rapidly and Accurately Monitor Elite Sprint Performance. Sports, 2018, 6, 61.	1.7	10
61	Post-Activation Potentiation: Is there an Optimal Training Volume and Intensity to Induce Improvements in Vertical Jump Ability in Highly-Trained Subjects?. Journal of Human Kinetics, 2019, 66, 195-203.	1.5	10
62	Mechanical Differences between Barbell and Body Optimum Power Loads in the Jump Squat Exercise. Journal of Human Kinetics, 2016, 54, 153-162.	1.5	9
63	Effects of compression clothing on speedâ€“power performance of elite Paralympic sprinters: a pilot study. SpringerPlus, 2016, 5, 1047.	1.2	8
64	Using Loaded and Unloaded Jumps to Increase Speed and Power Performance in Elite Young and Senior Soccer Players. Strength and Conditioning Journal, 2018, 40, 95-103.	1.4	8
65	Short-Term Cardiac Autonomic Recovery after a Repeated Sprint Test in Young Soccer Players. Sports, 2019, 7, 102.	1.7	6
66	Resisted Sprint Velocity in Female Soccer Players: Influence of Physical Capacities. International Journal of Sports Medicine, 2020, 41, 391-397.	1.7	6
67	Curve Sprint in Elite Female Soccer Players: Relationship with Linear Sprint and Jump Performance. International Journal of Environmental Research and Public Health, 2021, 18, 2306.	2.6	6
68	Peak versus mean propulsive power outputs: which is more closely related to jump squat performance?. Journal of Sports Medicine and Physical Fitness, 2017, 57, 1432-1444.	0.7	5
69	The impact of detraining on cardiac autonomic function and specific endurance and muscle power performances of high-level endurance runners. Journal of Sports Medicine and Physical Fitness, 2016, 56, 1583-1591.	0.7	5
70	Determining the Optimum Bar Velocity in the Barbell Hip Thrust Exercise. International Journal of Sports Physiology and Performance, 2020, 15, 585-589.	2.3	4
71	Comparison of physical performance among Brazilian elite soccer players of different age-categories. Journal of Sports Medicine and Physical Fitness, 2016, 56, 376-82.	0.7	4
72	Effects of detraining on neuromuscular performance in a selected group of elite women pole-vaulters: a case study. Journal of Sports Medicine and Physical Fitness, 2017, 57, 490 - 495.	0.7	3

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73	Speed and power predictors of change of direction ability in elite snow athletes. Journal of Human Sport and Exercise, 2015, 10, .	0.4	2
74	Differences in fitness characteristics between Brazilian World Championship and South-American Championship National basketball teams. Journal of Sports Medicine and Physical Fitness, 2016, 56, 1428-1429.	0.7	2
75	Pre-season in soccer: a paradox between a high volume of technical/tactical training and improvement in the neuromuscular performance of elite women soccer players. Journal of Sports Medicine and Physical Fitness, 2021, , .	0.7	0