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MIDHUN KUMAR M. A.,

*Ph.D. Scholar, Department of Physical Education & Sports,
Pondicherry University*

NITHIN B. S.,

*Ph.D. Scholar, Department of Physical Education & Sports,
M.Phil., Pondicherry University*

G. VINOD KUMAR,

*Professor, Department of Physical Education & Sports,
Pondicherry University
(India)*

REVOLUTIONIZING FOOTBALL TRAINING: THE BENEFITS AND USES OF VIRTUAL REALITY TRAINING FOR FOOTBALL PLAYERS

Мідхун Кумар М. А., Нітін Б. С., Г. Вінод Кумар. Революційне футбольне тренування: переваги та використання тренування віртуальної реальності для футболістів.

Ключові слова: віртуальна реальність, футбол, тренування, розвиток навичок, тактична підготовка, реабілітація після травм, психологічна підготовка.

***Abstract.** Virtual reality (VR) training is a rapidly evolving technology that significantly benefits football players. By immersing players in realistic game situations, VR training can help to develop skills, improve tactical awareness, and provide a safe and effective way to practice and prepare for game situations. This article explores the benefits and uses of VR training for football players, including skill development, tactical training, injury rehabilitation, and mental preparation. By incorporating VR training into football training programs, coaches and trainers can help players achieve their full potential on the field.*

***Keywords:** virtual reality, football, training, skill development, tactical training, injury rehabilitation, mental preparation.*

Introduction. Virtual reality (VR) training has emerged as a game-changing technology for football players, coaches, and trainers. While traditional training methods such as on-field practice, weightlifting, and running drills have long been used to improve players' physical and mental abilities, VR training offers a new and innovative way to enhance player performance.

By immersing players in a realistic virtual environment, VR training can help to develop skills, improve tactical awareness, and provide a safe and effective way to practice and prepare for game situations. This can be particularly useful for players recovering from injuries, needing additional practice time, or wanting to enhance their performance without the physical demands and risks of the on-field practice.

In addition to the physical benefits, VR training can provide players with mental and emotional preparation that is difficult to achieve through traditional training methods. By simulating realistic and challenging game situations, players can learn to make quick decisions, react to unexpected situations, and improve their situational awareness.

Overall, VR training is an exciting and rapidly evolving technology that has the potential to revolutionize the way football players train and prepare for games. In this article, we will explore the various benefits and uses of VR training for football players and how it can be incorporated into training programs to help players achieve their full potential on the field.

Benefits of Virtual Reality Training. One of the primary benefits of VR training for football players is that it allows them to experience realistic game situations without the physical demands and risks associated with the on-field practice. This can be particularly useful for players who are recovering from injuries or who need additional practice time to develop their skills.

In addition to the reduced physical demands, VR training can provide players with mental and emotional preparation that is difficult to achieve through traditional training methods. By immersing players in a realistic and challenging virtual environment, they can learn to make quick decisions, react to unexpected situations, and improve their situational awareness.

Another critical benefit of VR training is that it can provide players with immediate feedback on their performance. Using advanced analytics and motion capture technology, coaches and trainers can track a player's movements and provide real-time feedback on areas for improvement. This can be particularly useful for correcting technical errors in a player's form, such as foot placement or body positioning.

Uses of Virtual Reality Training. Virtual reality training can be used for a variety of purposes in football, including:

1. **Skill development:** By immersing players in realistic game situations, VR training can help them develop critical skills such as ball handling, passing, and shooting.

2. **Tactical training:** VR training can also help players develop a deeper understanding of game strategy and tactics, allowing them to make better decisions on the field.

3. **Injury rehabilitation:** For players who are recovering from injuries, VR training can provide a low-impact way to practice their skills and regain their strength and endurance.

4. Mental preparation: VR training can help players to develop mental toughness and focus as they learn to perform under pressure in a simulated game environment.

Conclusion. Virtual reality (VR) training has become a valuable tool for football players, coaches, and trainers. By immersing players in realistic game situations, VR training can help to develop critical skills, improve tactical awareness, and provide a safe and effective way to practice and prepare for games. One of the primary benefits of VR training is that it allows for a controlled and safe environment for players to practice and develop their skills. This can be particularly useful for players who are recovering from injuries or who need additional practice time to improve their performance. Additionally, by providing immediate feedback on a player's movements and performance, VR training can be a powerful tool for correcting technical errors and improving overall form.

Another critical benefit of VR training is that it can help players develop mental toughness and focus. By simulating realistic and challenging game situations, players can learn to perform under pressure and develop the cognitive skills needed to excel on the field.

As technology advances, VR training will become an even more critical part of football training programs. By incorporating VR training into their programs, coaches, and trainers can help players achieve their full potential on the field, enhancing their skills, tactical awareness, and mental toughness.

Overall, VR training is a promising technology that has the potential to revolutionize the way football players train and prepare for games. As this technology continues to evolve, we will see more and more football teams incorporating VR training into their training programs and helping their players achieve even greater success on the field.

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