

The purpose of this study was to find the effect of flexibility training on football throwing abilities. The subjects were 40 male students from Kongtong School. They were equally divided into two groups of Experimental Group I and Experimental Group II. .

The Experimental Group I was trained by football throwing programs, but the Experimental Group II was trained by football throwing programs and flexibility training programs. Both groups were trained for six weeks on Mondays, Wednesdays, and Fridays from 4 - 5.30 p.m.

After the data were statistically treated, it was found that ;

1. There was no significant difference of football throwing abilities between the two groups after six weeks of training.
2. There were significant differences of football throwing abilities of the Experimental Group I, after the 2nd, 4th, and 6th weeks of training, at .01 level.
3. There were significant differences of football throwing abilities of the Experimental Group II after the 2nd, 4th, and 6th weeks of trining, at .01 level.
4. There were significant defferences of flexibilities of the Experimental Group II after the 2nd, 4th, and 6th, weeks of training, at .01 level.