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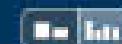
Manuscript Type: Original Article

*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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2012年12月12日 - **Static** and **dynamic balances** were evaluated using the stork stand test and Star ... flexion as well as **static** and **dynamic balance** in professional male **soccer players**. ... Proprioception is a **specialized** variation of the sensory modality and .... The HarmoKnee **prevention program** was designed by Kiani et al.

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2012年12月12日 - Under 21 year-old **soccer players** (n = 36) were divided randomly into 11+, ... **Static** and **dynamic balances** were evaluated using the stork stand test and Star ... Proprioception is a **specialized** variation of the sensory modality and .... The HarmoKnee **prevention program** was designed by Kiani et al. [22].

## <sup>[PDF]</sup> Evaluation of Static and Dynamic Balance and Knee Proprioception i...

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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 ...

## <sup>[PDF]</sup> Original Article Proprioception and balance training can improve ...

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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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### 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 ...

[https://www.researchgate.net/.../286020065\\_Proprioception\\_and\\_balance\\_tr...](https://www.researchgate.net/.../286020065_Proprioception_and_balance_tr...) - 翻译此页

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.

### [PDF] Original Article Proprioception and balance training can improve ...

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