World Academy of Science, Engineering and Technology
International Journal of Sport and Health Sciences
Vol:8, No:12, 2014

The Effect of Postural Sway and Technical Parameters of 8 Weeks Technical Training Performed with Restrict of Visual Input on the 10-12 Ages Soccer Players

Authors : Nurtekin Erkmen, Turgut Kaplan, Halil Taskin, Ahmet Sanioglu, Gokhan Ipekoglu

Abstract : The aim of this study was to determine the effects of an 8 week soccerspecific technical training with limited vision perception on postural control and technical parameters in 10-12 aged soccer players. Subjects in this study were 24 male young soccer players (age: 11.00 ± 0.56 years, height: 150.5 ± 4.23 cm, body weight: 41.49 ± 7.56 kg). Subjects were randomly divided as two groups: Training and control. Balance performance was measured by Biodex Balance System (BBS). Short pass, speed dribbling, 20 m speed with ball, ball control, juggling tests were used to measure soccer players' technical performances with a ball. Subjects performed soccer training 3 times per week for 8 weeks. In each session, training group with limited vision perception and control group with normal vision perception committed soccer-specific technical drills for 20 min. Data analyzed with t-test for independent samples and Mann-Whitney U between groups and paired t-test and Wilcoxon test between pre-posttests. No significant difference was found balance scores and with eyes open and eyes closed and LOS test between training and control groups after training ($p>0.05$). After eight week of training there are no significant difference in balance score with eyes open for both training and control groups ($p>0.05$). Balance scores decreased in training and control groups after the training ($p<0.05$). The completion time of LOS test shortened in both training and control groups after training ($p<0.05$). The training developed speed dribbling performance of training group ($p<0.05$). On the other hand, soccer players' performance in training and control groups increased in 20 m speed with a ball after eight week training ($p<0.05$). In conclusion; the results of this study indicate that soccer-specific training with limited vision perception may not improves balance performance in 10-12 aged soccer players, but it develops speed dribbling performance.

Keywords : Young soccer players, vision perception, postural control, technical
Conference Title : ICPESS 2014 : International Conference on Physical Education and Sport Science
Conference Location : Penang, Malaysia
Conference Dates : December 04-05, 2014