

# Investigation of Static Versus Dynamic Stretching Exercises on Motor Abilities of Football Players

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## ABSTRACT

The reason for this investigation was to investigate the impact of static versus dynamic extension exercises on the motor abilities of football players. Twenty junior state-level football players from the Malappuram region of Kerala were selected as subjects. Information was collected on selected variables, particularly weight list, speed, readiness, quality, consistency, and adaptability. The 't' test was used to test measurable values. The results of the investigation revealed that there were significant differences in speed, dexterity, quality, tenacity, and adaptability between football players. There are no serious contradictions in the body mass list.

**KEYWORDS:** football players, dexterity, quality, perseverance.

## INTRODUCTION

A standard warm-up usually includes three parts: oxygen consumption activity, extension, and development exercises that will be used in the resulting preparatory activity or sporting competition. Extensions are often used to form a basic part of warm-ups for a variety of populations. Expanding adaptability through extension is one of the essential principles of physical well-being. Competitors typically aim for an extension when performing exercises with the ultimate goal of reducing the risk of injury and increasing performance. Expanding adaptability through extension is one of the essential principles of physical well-being. Competitors typically pursue exercises with the ultimate goal of reducing the risk of injury and increasing performance. Three muscle extension methods are depicted as often as possible in writing: static, dynamic, and pre-contraction extension. Static stretching is the traditional and most basic type, where a clear position is held and repeated with pressure applied to the muscles until the point of a stretched sensation. It may be performed covertly by an accomplice, or effectively by the subject.

Static expansion can be done in two essential ways: dynamic and discontinuous. Dynamic extension occurs when the person uses their muscles to maintain the extended position. Dynamic expansion is more valuable in the advancement of dynamic adaptability. In latent expansion, an external force holds the individual's stable expansion state. This external force can be a question or a human being. The dynamic extension indicates the development of appendages in "instances composed to expand the range of movement". Unlike static expansion, the increase in the range of motion within the joints being heated does not exceed the farthest reaches of the individual.

A player's motor abilities do incredible things in football. Engine capabilities are a key factor in improving their performance. Motor abilities such as speed, quality, adaptability, versatility, and tenacity are essential elements for the development of football players. Therefore, it is extremely important to develop these characteristics in football players. Throwing the ball requires speed and also dexterity and if a player has less consistency he may not perform well throughout the game. Players need to have good quality to kick the ball and also to develop speed and cleverness which is one of the major factors.

## PURPOSE OF THE STUDY

The reason for this test was to investigate dynamic stretching versus static stretching exercises on the motor abilities of football players.

## Hypothesis

It was theorized that there would be differences in the performance of engine abilities of subjects experiencing dynamic and static extension tasks.

## Methods

20 junior state-level football players from the Malappuram region of Kerala were selected as subjects for this test. For weight file, weight, and height, speed 20-meter dash and arrowhead for agility assessment Dexterity, for quality standing vertical hop, tenacity Yo-yo Irregular Dimension 2 Sit and Gain for continuity testing and adaptability test of the variables of the exam Were in form.

Weight was estimated in kilograms, height was estimated in centimeters speed and agility were estimated in a flash, standing vertical jump was estimated in centimeters and consistency was estimated in meters based on recorded separation. Information from the weight file, 20-meter dash, dexterity test, vertical hop, and tenacity test was broken down by the 'T' test to investigate dynamic extension and static extension among football players. Each of the six selected variables of football players was considered independently.

## RESULT AND DISCUSSION

The collected information was examined through the factorial technique 't' test, which was associated with the discovery of significant contrasts of static versus dynamic extension exercises on the motor abilities of football players. The amplitude of the critical was set at 0.05 amplitude of certainty.

## CONCLUSIONS

The reason for this investigation was to investigate the effect of static versus dynamic extension exercises on the motor abilities of football players.

Motor abilities such as speed, quality, adaptability, versatility, and tenacity are essential elements for the development of football players.

The reason for this test was to investigate dynamic stretching versus static stretching exercises on the motor abilities of football players.

The information from the weight file, 20-meter dash, dexterity test, vertical hop, and tenacity test was divided by the 't' test to examine dynamic extension and static extension among football players. The collected information was examined through the factorial technique 't' test, which was associated

with the discovery of significant contrasts of static versus dynamic extension exercises on the motor abilities of football players

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