



KEYWORDS

- ✓ Football
- ✓ Non-dominant Leg
- ✓ Dominant Leg
- ✓ Imagery
- ✓ Skill Learning

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EXAMINING THE EFFECT OF IMAGERY EXERCISE APPLIED BEFORE NON-DOMINANT LEG TRAINING ON LEG ASYMMETRY IN YOUNG FOOTBALL PLAYERS VIA BILATERAL TRANSFER

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MASTER'S DEGREE PROGRAM

DATE OF GRADUATION: 08.07.2024

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THESIS SUMMARY

In this study, it was aimed to examine the effect of the visualization exercise applied before non-dominant leg training on young male football players on the leg asymmetry of dribbling, bouncing and passing/shooting techniques in football through bilateral transfer. In the study, which included a total of 36 volunteer participants aged 14-15 (born in 2009-2010), 20 minutes of visualization practice and 20 minutes of non-dominant leg training were applied to the 1st and 2nd groups, 2 days a week, for 4 weeks, with at least one day break. The third group continued their daily training consisting of warm-up, main part and cool-down parts. When the paired groups t-test results were evaluated, a significant difference was found in the dominant leg dribbling, wall pass and shooting test results of Group 1 and Group 2 ($p<0.05$). Additionally, a significant difference was found in the non-dominant leg shooting test data of Group 2 ($p<0.05$). As a result, the visualization exercise applied before non-dominant leg training in young football players contributes to the development of dominant leg dribbling, passing and shooting skills.

APPLICATION AREAS OF THESIS RESULTS

This study, which is the only study in the literature to the best of our knowledge, will provide an alternative to football coaches by accelerating the non-dominant leg training effect of imagery application and bringing a new training method to indoor and field applications in terms of examining leg asymmetry.

ACADEMIC ACTIVITIES

Uyaroğlu, F., Vatansever, Ş., Bölükbaş, G., M. Effects of Whey Protein and BCAA Supplementation on Muscle Hypertrophy and Muscle Damage During Exercise. 8th International Congress on Nutrition Obesity and Community Health. 22-23 December 2022, pp.138-143.