

UNIVERSITI TEKNOLOGI MARA

**THE EFFECT OF PRE-COOLING METHOD PRIOR YO-YO
INTERMITTENT RECOVERY TEST LEVEL 1 AMONG NFDP
YOUTH SOCCER PLAYER**

AZRUL FAHMI BIN AZIZUL

2015183595


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AUTHOR'S DECLARATION

I hereby declare that this research project is the result of my own investigation, except where otherwise stated. Other sources are acknowledged by proper citation giving explicit references and a bibliography is appended. Neither the Universiti Teknologi MARA (UiTM) nor the Faculty of Sports Science and Recreation, UiTM is liable to be blamed for any false report or any disclosure of classified made by me.

Name of Student : Azrul Fahmi Bin Azizul
Student I.D. Number : 2015183595
Programme : Bachelor of Sport Science (Hons.)
Faculty : Sports Science and Recreation
Thesis/Dissertation Title : The Effect of Pre-Cooling Method Prior Yo-Yo
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Player.
Signature of Students : 
Date : 10 JANUARY 2018

ABSTRACT

The purpose of this study is to determine the effect of pre-cooling method prior to Yo-Yo Intermittent Recovery Test Level 1 (YYIRTL1) among National Football Development Program (NFDP) youth soccer player. Consist of 24 U14 players that had been chosen for the test. The athletes will examine two tests, with and without pre-cooling before performing YYIRTL1. The athletes will seat in the water tube for 2-5 minutes that temperature was 10-15°C. The result will be taken in meter to see the distance covered by the athletes. Based on the result, it show a significant different between both test (N = 24, M = 733.91, SD = 377.28) $p < 0.005$. As a conclusion, pre-cooling method can give an effect towards body in endurance training. The fatigue level had been delayed while performing an exercise and pre-cooling method maybe one of the methods that can be used for athletes prior to training or tournaments.

Keywords: *pre-cooling methods, yo-yo test, distance cover.*

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