

INVESTIGATION OF THE EFFECTS OF SMALL FIELD GAMES AND LIGHT REACTION EXERCISES ON TECHNICAL ACTIONS AND SELECTED MOTORIC CHARACTERISTICS IN YOUNG FOOTBALL PLAYERS

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THESIS ABSTRACT

The aim of this study is to examine the effects of 8-week narrow-field play and light reaction exercise, applied in addition to football branch-specific training, on the technical actions and motoric properties of football athletes aged 12-13.

In the study, a total of 30 volunteer participants aged 12-13 took part. The 1st group was the narrow-space game and light reaction exercise training group (n = 15), and the 2nd group was the control group (n = 15). One group applied 25 minutes of small-space play and 15 minutes of light reaction exercise 2 days a week for 8 weeks, with at least one day break. The second group continued their daily training consisting of warm-up, main part and cool-down parts. When the p values of the groups were examined, a significant difference was found between the pretest and posttest averages in favor of Group 1 as a result of the T test, Illinois Agility Test, Reaction Test, Dribbling, Passing and Shooting Test (p<0.05).

As a result, small-field play and light reaction exercise applied in training in young football players contribute to the development of dribbling, passing and shooting skills and their motor skills.

APPLICATION AREAS OF THE THESIS RESULTS

It will guide coaches and trainers in football sports in choosing appropriate exercises for narrow-field play and light reaction planning.

ACADEMIC ACTIVITIES

İbrahim K., Vatansver Ş., Bölükbaşı M.G., (2023). Systematic Review of Exercise in the Elderly. 10th International Gap Summit Scientific Research Congress. 17-18 March 2023. (Full Text Paper).



KEY WORDS

- ✓ Small field game
- ✓ Football
- ✓ Light reaction
- ✓ Technical skill
- ✓ Motoric skill

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