



Impact of Specific Package Training on Selected Motor Fitness Variables Among Football Players

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ABSTRACT

The purpose of the study was to find out the impact of specific package of training on selected motor fitness variables among football players. To achieve this purpose of the study thirty students from Arulmiugu Palaniandavar Arts & Science College, Palani, Were selected subjects at random. The age of subjects ranged from 18 to 25 years. They were divided into two groups. Experimental group-I specific package training and control group have not Underwent any training the data was before and after six weeks training. The obtained 't' values are tested at 0.05 level of confidence which was considered as an appropriate.

Key words: specific package of training, speed, agility.

Introduction

Sports specific training can help to improve strength, flexibility and stamina whereby the players can improve their performance in specific sports. For this, specific training is needed for the development of physical condition to improve performance and skills at a particular sport. Moreover, understanding the needs of the game at the correct pace in order to meet sports requirements is also needed. Sports specific training is the new trend when it comes to strength and conditioning programs for athletes. Football is the manly game, which requires running and body movements in different directions. The game played mostly with the legs hands and total body moments are also involved in the game. But while using

the various skills like kicking, passing, throwing, heading, chipping, etc. in the actual game situation time becomes so important to the very success of the game. In addition the game requires a good stamina speed, strength, agility, coordination balance etcetera to excel in the game. Football is a game which calls for strenuous continuous, thrilling action and therefore appeals to the youth of the world. The skills involved are simple, natural and yet are highly stimulating and satisfying to any player the skills are skills are kicking, running, jumping, throwing, dribbling, dodging and outfitting an opponent.

Methodology

The purpose of the study was to find out the impact of specific package of training on selected motor fitness variables among football players. To achieve this purpose of the study thirty students from Arulmiugu Palaniandavar Arts & Science College, Palani, Were selected subjects at random. The age of subjects ranged from 18to 25 years. They were divided into two groups. Experimental group-I specific package training and control group have not Underwent any training the data was before and after six weeks training. The obtained 't' values are tested at 0.05 level of confidence which was considered as an appropriate.

Table –I

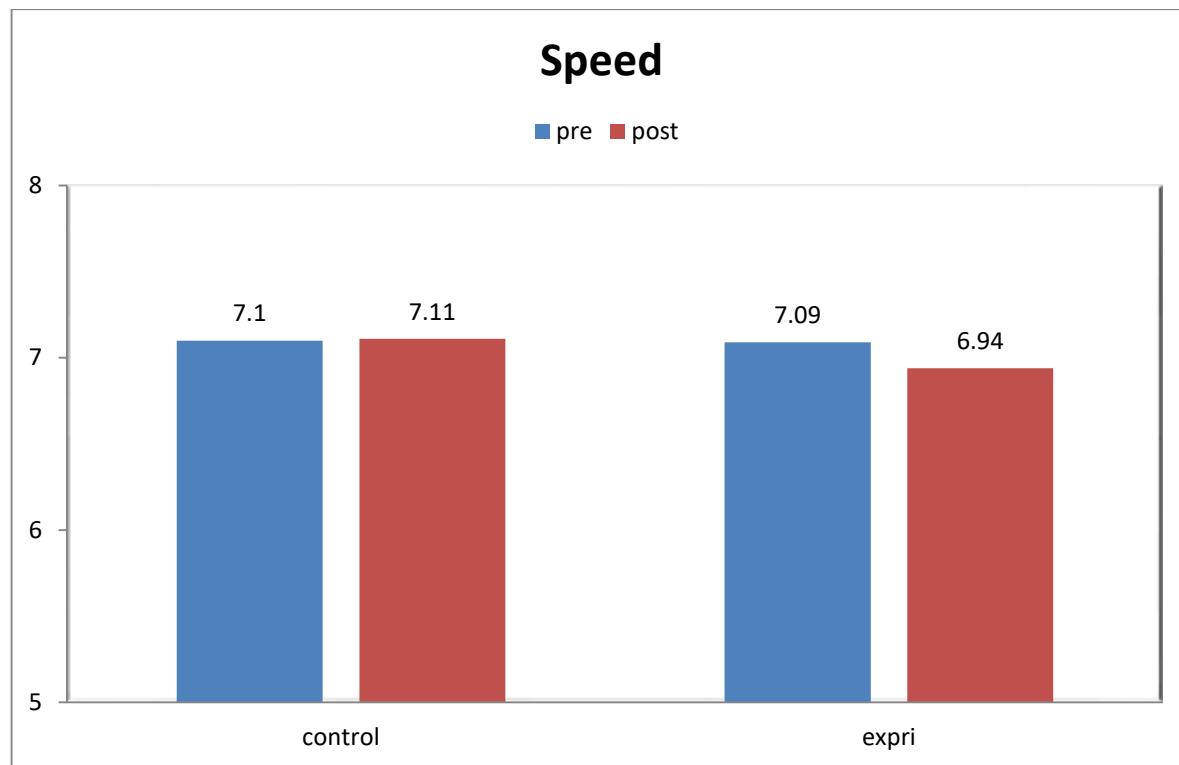
Analysis of 't' Ratio for the pre and post tests of Control and Experimental group on Speed

Variables	Group	Mean		SD		Sd Error	df	't' ratio
		Pre	Post	Pre	Post			
Speed	Control	7.10	7.11	0.21	0.39	0.12	14	0.21
	Experimental	7.09	6.94	0.41	0.32	0.03		4.69*

*Significant at 0.05 level of confidence.

Figure-I

Bar Diagram shows the mean values of Pre and Post-tests of Control and Experimental Group on Speed

**Table-II**

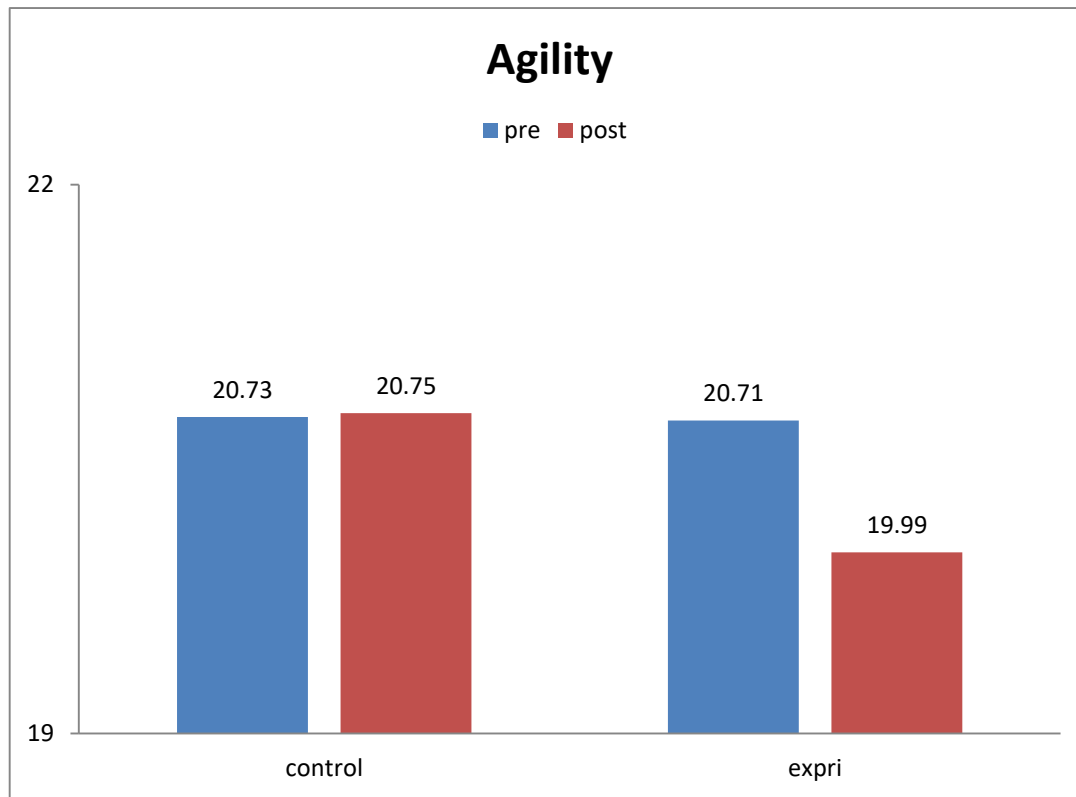
Analysis of 't' Ratio for the pre and post tests of Control group Experimental group on Agility

Variables	Group	Mean		SD		Sd Error	df	't' ratio
		Pre	Post	Pre	Post			
Agility	Control	20.73	20.75	1.58	1.65	0.41	14	2.08
	Experimental	20.71	19.99	.62	.70	0.4		8.03*

***Significant at 0.05 level of confidence.**

Figure-II

Bar Diagram shows the mean values of Pre and Post-tests of Control and Experimental Group on Agility



Discussion and Findings:

In case of Motor fitness i.e. speed and agility performance the results between pre and post (6 week) test has been found significantly higher in specific package of training practices group in comparison to control group. This is possible because due to regular specific package of training which may also bring sudden spurt in physical performance in football players. The findings of the present study have strongly indicates that specific package of training of six weeks have significant effect on selected specific package of training i.e., speed and agility skills of football players. Hence the hypothesis earlier set that specific package of training programme would have been significant effect on selected specific package of training components in light of the same, the hypothesis was accepted.

Conclusions:

On the basis of findings and with in the limitations of the study the following conclusions were drawn:

1. The specific package of training had positive impact on speed and agility skills among football players.
2. The experimental group showed better improvement on speed and agility skills among football players than the control group.

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