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## Effect of Warm-Up on Selected Soccer Skill Performance

By Biswajit Sardar

LAP Lambert Academic Publishing Sep 2014, 2014.

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The term warming-up is applied to the preliminary activities and exercises that the players carry out for physical and mental preparation prior to training Session or a match.

Warming-up has got both physiological and Psychological advantage on the sportsmen. Prior to any physical activity or a match it helps the Sportsmen to reach the point where he says - it's time to begin, I am completely ready'.

'General Preparation in warming-up is to tune up the muscles, to improve mobility of joints, ligaments and mental alertness for optimizing functioning of the body organs.' Warming-up is an introduction to the preparation of whole body for fulfilling the demands of training or match. In Warm-up players go through a series of physical movements of general nature for the whole body that includes jogging, striding, stretching. Warm-up plays an important role in enhancing performance of sportsmen in various games and sports. Warm-up is more vital for those activities in which quick movement and fast running are involved. It improves performance by increasing the strength rate and strength one muscle contraction, increasing muscle co-ordination and helps to prevent injuries....



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