

UNIVERSITI TEKNOLOGI MARA

**THE EFFECTIVENESS OF WARM UP
PROCEDURES TOWARDS
EXPLOSIVE POWER AND
FLEXIBILITY AMONG BENTARA
LUAR HOCKEY CLUB PLAYER**

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AUTHOR DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of University Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledge as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

Warm up as define by Amber, Kristi, Brandon, Sutthanuch, William, Thad (2012) are making the body in preparation for the activity to follow. Most of the coaches are pay less attention when it comes to warm up session (Hamoud, 2016). Hence, this study was conducted to examine the effectiveness different warm up procedure (Sport Massage and Static Stretching) towards explosive power and flexibility. The sample of present study were 18 hockey players (n=18) that represent Bentara Luar Hockey Club that participated in Johor League 2016. They were divided into 3 groups by throwing lots which are Massage group (MG), Static Stretching group (SSG) and Rest group (RG). They were required to perform 4 type of test (sit and reach test, 30-m sprint, vertical jump and agility t test) for pre and post-test. After 5 days of pre-test, each sample required to perform 10 min of light jogging and then they were following the intervention protocol and immediately performed all the test. The primary findings of the current study suggest that sport massage could improve flexibility performance but not explosive power performance. In the current research finding had not enough evidence to prove that sport massage warm up procedure are better than the static stretching or rest for all post-test except post agility test. Overall results have indicated that Sport Massage is not suitable for improving explosive power performance despite having a good performance in increasing flexibility.

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