

*

(30)

()

(2)

:

(June et al., 2002)

(Gnffin et al., 2000)

(Kelsly et al., 2001)

240

"

1000

35-12

16

(June et al., 2002) "

(Boden et al., 2000)

*

.2010/8/2

2009/9/28

/

(range of (stretching) (Flexibility))
 (joint mobility) (motion))
 .(1994
 (Gleeson et al., 2002)

"
 %35

.(Gleeson et al., 1997) "

(Flexibility)

:
 (Adequate Flexibility) • (Kicking) (Sprinting)
 (Jumping)
 .(Worrell and Perrin, 1992)

(Progressive Flexibility) •
 (Ekstrand et al., 1983)
 44 34

(Worrell et al., 1991)

(Intensity) (Duration of stretch)
 (Frequency)

90
 (Hamstring)

(Strength)
 (Conditioning) (Cardiovascular)
 (Flexibility)

5 - 3
 30

(Zito (Bandy and Iron, 1994)
 .(Merger, 2000) (Madding et al., 1987) et.al. 1997)

.2

:

.1

()

.2

.(Hawkins et al., 2001)

:(Flexibility) •

:(Adequate Flexibility) •

:(Progressive Flexibility) •

.(Worrel and perrin, 1992) "
(Adickes and Stuart, 2004)

:(stretching) •

:(Duration of stretch) •

:(Intensity) •

:(Frequency) •

(Hamstring)

:

:

.1

(Worrel and Perrin, 1992) ()

% 33,7

180
(correlation)

(Jonhagen et al., 1994)

9

11

(lack of :)

(lack of flexibility)

streusth)

(Improper worn up)

.(Worrell et al., 1994)

.(Fatigue)

(Carafe et al., 1996)

3

40

(Adickes and Stuart (Worrel and Perrin, 1992)

1.15

0.15

2004)

.(Metes JD, 1999)

(Heidt et al., 2000)

(Jumping)

(Kicking)

(Sprinting)

300

44

7

} :

(ply metric)

{

% 14

(1)

()

()						
0.284	1.34	20.12	1.45	20.32		
1.24	3.32	71.58	3.56	72.12		
0.58	3.76	174.54	4.13	175.13		
0.213	.156	5.27	.155	5.26		
0.246	4.03	46.14	3.36	46.13		
0.423	4.37	43.73	4.33	44.00		
0.235	1.88	15.60	1.58	15.73		

2.14 = (0.05)

()

30 -1 : •
-2
-3
-4 : •

42 2008 /2007 (2)

3 - 2

"
" 15

(Jumping) (Kicking) (Sprinting)
(Flexibility) (1)

() () (0.05)

:

(Bandy and : •
(Merger, 2000) (Zito et al., 1997) Iron, 1994)

: •

()

Set -

and reach box

-
-
-
-
-

.3

3

8

(8)

:

.1

.2

(2)

()

	()							
.000	2.14	21.65	2.17	19.53	1.88	15.60		

(3)

()

()

	()							
.000	2.14	10.03	0.106	5.04	0.156	5.27		
.000	2.14	16.75	2.90	52.00	4.03	46.13		
.000	2.14	25.08	3.96	50.60	4.37	43.73		

•

•

•

T. Test

:

-1

(Sprinting)

2008/2/27-26

(Jumping)

(Kicking)

:

-2

3 2008/4/25 - 2/28

8

:

-3

:

.1

(2)

2008/4/27-26

15.60

()

19.53

:

(3) 21.65 ()
 14 2.14 ()
 .005
 52 46.13
 ()
 () 16.75 () " ()
 .005 14 2.14 . "

43.73
 50.60 5.04 5.27
 ()
 () 25.08 () () 10.03 ()
 .005 14 2.14 .005 14 2.14

(4)
 ()

	()		.		.			
.000	2.14	4.38	2.17	19.53	1.72	16.40		

(5)
 ()

	()		.		.			
.002	2.14	3.65	0.106	5.04	0.34	5.23		
.000	2.14	4.71	2.90	52.00	3.22	46.73		
.001	2.14	3.79	3.96	50.60	4.50	44.73		

.2

(4)
 (5)
 5.23 16.40
 () 19.53
 () 5.04
 () 4.38 ()
 () 3.65 () 0.05 2.14 ()

0.05

2.14

(5)

46.73

(1997)

(Gleeson et al., 2002)

()

52.00

(Adickes

and Stuart, 2004)

2.14

()

4.71

()

0.05

(5)

44.73

(Wilmore and Costil, 1999)

()

50.60

()

()

3.79

()

0.05

2.14

10 ()

.2

(5 4)

.1

(3 2)

()

(Jumping)

(Kicking)

(Sprinting)

(2)

(Worrel and Perrin,

(Adickes and Stuart, 2004) 1992)

(Bandy and Iron, 1994)

(Kicking)

(Sprinting)

(Merger, 2000) (Zito et al., 1997)

(Jumping)

(Kicking)

(Sprinting)

(Jumping)

			(Wilmore and	
		-2		Costil, 1999)
(Kicking)	(Sprinting)			
	(Jumping)	-3		
		-4		
		-5		
			(Wilmore and Costil, 1999)	
		-1		
(Kicking)	(Sprinting)			
	(Jumping)	-2		
		-3		
		-4		
		-5		
				-1

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The Hamstring Muscles Stretching Training and Its Effects on some Skills Movement between Soccer Athletes

*Hasan Al-Soud and Mohamed Alhajaya**

ABSTRACT

The aim of this study was to investigate the effect of stretching training of hamstring muscles on some skills movement (sprinting, jumping and kicking) between soccer athletes; in addition to know the differences between the experimental and the control groups after post testing on these skills movement. Thirty students were selected to represent this study from Sports Science College in Mutah University whom registered in soccer 2. They were divided into two equal two groups; the control group (15) students and experimental group (15) students.

Results showed that there were a significant differences between the experimental and control groups in skills movement (sprinting, jumping and kicking) between soccer athletes, also the results indicated that there were a difference between the experimental and control groups in skills movement (sprinting, jumping and kicking) after post testing.

Based on the results, it was suggested coaches and sports therapist to concentrate on the hamstring muscle stretching during training sessions, because it has a major role in developing the skills of sprinting, jumping and kicking for the athletes where as this kind of stretching generate high muscles tension and power.

Keywords: Training, stretching, hamstring muscle, Sprinting, jumping, kicking and soccer.

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