



Comparison on Effects of Various Exercise Methods in Football on Children's Some Physical, Physiological and Technical Capacity

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ABSTRACT The aim of this study is to research whether interval running or 4X4 narrow field practices is a more effective training method for developing aerobic capacity, anaerobic power, strength, speed, flexibility and technical capacity of children during preparation season. Children have been randomly divided into three groups as "Narrow Field Practice Group (NFP)" (n=8), "Interval Running Group (IR)" (n=8) and "Control Group (CG)" (n=8). Aerobic capacity, speed, leg strength, vertical jump, flexibility, anaerobic power, body mass index and football technical scores of children were measured then for the duration of six weeks. NFP and IR groups participated in 4x4 minutes and 3 days a week narrow field practices and interval running practices. CG participated in low intensity training and final measurements were taken. SPSS was used in analyzing the data acquired. Values acquired as a result of preliminary, final tests were statistically compared with help of ANNOVA test. As a result of the study, significant increase was observed in VO₂max, passing and dribbling values of NFP and IR groups, sprint, juggling on feet and knee, passing and dribbling values of NFP group.