

EFFECT OF FOOTBALL TRAINING AND FITNESS PROGRAM ON TECHNICAL PERFORMANCE OF SHORT PASS AND RECEIVING THE BALL OF BEGINNER FOOTBALL PLAYERS OF U/12

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Abstract : The purpose of the study was to study the effect of structured football training and fitness program on technical performance of skills such as short pass and receiving a ball. For the study 20 boys of age group 10 to 12 from the beginner's batch of Maharashtra Mandal Football club, Pune were purposively selected. McDonald soccer skill test was used for testing technical performance of short pass and receiving a ball. Pretests and posttests were conducted, and data was analyzed through descriptive statistics and paired samples 't' test. The mean score of the pre-test was 5.35 & 3.75 and post-test showing a significant increase to 8.6 & 6.5. Hence it was concluded that there was significant difference of the training program on the passing and receiving of the beginner football players.

Key words:- Football Training and Fitness program, McDonald Soccer Skill test

INTRODUCTION

Passing in soccer is a big part of what wins soccer matches and makes the game much more interesting to watch. Passing soccer skills are not developed overnight, instead great passing skills come with a lot of practice and repetitions. Different position on the field requires different passing skills but every player should have an understanding of how to pass the soccer ball firm, accurate and on the ground; be it defender, midfielder, attacker or the goalkeeper. Short passing technique is used most frequently in any soccer game compared to any other pass. This is probably because short pass is the most basic and accurate pass to get the ball to your teammate. When making short passes during a soccer game or practice it is important that the players make enough contact when kicking the ball so that the ball travels to your teammate with pace and accuracy. Any football training given to basic or beginners should get the right training of passing so that over a period of time it develops properly. Thus researcher intended to do study on Effect of Football Training and fitness Program on Technical Performance of Short Pass and Receiving the Ball of beginner football players of U/12.

OBJECTIVES

- 1) To prepare football training program for short pass and receiving and to administer it on selected samples.
- 2) To conduct pre-test and post-test (McDonald soccer skill test)
- 3) To analyze the technical performance of short pass and receiving football, after collecting pretest- posttest data.

HYPOTHESIS

Ho: There will not be significant difference of the Football training and fitness program on technical Performance of Short Pass and Receiving the Ball of beginner football players of U/12.

H1: There will be significant difference of the Football training and fitness program on technical Performance of Short Pass and Receiving the Ball of beginner football players of U/12.

METHODOLOGY

Research design and method:

As the researcher wanted to see the effect of football training and fitness program to improve short pass and receiving of beginner football players of U/12. The study was conducted by experimental method.

Single group pre-test post-test Design

O 1 X O 2

Pre-Test Training Program Post-Test

For this research researcher had selected the one group pre-test and post-test design.

Sampling method: Non-randomized purposive sampling method was used.

Population and sample: (N=20) boys of age group 10 to 12 from the beginner's batch of Maharashtra Mandal Football club, Pune.

PROCEDURE

Phase1- Preparing training and fitness program, and conducting pretests,

Phase 2- Administrating training and fitness program,

Phase3- Conducting posttest, gathering all data and analysis of data to test hypothesis.

VARIABLES*Independent variable: Football training and fitness program.**Dependent variable: Short pass technique and receiving technique.**Data collection Tool: McDonald's Skill Test***STATISTICAL ANALYSIS****Table No. 1****Description Statistics Pre and Post-Test of Passing**

	Pre -Test	Post-Test
Mean	5.35	8.6
Median	5	9
Std. Deviation	1.49	2.21
Std. Error Mean	0.33	0.49
Minimum	3	5
Maximum	9	15

The table 1 represents a descriptive statistics of McDonald test for passing in soccer. The mean for pre-test passing was 5.35 with standard deviation 1.49. The mean for post-test the passing was 8.6 with standard deviation 2.21 It means the players performed average 9 passes in 30 Sec. and 7times successfully received the ball.

Table No. 1.1**Description Statistics Pre and Post-Test of Passing (Paired Samples)**

Variable	Paired Differences		M.D	t	df	Sig	Description
	Mean	St.D.					
Pre-Test Passing	5.35	1.49	3.25	11.24	19	.000	Null hypothesis & significant
Post- Test Passing	8.6	2.21					

The table 1.1 shows that the mean difference between pre and post passing test is 3.25 the 't' value for this test is found 11.24 with degree of freedom 19. Which is significant at 0.01 level therefore it can be interpreted that there is significant difference in the pre and post test performance.

Table No. 1.3**Paired Correlation of Passing**

	N	Correlation	Sig.
Pre-passing Post-passing	20	.82	.00

From the table 1.3 the correlation between pre-test and post-test of Passing is .82 which is statistically significant at 0.001 level. Hence, this indicates that there was an improvement due to prescribed training program.

Table No. 2
Description Statistics Pre and Post-Test of Receiving

	Pre -Test	Post-Test
Mean	3.75	6.5
Median	3	6
Std. Deviation	1.20	2.03
Std. Error Mean	0.27	0.45
Minimum	2	4
Maximum	7	12

The table no 4.4 represents a descriptive statistics of McDonald test for receiving in soccer. The mean for pre-test the receiving was 3.75 with standard deviation 1.20. The mean for post-test the receiving was 6.5 with standard deviation 2.03. It means the players performed average 5 passes in 30 Sec. and 4 times successfully received the ball.

Table No. 2.2
Description Statistics Pre and Post-Test of Receiving (Paired Samples)

Variable	Paired Differences		M.D	t	df	Sig	Description
	Mean	St.D.					
Pre-Test Receiving	3.75	1.20	2.75	9.22	19	.000	Null Hypothesis & Significant
Post- Test Receiving	6.5	2.03					

Above table 2.2 shows that the mean difference between pre and post receiving test is 2.75 the 't' value for this test is found 9.22 with degree of freedom 19. Which is significant at 0.01 level therefore it can be interpreted that there is significant difference in the pre and post test performance.

Table No. 2.3
Paired Correlation of Receiving

	N	Correlation	Sig.
Pre- Receiving Post- Receiving	20	.78	.00

From the table 2.3 the correlation between pre-test and post-test of Receiving is .78 which is statistically significant at 0.001 levels. Hence, this indicates that there was an improvement due to prescribed training program.

HYPOTHESIS TESTING

After analysis of data it was seen that there was significant difference found on Technical Performance of Short Pass and Receiving the Ball of beginner football players of U/12, so the Research hypothesis (H1) was accepted, and the null hypothesis (Ho) was rejected.

CONCLUSION AND DISCUSSION

From the statistical procedure it is interpreted that there is a significance difference found between the pre and post test on the experimental group. Descriptive statistics and paired sample 't' test proves that the difference found was significant in improving performance of the experimental group. Hence it may be inferred that the 8 weeks football training and fitness program has a significant effect on the short pass and receiving of football players.

The study can be done on more samples next time and even girls can be included. In the present study the program was of 8 weeks, it can be recommended to increase duration of program.

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