

The Effect Training Program on Mixed Contractions on Both the Maximum Force and Explosive Force of the Lower Limbs Conducted Study to the Football Players Under the Age of 17 Years-Tiaret, Algeria

Authors : Saidia Houari

Abstract : The game of football is one of the global sports activities that have witnessed a remarkable development in recent years in the physical, technical, rhetorical and psychological aspects, so the modern play in different teams and international teams quickly and forcefully in the exact technical performance, and this is due to the interest of international coaches. The good training of the players during the youth stage at the level of various aspects to develop all the techniques that have a great effectiveness in competitions according to scientific methods studied. The muscle strength plays a very important role achieving the performance player during the game and it is clear the need for the player in many situations, especially when jumping to hit the ball head or the goal on the goal or long passes of different types and in the performance of various skills by force and speed appropriate to the possession of the ball or the control of the court of the court while overcoming the body weight during the game it is known that the stronger the muscles of the athlete and the reduced joints injuries, and the strength increases energy saving such as Latin phosphate and glycogen, and develop the player for a game football volitional qualities of the most important of courage, determination And self-confidence. There are also some skill movements that can not be performed without a certain level of strength, so the development of power may affect the effectiveness of the long-term training system.

Keywords : training program, maximum force and expolosive force, lowers limbs, under 17 years

Conference Title : ICSS 2023 : International Conference on Sport Science

Conference Location : Barcelona, Spain

Conference Dates : February 16-17, 2023