

GLUT STRENGTHENING EXERCISE WITH FOAM ROLLER TRAINING AND RESISTANCE TRAINING IMPACT ON BALANCE AMONG FOOTBALL PLAYERS

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ABSTRACT

The goal intended on this investigation was to bring out the impact of gluts exercise with foam roller training and resistance training on Balance, which was experimented among football players. Sixty boy's football players were recruited for this enquiry based on the accessibility. Players who had got selection in Eagles Football clubs for youth team were considered as the subjects from Kakkannad in Ernakulam district of Kerala state. The subject age ranged from 14-18 as per the School/college records. The subject Preferred for this study were bifurcated according to their age in to three equals groups and designated as two treatment groups and one control group each consisted of twenty boy's football players. The group 1 received the training of resistance, group 2 received the glute strengthening exercises with foam rollers training group 3 were not subjected any special treatment and they are considered as a control group and they takes part only in prior and post testing session. Balance was measured through Strok Balance Stand Test. Duration of training schedule was 12 weeks. All statistical analysis the IBM SPSS (Statistical Package for Social Sciences) version 22 was used. One way ANCOVA was considered as a statistical tool. ANCOVA was significant, Scheffe's post hoc was applied. The significance level was set at 0.05 Confidence and p value is <0.005. From the termination of this study it was melded that there was a significant enhancement on physical variables of Balance due to the apparent effort of Resistance training and Glute strengthening Exercise with foam roller training on footballers. From that fact the elaborated hypothesis has been accepted.

KEYWORDS: Glut Strengthening Exercise, Foam Roller, Resistance Training