Core strength is thought to be associated with an increase in performance among athletes, but not enough research supports this idea.

Soccer was chosen in order to study the effect of core muscles on trunk and pelvic stability, and how it affects performance in running and kicking power production.

The purpose of this study was to determine if core and trunk characteristics differentiate an amateur from a professional soccer player.

One hundred and ten studies were found and screened by abstract. Sixty abstracts were assessed for eligibility. Three studies deemed appropriate for analysis. QUIPS assessed quality of these studies.

This Study follows PRISMA guideline Criteria. Utilizing a MeSH Search using PubMed, CINAHL, EMBASE.

1. There is limited research on core strength and athletic performance in professional and amateur soccer players.
2. Greater soccer exposure can increase core strength which affects trunk flexibility and pelvic stabilization.
3. Current research does not show the direct impact of core training on performance.

Current literature suggests a positive correlation between core strength and injury prevention in research. It is unknown, however, how core characteristics specifically discriminate athletic level or performance.

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