

IMPACT OF RESISTANCE TRAINING AND GLUTES STRENGTHENING WITH FOAM ROLLER TRAINING ON DRIBBLING AMONG FOOTBALL PLAYERS

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ABSTRACT

The investigation was aimed to reveal the impact of resistance training and glutes strengthening with foam rollers training on football players dribbling efficiency. Players who had got selection in Eagles Football clubs for youth team were considered as the subjects from Kakkanad in Ernakulam district of Kerala state. The subject age ranged from 14-18 as per the School/college records. The subject preferred for this study were separated according to their age in to three equal groups and designated as two treatment groups and one control group each consisted of twenty boys football players. The group 1 received the training of glute strengthening exercises, group 2 received training of Resistance, group 3 were not subjected any special treatment and they are considered as a control group and they take part only in prior and post testing session. Dribbling was measured through Mor Cristian soccer skill test. Duration of training schedule was 12 weeks. All statistical analysis the IBM SPSS (Statistical Package for Social Sciences) version 22 was used. One way ANCOVA was considered as a statistical tool. ANCOVA was significant; Scheffe's post hoc was applied. The significance level was set at 0.05 Confidence and p value is <0.005. From the termination of this study, it was melded that there was a significant enhancement on physical variables of balance due to the apparent effort of Resistance training and Glute strengthening exercise with foam roller training on footballers. From that fact, the elaborated hypothesis has been accepted.

KEYWORDS: *Resistance Training, Glute Strengthening Exercise, Foam Roller, Dribbling*