

THE FLEXIBILITY IMPROVEMENT OF THE YOUNG SOCCER PLAYERS

Dalip, M. 1), Yovanovski Y. 2), Rexhepi, F. 1), Telai, B. 1), L. Imetovska 3) & A. Imetovska 3)

1) State University of Tetova, Faculty of Physical Culture, Tetova., Macedonia
2) St Cyril and Methody University, Faculty of Physical Culture and Sports, Skopje, Macedonia.

Keywords: flexibility, soccer, improvement

Introduction

Flexibility training session helps to save natural joints flexibility, produce optimal performance and reduce sport injury. (Nelson, G.A. 2007). The aim of our study it's the check two stretching technique static and dynamic to improve flexibility in the young soccer players.

Methods

In the this study was participate n=36 healthy athlete age $16.7\pm 0,3$; height $176\pm 7,2$; weight $71\pm 4,7$. We using two separately training session during the competitive period 12 week. First training session Work/rest ratio its 15/10 sec.; 20/15 sec. static stretch and rest. (Nelson,G.A.2007). Second flexibility training session we was implemented dynamic stretching methods. 2 set for each exercise 15 repetition and 15 second rest between set.

Results & Discussion

We used the SPSS 15. We was found this results: FlexQRI $53.8\text{cm}\pm 8.17$; Flexibility FlexQRF, $54.7\text{cm}\pm 6.14$; FlexQLI, 54.01 ± 6.56 ; FlexQLF 54.27 ± 6.56 ; FlexHBI $68.6\text{cm}\pm 15,13\text{mm}$; FlexHBF $79.67\text{cm}\pm 14.88$; FlexHRI $67.25\text{cm}\pm 11.54$; FlexHRF 78.83 ± 12.86 ; FlexHLI $66.00\text{cm}\pm 12.71$; FlexHLF $78,86\text{cm}\pm 13.81$; SRI $29.18\text{cm}\pm 8.0$; SRF $31.50\text{cm}\pm 8.33$. Independent Samples test T test we found this results: After compare initial and final measurements flexibility we found this results FlexQR not statistically significant differences $p>0,05$; FlexQL not statistically significant differences $p>0,05$; FlexHB have statistically significant differences $p<0.05$; FlexHR have a statistically significant differences; FlexHL have statistically significant differences $p<0.05$; SR have a statistically significant differences $p<0.05$. We expect result were found in our research. Implementation two separate training practice helps to improve flexibility, reduce injury and joint mobility.

Conclusion

It is concluded with the present study the training protocol in the static and dynamic stretching technique methods applied by researchers was able to improve flexibility of young soccer athletes. Implementation two separate training practices, helps to improve flexibility, reduce injury and joint mobility. (Nelson, G.A. 2007).

References

1. Bandy, W.D. at al (1994). Physis. Ther, 74: 845-850.