

## เอกสารอ้างอิง

1. Ekstrand J, Gillquist J. The frequency of muscle tightness and injuries in soccer players. *Am J Sports Med.* 1982;10(2):75-9.
2. Heiser TM, Weber J, Sullivan G, Clare P, Jacobs RR. Prophylaxis and management of hamstring muscle injuries in intercollegiate football players. *Am J Sports Med.* 1984;12(5):368-70.
3. Smith CA. The warm-up procedure: to stretch or not to stretch. A brief review. *J Orthop Sports Phys Ther.* 1994;19(1):12-8.
4. American College of Sports M. ACSM's guidelines for exercise testing and prescription, 3<sup>rd</sup> ed. Baltimore: Lippincott Williams & Wilkins; 2010.
5. Baechle TR, Earle RW. Essentials of strength training and conditioning. United States of America: Human Kinetics; 2008.
6. Higgs F, Winter SL. The effect of a four-week proprioceptive neuromuscular facilitation stretching program on isokinetic torque production. *J Strength Cond Res.* 2009;23(5):1442-7.
7. Alpkaya U, Koceja D. The effects of acute static stretching on reaction time and force. *J Sports Med Phys Fitness.* 2007;47(2):147-50.
8. Baechle TR, Earle RW. Essentials of strength and conditioning, 2<sup>nd</sup> ed. United States of America: Human Kinetics; 2000.
9. Manoel ME, Harris-Love MO, Danoff JV, Miller TA. Acute effects of static, dynamic, and proprioceptive neuromuscular facilitation stretching on muscle power in women. *J Strength Cond Res.* 2008;22(5):1528-34.
10. Yamaguchi T, Ishii K. Effects of static stretching for 30 seconds and dynamic stretching on leg extension power. *J Strength Cond Res.* 2005;19(3):677-83.
11. Sayers AL, Farley RS, Fuller DK, Jubenville CB, Caputo JL. The effect of static stretching on phases of sprint performance in elite soccer players. *J Strength Cond Res.* 2008;22(5):1416-21.
12. Sim AY, Dawson BT, Guelfi KJ, Wallman KE, Young WB. Effects of static stretching in warm-up on repeated sprint performance. *J Strength Cond Res.* 2009;23(7):2155-62.

13. Winchester JB, Nelson AG, Landin D, Young MA, Schexnayder IC. Static stretching impairs sprint performance in collegiate track and field athletes. *J Strength Cond Res.* 2008;22(1):13-9.
14. Little T, Williams AG. Effects of differential stretching protocols during warm-ups on high-speed motor capacities in professional soccer players. *J Strength Cond Res.* 2006;20(1):203-7.
15. McMillian DJ, Moore JH, Hatler BS, Taylor DC. Dynamic vs. static-stretching warm up: the effect on power and agility performance. *J Strength Cond Res.* 2006;20(3):492-9.
16. Arabaci R. Acute effects of differential stretching protocols on physical performance in young soccer players. *NWSA.* 2009;4(2):50-63.
17. Alikhajeh Y, Rahimi NM, Fazeli H, Rahimi RM. Differential stretching protocols during warm up on select performance measures for elite male soccer players. *Procedia Soc Behav Sci.* 2012;46(1):1639-43.
18. Van Gelder LH, Bartz SD. The effect of acute stretching on agility performance. *J Strength Cond Res.* 2011;25(11):3014-21.
19. Pearce AJ, Latella C, Kidgell DJ. Secondary warm-up following stretching on vertical jumping, change of direction, and straight line speed. *Eur J Sport Sci.* 2012;12(2):103-12.
20. Amiri-Khorasani M, Fattahi-Bafghi A. Acute effects of different dynamic stretching on power and agility in soccer players. *Iran J Health Phys.* 2013;4(1):17-22.
21. Fletcher IM, Monte-Colombo MM. An investigation into the possible physiological mechanisms associated with changes in performance related to acute responses to different preactivity stretch modalities. *Appl Physiol Nutr Metab.* 2010;35(1):27-34.
22. Behm DG, Chaouachi A. A review of the acute effects of static and dynamic stretching on performance. *Eur J Appl Physiol.* 2011;11(1):2633-51.
23. Marek SM, Cramer JT, Fincher AL, Massey LL, Dangelmaier SM, Purkayastha S, et al. Acute effects of static and proprioceptive neuromuscular facilitation stretching on muscle strength and power output. *J Athl Train.* 2005;40(2):94-103.

24. Bradley PS, Olsen PD, Portas MD. The effect of static, ballistic, and proprioceptive neuromuscular facilitation stretching on vertical jump performance. *J Strength Cond Res.* 2007;21(1):223-6.
25. Gelen E. Acute effects of different warm-up methods on sprint, slalom dribbling, and penalty kick performance in soccer players. *J Strength Cond Res.* 2010;24(4):950-6.
26. Nelson AG, Kokkonen J. Acute ballistic muscle stretching inhibits maximal strength performance. *Res Q Exerc Sport.* 2001;72(4):415-9.
27. Miyahara Y, Naito H, Ogura Y, Katamoto S, Aoki J. Effects of proprioceptive neuromuscular facilitation stretching and static stretching on maximal voluntary contraction. *J Strength Cond Res.* 2013;27(1):195-201.
28. Behm DG, Bambury A, Cahill F, Power K. Effect of acute static stretching on force, balance, reaction time, and movement time. *Med Sci Sports Exerc.* 2004;36(8):1397-402.
29. Herda TJ, Cramer JT, Ryan ED, McHugh MP, Stout JR. Acute effects of static versus dynamic stretching on isometric peak torque, electromyography, and mechanomyography of the biceps femoris muscle. *J Strength Cond Res.* 2008;22(3):809-17.
30. Jaggars JR, Swank AM, Frost KL, Lee CD. The acute effects of dynamic and ballistic stretching on vertical jump height, force, and power. *J Strength Cond Res.* 2008;22(6):1844-9.
31. Fletcher IM, Monte-Colombo MM. An investigation into the effects of different warm-up modalities on specific motor skills related to soccer performance. *J Strength Cond Res.* 2010;24(8):2096-101.
32. Turki O, Chaouachi, A, Eric J., Chtara, M, Chamari, K, Amri, M, Behm, D. G. Ten minutes of dynamic stretching is sufficient to potentiate vertical jump performance characteristics. *J Strength Cond Res.* 2011;25(9):2453-63.
33. Perrier ET, Pavol MJ, Hoffman MA. The acute effects of a warm-up including static or dynamic stretching on countermovement jump height, reaction time, and flexibility. *J Strength Cond Res.* 2011;25(7):1925-31.

34. Holt BW, Lambourne K. The impact of different warm-up protocols on vertical jump performance in male collegiate athletes. *J Strength Cond Res.* 2008;22(1):226-9.
35. Yamaguchi T, Ishii K, Yamanaka M, Yasuda K. Acute effects of dynamic stretching exercise on power output during concentric dynamic constant external resistance leg extension. *J Strength Cond Res.* 2007;21(4):1238-44.
36. Christensen BK, Nordstrom BJ. The effects of proprioceptive neuromuscular facilitation and dynamic stretching techniques on vertical jump performance. *J Strength Cond Res.* 2008;22(6):1826-31.
37. Unick J, Kieffer HS, Cheesman W, Feeney A. The acute effects of static and ballistic stretching on vertical jump performance in trained women. *J Strength Cond Res.* 2005;19(1):206-12.
38. Chaouachi A, Castagna C, Chtara M, Brughelli M, Turki O, Galy O, et al. Effect of warm-ups involving static or dynamic stretching on agility, sprinting, and jumping performance in trained individuals. *J Strength Cond Res.* 2010;24(8):2001-11.
39. Worrell TW, Smith TL, Winegardner J. Effect of hamstring stretching on hamstring muscle performance. *J Orthop Sports Phys Ther.* 1994;20(3):154-9.
40. Sharman MJ, Cresswell AG, Riek S. Proprioceptive neuromuscular facilitation stretching. *Sports Med.* 2006;36(11):929-39.
41. Church J, Wiggins, MS, Moode, FM, Crist, R. Effect of warm-up and flexibility treatments on vertical jump performance. *J Strength Cond Res.* 2001;15(3):332-6.
42. Babault N, Kouassi BYL, Desbrosses K. Acute effects of 15 min static or contract-relax stretching modalities on plantar flexors neuromuscular properties. *J Sci Med Sport.* 2010;13(2):247-52.
43. Reis EdFS, Pereira GB, Sousa NMF, Tibana RA, Silva MF, Araujo M, et al. Acute effects of proprioceptive neuromuscular facilitation and static stretching on maximal voluntary contraction and muscle electromyographical activity in indoor soccer players. *ClinPhysiolFunct Imaging.* 2013;33(6):418-22.

44. Wen JN. The effect of proprioceptive neuromuscular facilitation vs static stretching vs control on the hamstring muscle group for flexibility, peak torque, and power [dissertation]. California: California University of Pennsylvania; 2005.
45. Young W, Elliott S. Acute effects of static stretching, proprioceptive neuromuscular facilitation stretching, and maximum voluntary contractions on explosive force production and jumping performance. *Res Q Exerc Sport*. 2001;72(3):273-9.
46. Place N, Blum Y, Armand S, Maffiuletti NA, Behm DG. Effects of a short proprioceptive neuromuscular facilitation stretching bout on quadriceps neuromuscular function, flexibility, and vertical jump performance. *J Strength Cond Res*. 2013;27(2):463-70.
47. Wallmann HW, Gillis CB, Martinez NJ. The effects of different stretching techniques of the quadriceps muscles on agility performance in female collegiate soccer athletes: a pilot study. *N Am J Sports Phys Ther*. 2008;3(1):41-7.
48. Jordan JB, Korgaokar AD, Farley RS, Caputo JL. Acute effects of static and proprioceptive neuromuscular facilitation stretching on agility performance in elite youth soccer players. *Int J Exerc Sci*. 2012;5(2):97-105.
49. Piper B. The effects of PNF stretching on the agility of high school athletes [dissertation]. California: California University of Pennsylvania; 2009.
50. ศิวะลีขวัฒน์นางพวงศ์. ผลที่เริ่มอย่างรวดเร็วและรุนแรงของการยืดเหยียดกล้ามเนื้อแบบอยู่กับที่แบบเคลื่อนที่และแบบกระตุ้นระบบประสาท ที่มีต่อกำลังกล้ามเนื้อต้นขาด้านหน้า [วิทยานิพนธ์ปริญญาวิทยาศาสตรมหาบัณฑิต]. นครปฐม: มหาวิทยาลัยเกษตรศาสตร์; 2553.
51. Rezaeeshirazi R. ZF, Beiki Y. The effect of proprioceptive neuromuscular facilitation training on hamstring muscles flexibility and agility. *Int J Sports Studies*. 2012;2(1):9-16.
52. Hojatallah N. AA, Fatemeh H., Monire M N. .The effects of the proprioceptive neuromuscular facilitation (PNF) stretching on explosive power and agility. *An Bio Res*. 2012;3(4):1904-8
53. Little T, Williams AG. Specificity of acceleration, maximum speed, and agility in professional soccer players. *J Strength Cond Res*. 2005;19(1):76-8.

54. Kutlu M, Yapici H, YoncalikOU, celik S. Comparison of a new test for agility and skill in soccer with other agility tests. *J Hum Kinet.*2012;33(1):143-50.
55. Rosch D, Hodgson R, Peterson TL, Graf-Baumann T, Junge A, Chomiak J, et al. Assessment and evaluation of football performance. *Am j Sports Med.* 2000;28(5):29-39.
56. Weerapong P, Hume PA, Kolt GS.Stretching: mechanisms and benefits for sport performance and injury prevention.*PhysTher Rev.* 2004;9(4):189-206.
57. Bernhart CM. A review of stretching techniques and their effects on exercise[senior honors thesis]. Lynchburg: Liberty University; 2013.
58. Fletcher IM, Anness R. The acute effects of combined static and dynamic stretch protocols on fifty-meter sprint performance in track-and-field athletes. *J Strength Cond Res.* 2007;21(3):784-7.
59. Curry BS, Chengkalath D, Crouch GJ, Romance M, Manns PJ. Acute effects of dynamic stretching, static stretching, and light aerobic activity on muscular performance in women. *J Strength Cond Res.* 2009;23(6):1811-9.
60. Hough PA, Ross EZ, Howatson G. Effects of dynamic and static stretching on vertical jump performance and electromyographic activity. *J Strength Cond Res.* 2009;23(2):507-12.
61. Carvalho FLP, Carvalho MCGA, Simao R, Gomes TM, Costa PB, Neto LB, et al. Acute effects of a warm-up including active, passive, and dynamic stretching on vertical jump performance. *J Strength Cond Res.* 2013;26(9):2447-52.
62. Fletcher IM. The effect of different dynamic stretch velocities on jump performance.*Eur J Appl Physiol.* 2010;109(3):491-8.
63. Turki O, Chaouachi A, Behm DG, Chtara H, Chtara M, Bishop D, et al. The effect of warm-ups incorporating different volumes of dynamic stretching on 10-and 20-m sprint performance in highly trained male athletes. *J Strength Cond Res.* 2012;26(1):63-72.
64. Hindle KB, Whitcomb TJ, Briggs WO, Hong J. Proprioceptive neuromuscular facilitation (PNF): Its mechanisms and effects on range of motion and muscular function. *J Hum Kinet.*2012;31(1):105-13.

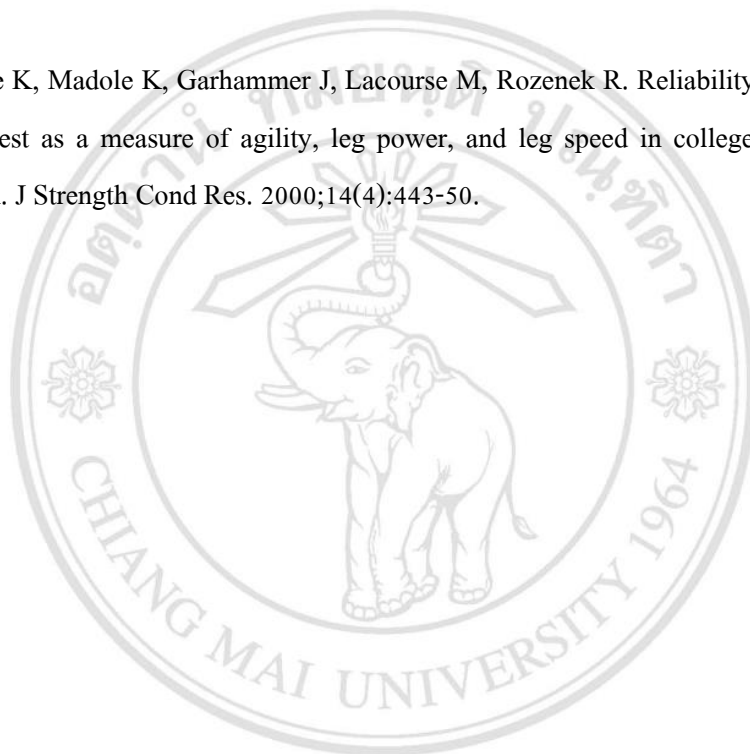
65. Mikolajec K, Waskiewicz Z, Maszczyk A, Bacik B, Kurek P, Zaj, et al. Effects of stretching and strength exercises on speed and power abilities in male basketball players. *IsokinetExerc Sci.* 2012;20(1):61-9.
66. Wilson GJ, Elliott BC, Wood GA. Stretch shorten cycle performance enhancement through flexibility training. *Med Sci Sports Exerc.*1992;24(1):116.
67. Rees SS, Murphy AJ, Watsford ML, McLachlan KA, Coutts AJ.Effects of proprioceptive neuromuscular facilitation stretching on stiffness and force-producing characteristics of the ankle in active women. *J Strength Cond Res.* 2007;21(2):572-7.
68. Klinge K, Magnusson SP, Simonsen EB, Aagaard P, Klausen K, Kjaer M. The effect of strength and flexibility training on skeletal muscle electromyographic activity, stiffness, and viscoelastic stress relaxation response. *Am J Sports Med.* 1997;25(5):710-6.
69. Feland JB, Marin HN. Effect of submaximal contraction intensity in contract-relax proprioceptive neuromuscular facilitation stretching. *Br J Sports Med.* 2004;38(4):18-24.
70. Ferber R, Osternig LR, Gravelle DC. Effect of PNF stretch techniques on knee flexor muscle EMG activity in older adults.*J ElectromyogrKinesiol.*2002;12(5):391-7.
71. Fletcher IM, Jones B. The effect of different warm-up stretch protocols on 20 meter sprint performance in trained rugby union players. *J Strength Cond Res.* 2004;18(4):885-8.
72. Torres EM, Kraemer WJ, Vingren JL, Volek JS, Hatfield DL, Spiering BA, et al. Effects of stretching on upper-body muscular performance. *J Strength Cond Res.* 2008;22(4):1279-85.
73. Faigenbaum AD, Bellucci M, Bernieri A, Bakker B, Hoorens K. Acute effects of different warm-up protocols on fitness performance in children. *J Strength Cond Res.* 2005;19(2):376-81.
74. Bishop D. Warm up I. *Sports Med.* 2003;33(6):439-54.
75. Wright V, Johns RJ. Quantitative and qualitative analysis of joint stiffness in normal subjects and in patients with connective tissue diseases. *Ann Rheum Dis.* 1961;20(1):36-46.

76. Wright V. Stiffness: a review of its measurement and physiological importance. *Physiotherapy*.1973;59(4):107.
77. Karvonen J. Importance of warm-up and cool down on exercise performance. *Med Sport Sci*. 1992;35(9):189-214.
78. Lorenz D. Postactivation potentiation: An introduction. *Int J Sports PhysTher*.2 0 1 1 6(3):234-44.
79. Nelson RT, Bandy WD. An Update on Flexibility. *J Strength Cond Res*. 2005;27(1):10-6.
80. Izquierdo M, Hakkinen K, Gonzalez-Badillo JJ, Ibanez J, Gorostiaga EM. Effects of long-term training specificity on maximal strength and power of the upper and lower extremities in athletes from different sports.*Eur J Appl Physiol*. 2002;87(3):264-71.
81. Huijing PA. Elastic potential of muscle.In:Komi PV, editor. *Strength and power in sport*. 2<sup>nd</sup>ed. Oxford, UK: Blackwell Science; 1992. p. 151-68.
82. Boreham C. The physiology of sprint and power training. In: Whyte G, Spurway N, MacLaren D, editors. *The physiology of training*. London: Churchill Livingstone; 2006.p. 117-134
83. Fox EL, Browers RW, Foss ML. *Test of anaerobic and aerobic power*. 5<sup>th</sup>ed. Madison: Brown & Benchmark; 1993.
84. Bosco C, Luhtanen P, Komi PV. A simple method for measurement of mechanical power in jumping.*Eur J ApplPhysiol O*. 1983;50(2):273-82.
85. Markovic G, Dizdar D, Jukic I, Cardinale M. Reliability and factorial validity of squat and countermovement jump tests. *J Strength Cond Res*. 2004;18(3):551-5.
86. Moir G, Button C, Glaister M, Stone MH. Influence of familiarization on the reliability of vertical jump and acceleration sprinting performance in physically active men. *J Strength Cond Res*. 2004;18(2):276-80.
87. Domire ZJ, Challis JH. The influence of squat depth on maximal vertical jump performance. *J Sports Sci*. 2007;25(2):193-200.
88. Cormack SJ, Newton RU, McGuigan MR, Doyle TLA. Reliability of measures obtained during single and repeated countermovement jumps. *Int J Sports Physiol Perform*. 2008;3(2):131-44.



89. Aragon LF. Evaluation of four vertical jump tests: Methodology, reliability, validity, and accuracy. *MeasPhysEducExerc Sci.* 2000;4(4):215-28.
90. Reeve TC, Tyler CJ. The validity of the smartJump contact mat. *J Strength Cond Res.* 2013;27(6):1597-601
91. Stolen T, Chamari K, Castagna C, Wisloff U. Physiology of soccer. *Sports Med.* 2005;35(6):501-36.
92. McGee R, Barrow R. A practical approach to measurement in physical education. United States of America: Lea and Febiger; 1979.
93. Arthur M, Bailey B. Agility drills. In: Graham JF, editor. Complete conditioning for football. Champaign IL: Human Kinetics; 1998.p. 191-237.
94. Halberg GV. Relationships among power, acceleration, maximum speed, programmed agility, and reactive agility: The neural fundamentals of agility[master thesis]. Mount Pleasant, MI: Central Michigan University; 2001.
95. Costello F, Kreis EJ. Introduction to agility. In: Graham JF, editor. Sports agility. Nashville, TN: Taylor Sports Publishing; 1993. p. 2-3.
96. Young WB, James R, Montgomery I. Is muscle power related to running speed with changes of direction? *J Sport Med Phys Fitness.* 2002;42(3):282-8.
97. Cissik JBM. Agility. Monterey CA: Coaches Choice; 2004.
98. Verheijen R. Handbuch für Fussballkondition. Leer, Germany: BPF Versand; 1997.
99. Bangsbo J. Time and motion characteristics of competition soccer. *Sci Football.* 1992;6(2):34-40.
100. Sheppard JM, Young WB. Agility literature review: classifications, training and testing. *J Sports Sci.* 2006;24(9):919-32.
101. Sporis G, Jukic I, Milanovic L, Vucetic V. Reliability and factorial validity of agility tests for soccer players. *J Strength Cond Res.* 2010;24(3):679-86.
102. Schmidtbleicher D. Training for power events. In: Komi PV, editor. Strength and power in sport. Oxford, UK: Blackwell; 1992. p. 381-95.

103. Wisloff U, Castagna C, Helgerud J, Jones R, Hoff J. Strong correlation of maximal squat strength with sprint performance and vertical jump height in elite soccer players. *Br J Sports Med.* 2004;38(3):285-8.
104. Whaley MH, Brubaker PH, Otto RM, Armstrong LE. ACSM's guidelines for exercise testing and prescription. Philadelphia: Lippincott Williams & Wilkins; 2006.
105. Semenick D. Tests and measurements : The T-test. *J Strength Cond Res.* 1990;12(1):36-7.
106. Pauole K, Madole K, Garhammer J, Lacourse M, Rozenek R. Reliability and validity of the T-test as a measure of agility, leg power, and leg speed in college-aged men and women. *J Strength Cond Res.* 2000;14(4):443-50.



ลิขสิทธิ์มหาวิทยาลัยเชียงใหม่  
Copyright© by Chiang Mai University  
All rights reserved