

Comparison of traditional training and practice in small - side on some elements of physical fitness and skills in 12 to 14 years football players

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Abstract The aim of this study was to compare traditional exercises and training in small - side on some elements of fitness football skills students 14 - 12 years . For this purpose , 20 young football players are ed and randomly divided into two groups (n = 10) , traditional training (mean age : $47/0 \pm 14$, BMI $5/7 \pm 7/21$, kilograms per meter square) and the second group exercises small - side (mean age : $49/0 \pm 14$ and BMI 9 ± 20 , kilograms per square meter (divided . Participants performed 6 weeks and 3 sessions per week , to do exercise and continue to play their football , the subjects were tested before and after 6 weeks of training . Cooper aerobic capacity test , test and test speed of 30 meters Illinois to evaluate agility , as well as football skill tests index before and after 6 weeks of training , the subjects were taken . To analyze the data, Kolmogorov - Smirnov test for normality of data distribution and the t-test for within group comparison of covariance to test the hypotheses used and significant level ($05/0 > p$) was considered. Research findings show that general practice in all the indicators were significant in two ways . Indicators aerobic capacity , speed and agility through traditional training and skills assists , shooting and dribbling through small - side exercises recovered ($05/0 > p$).

Key words : training small - side , traditional practice , indicators skills .

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