



INVESTIGATION OF STATIC VERSUS DYNAMIC STRETHING EXERSICE ON MOTOR ABILITIES OF FOOTBALL PLAYERS

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ABSTRACT

The reason for this investigation was to examine the static versus dynamic extending exercise on engine capacities of football players. Twenty junior state level football players [aged between 15-17 years] were chosen as subject from Malappuram region in Kerala. Information was gathered on the chose variable, in particular weight list, speed, readiness, quality, continuance and adaptability. 't' test was utilized for measurable examination. The consequence of the investigation demonstrated that there was essentialness distinction among football players in speed, dexterity, quality, perseverance and adaptability. There is no critical contrast in Body mass list.

KEYWORDS: football players , dexterity, quality, perseverance.

INTRODUCTION

A standard warm-up more often than not comprises of three parts: oxygen consuming activity, extending, and a practice of the developments that will be utilized in the consequent preparing activity or sports rivalry. Extending is frequently used for a wide assortment of populaces to be a basic piece of a warm-up. Expanding adaptability through extending is one of the essential principles of physical wellness. Usually for competitors to extend when practice with the end goal to lessen danger of damage and increment execution. Expanding adaptability through extending is one of the essential principles of physical wellness. Usually for competitors to extend when practice with the end goal to diminish danger of damage and increment execution. Three muscle extending methods are as often as possible depicted in the writing: Static, Dynamic, and Pre-Contraction extends. Static extending is the customary and most basic sort, where an explicit position is held with the muscle on strain to a point of an extending sensation and rehashed. This can be performed latently by an accomplice, or effectively by the subject.

There are two essential ways static extending can be performed: dynamic and uninvolved. Dynamic extending happens when the individual uses his/her very own muscles to hold the extending position. Dynamic extending is more valuable in the advancement of dynamic adaptability. In latent extending, an outer power holds the static extending position of the person. This outside power can be a question or a man. Dynamic extending alludes to the development of appendages in a "composed example to expand scope of movement." Unlike static extending developments don't surpass the person's furthest reaches of scope of movement inside the joints being warmed up.

In football the player's engine capacities have an incredible job. The engine capacities are key components for the improvement of their execution. The engine capacities, for example, speed, quality, adaptability, spryness and perseverance are imperative elements for the enhancement of football players. So it is exceptionally fundamental to build up these characteristics in football players. Speed is essential for spilling the ball and dexterity additionally required and if a player has less continuance he can't perform well

all through the diversion. For kicking ball the players require great quality and furthermore it is one of the principle factors for creating rate and deftness.

PURPOSEOF THE STUDY

The reason for this examination was to investigation the Dynamic Stretching versus Static Stretching exercise on engine capacities of football players.

Hypothesis

It was theorized that there will be distinction in execution of engine capacities of subjects experiencing dynamic and static extending works out.

Methods

20 junior state level football players from in Malappuram area in Kerala were chosen as subjects for this examination. For weight file, weight and tallness, for speed 20 meter dash and nimbleness evaluation Arrowhead dexterity, for quality standing vertical hop, perseverance Yo-Yo irregular dimension 2 continuance test and for adaptability sit and achieve test were as the variable of the examination.

Weight was estimated to kilogram, stature was estimated to centimeter and speed and nimbleness estimated in a flash, standing vertical hop estimated in centimeters and continuance estimated by separation recorded in meters. For investigation of dynamic extending and static extending among football players, information of weight file, 20 meter dash, deftness test, vertical hop, perseverance test were broke down by 't' test. Each chosen six variable of the football players were thought about independently.

RESULT AND DISCUSSION

The accumulated information were examined through factual technique 't' test was connected to discover critical contrasts of static versus dynamic extending exercise on engine capacities of football players. The dimension of critical was set at 0.05 dimension of certainty.

CONCLUSIONS

- It was reasoned that there is no noteworthy distinction in Body mass file of static extending activities and dynamic extending works out.
- It was presumed that there is a noteworthy contrast in Speed of players experiencing static extending activities and dynamic extending works out.
- It was presumed that there is a critical distinction in Agility of players experiencing static extending activities and dynamic extending works out.
- It was reasoned that there is a noteworthy distinction in Strength of players experiencing static extending activities and dynamic extending works out.
- It was reasoned that there is a noteworthy distinction in Endurance of players experiencing static extending activities and dynamic extending works out.
- It was reasoned that there is a huge distinction in Flexibility of players experiencing static extending activities and dynamic extending works out.

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