

THE EFFECT OF SPECIFIC STRETCHING EXERCISE TRAINING PROGRAM ON SELECTED PHYSICAL FITNESS VARIABLES OF FOOTBALL PLAYERS

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ABSTRACT

The reason for this investigation was to discover the impact of explicit extending exercise preparing program on chosen physical wellness factors of football players. This examination, forty five football players arbitrarily were chosen as a subjects. They were chosen from different schools in Coimbatore region. They were isolated into three equivalent gatherings of fifteen subjects (each gathering), in particular, tested gathering I is under went proprioceptive neuromuscular assistance gathering (PNFG) and tested gathering II is under went static extending gathering (STG) and tested gathering III is plyometric preparing gathering (PTG). The trial assemble took an interest in explicit pre season preparing for time of about a month and a half. The information was gathered when preparing for time of pre test, post test and connection between the gatherings were dissected by 't' proportion, examination of co-changes (ANCOVA) test and scheffe post hoc test was connected. The dimension of importance for the examination was picked as 0.05. The exploratory three gatherings after the two months preparing critical enhancement in speed, strong continuance, dexterity.

KEYWORDS: Speed, Muscular endurance, Agility.

INTRODUCTION

Extending is a type of physical exercise in which an explicit muscle or ligament (or muscle gathering) is purposely flexed or extended so as to enhance the muscle's felt versatility and accomplish agreeable muscle tone. The outcome is a sentiment of expanded muscle control, adaptability and scope of movement. Extending is likewise utilized restoratively to lighten spasms. This extending exercise extremely valuable for football players on the grounds that the players get greater adaptability.

In its most essential shape, extending is a characteristic and intuitive action; it is performed by people and numerous different creatures. It very well may be joined by yawning. Extending frequently happens naturally in the wake of waking from rest, after significant lots of dormancy, or in the wake of leaving kept spaces and zones. Diminishes (1975) extend is one where you expect a position and after that hold it there with no help other than utilizing the quality of your agonist muscles.

Expanding adaptability through extending is one of the essential principles of physical wellness. Usually for competitors to extend when practice so as to diminish damage and increment execution. Extending can be hazardous when performed erroneously. There are numerous strategies for extending by and large, yet relying upon which muscle assemble is being extended, a few systems might be incapable or hindering, even to the point of causing tears, hyper versatility, insecurity or perpetual harm to the ligaments, tendons and muscle fiber. The physiological idea of

extending and speculations about the impact of different procedures are in this manner subject to overwhelming request.

METHODOLOGY

This investigation, forty five football players arbitrarily were chosen as a subjects. They were chosen from different schools in Coimbatore area. They were partitioned into three equivalent gatherings of fifteen subjects (each gathering), in particular, tested gathering I is under went proprioceptive neuromuscular help gathering (PNFG) and tested gathering II is under went static extending gathering (STG) and tested gathering III is plyometric preparing gathering (PTG). The exploratory gathering took part in explicit pre season preparing for time of about a month and a half. The information was gathered when preparing for time of pre test, post test and connection between the gatherings were examined by 't' proportion, examination of co-changes (ANCOVA) test and scheffe post hoc test was connected. The dimension of essentialness for the investigation was picked as 0.05. The exploratory three gatherings after the two months preparing huge enhancement in speed, solid continuance, readiness.

CONCLUSION

- The proprioceptive neuromuscular assistance gathering (RTG) was enhanced speed altogether than the other preparing gathering of STG, PLYG.
- The proprioceptive neuromuscular help assemble had enhanced strong perseverance essentially than the other preparing gathering of STG, PLYG.
- The STG assemble had enhanced readiness essentially than the other preparing gathering of PNFG, PLYG

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