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Basic Study

Effect of a specialized injury prevention program on static balance, dynamic balance
and kicking accuracy of young soccer players

Avelet Dunsky, Ido Barzilay, Orly Fox

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Keywords: **Static balance**, **Dynamic balance**, Professional **soccer player**, Knee, ... It is necessary to have **preventive programs** to reduce the number of **injured** ... proprioception in **young professional soccer players** and also comparison ... defined as the leg that used to **kick** a ball), bends his free leg at the knee and foot of ...

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Soccer is a sport requiring a plethora of technical skills as well as **static**, ... and **Balance training program**

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作者: A Daneshjoo - 2012 - 被引用次数: 56 - 相关文章

2012年12月12日 - Under 21 year-old **soccer players** (n = 36) were divided randomly ... **Static** and **dynamic balances** were evaluated using the stork stand ... Proprioception is a **specialized** variation of the sensory modality and ... and effective training components for **preventing injuries** in specific sports and populations [14].

EFFECTS OF FUNCTIONAL BALANCE TRAINING ON STATIC AND ...

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Hide **Show** all ... SportKat2000 system were used to elicit **static** and **dynamic balance** scores of right, ... **Balance** ability; **Kicking** performance; Dominant leg; Nondominant leg; Ball velocity; ... Proprioception and **balance** training can improve amateur **soccer players'** ... Mechanisms that influence **accuracy** of the soccer **kick**.

缺少字词: **specialized prevention**

Proprioception and balance training can improve amateur soccer ...

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29 amateur **soccer players** comprised the sample of the present research. ... To evaluate the **program** efficiency, a series of technical skills tests was run prior to to surpass basketball players in **static** and **dynamic balance** and do not differ ... **injury prevention** and reduction (Malliou et al 2004), while poor **balance** has been.

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