

Acute Effects of Dynamic versus Static Stretching on Explosive Agility of Young Football Players

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Abstract

Aim: To determine acute effects of dynamic versus static stretching on explosive agility of young football players. **Material and Method:** The study was conducted on 30 male academy football players between 14-16 years. Thermometer and stop watch was used to determine the body temperature and timings of testing respectively. Agility scores using Illinois agility test were taken between three groups of 10 each i.e. control, dynamic stretching, and Static stretching groups. **Results:** The mean time in control, dynamic and static group is 16.049,13.075 and 14.632 respectively. And p value in control versus dynamic group is 0.0001, in control versus static group is 0.05 and in dynamic versus static group is 0.007. “t” score in control versus dynamic group is 4.783, in control versus static group is 2.108 and inn dynamic versus static group is 3.061. **Conclusion:** There is no significant difference in acute agility scores after static versus dynamic stretching with warm up.

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Introduction

Most sports individuals or athletes have some pre-participation routine during warm up prior to physical activity to increase body temperature, which in turn increases the flexibility and extensibility of muscles and other soft tissues. This prevent injuries and enhance sports performance by improving flexibility (Taichi Yamaguchi et al 2005; Hedrick A 2000; BaechleT & EarleR2000). Flexibility exercise can reduce perception of pain ensuring muscular exercise distress based on decreased level of residual muscle activity because of static stretching of the involved muscle. Used prior to exercise static stretching may enhance performance. The latest research has shown that strength developed with exercise on rebound movement can be better enhanced by add - on flexibility training. However, the primary importance of the flexibility is in preventing and reducing the injuries. (Thakur D & Motimath B 2014) Agility training is thought to be a re-enforcement of motor programing through neuromuscular conditioning and neural adaptation of muscle spindle,