COMPARATIVE EFFECT OF PLYOMETRIC AND WEIGHT TRAINING OF LOWER LIMBS ON SELECTED SOCCER TECHNIQUES OF GORAKHPUR UNIVERSITY LEVEL PLAYERS

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ABSTRACT

In recent years, there has been a remarkable expansion of sports science offers methods by which the very fast actions, which occur in sports, can be recorded and analyzed in detail. There are various reasons for doing this. One is to understand the general mechanical effectiveness of the movements, another is the detailed description of the skill, yet another is an analysis of the factors underlying successful performance. Strength in the lower limbs is of obvious concern in soccer. The ability to sustain it forceful contraction is also important in maintaining balance and control. Weight training strength is possibly important in maintaining a player balance on a slippery pitch and it also contributes to ball control. In the case of outfield players the lower part of trunk, the hip flexors, planter flexors and dorsi flexors of the ankle are used most. 33 players of Gorakhpur University (U.P) volunteered to participate as subjects for this study. Hence, all the subjects were regarded as having a reasonably good standard of performance in soccer. In this experimental study 33 soccer players were randomly assigned, 11 each in three experimental group namely polymetric strength training group, weight training group, and control group. plyometric and weight training for eight weeks combined with control group with improve power and torque acceleration energy and also improved performance in kicking with instep of the foot and inner instep of the foot in distance as well as in accuracy. There will be positive correlation between the effects of plyometric and isotonic strength training on selected soccer techniques. Based on the analysis and findings of the study, the hypothesis formulated earlier that there would be no difference in the effect of plyometric and weight training exercises on the performance of selected soccer techniques, is rejected in the case of covering distance and getting accuracy.