



Effect of six week skill based training program on playing ability of soccer players.

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Abstract:

Objective of the study was to find the effect of skill orientated training program on playing ability of soccer players. 80 students age ranging from 14-17 years were selected with quota sampling method. Experimental design was used and sample was divided into two homogenous groups Group A Experimental group and Group B Control group. Each group comprised 40 students in it. With the help of experts in the concern field training program was constructed and implemented on experimental group for six weeks. Control group was treated with pseudo training program. Pretest was conducted before implementation of training programme and after six weeks post test was conducted, data was collected and analysed by applying one way analysis of variance and t test. Results of study shown significant results of training program on soccer players which will be valuable for coaches for preparing training schedule .

Key Words: *Playing ability , soccer, Skill*

Introduction:

Soccer is a fast-paced, strategy game played by men, women, and kids. The game is played by two opposing teams, with eleven members each team including the goalkeeper. It is played on a rectangular field with the main goal of driving the ball into the opponent's goal to achieve a score. The ball is primarily played with the feet and only the goalkeeper is allowed to touch and handle the ball. The main reason why this sport has gained its popularity is because it is one of the most accessible and adaptable amongst all other sports. Physical fitness plays vital role in every human beings life to maintain a good health. There are various ways to acquire physical fitness; one of them is by doing physical activity (Sports). Exercise is a major activity that has an impact on human routine. It is understood that the sport is related to motion and motion will not be separated from human activity. Many human ways to do this activity such as walking, running, jumping, punching and stretching that accelerates with the term motion. Motion in sports activities is motion that has a purpose. (Mylsidayu, 2015) [4]. Soccer, in its global development and in its current stage it has a standard feature among high-performance teams and there is a gradual increasing effort throughout the game to win. The particular game has become perfectly balanced with offensive, very collective and with full rhythm and with complete athletic training with total physical commitment (Barengo., 2017) [1]. This game dramatically demands the manifestation of the physical factor determined by the content of the effort. Increasing the driving density in every unit of time is explained by a high number of gaming actions. A player of the world's elite football teams performs in 1-2 minutes or even 3, speeds, a jump, an air duel or an individual technical action. In general, all the minutes of the game are active, and even if some effort can stagnate, it is done with the intent of amplifying it in the next stages. As for the motoring qualities, there is a predominance of velocity manifested in its forms of movement, execution, reaction; as well as the placement, movement, and handling of the ball. Speed is correlated with other driving qualities and is carried out in a resistance and force regime with the decisive role of skill in achieving technical tactical combinations. (Negra, 2016)

It is important that soccer players must be able to perform effectively in various complex dynamic movement with (i.e., passes, kicking, dribbling, heading) and without the ball (i.e., modulating running speed and changes of direction, accelerations, decelerations, jumps) in response to unpredictable environments conditioned by the ball, teammates, and opponents (Cortis et al., 2013) . Performance of such complex dynamic movements is linked to coordination abilities. In soccer sports coordination plays a vital role and the levels of coordination have a higher ability to acquire specific skills in sports and through that an individual can master new movements quickly There is a significant effect of modern technology on human living. His muscles, upon which he used to rely entirely for survival, Gerhard Bauer emphasized that football techniques is the skill of being asked to more economically and with purpose. This is the base of good performance. Football puts very complex technical demand on players. He has to stop the ball run with it pass the ball to another player with precision of score goals by mean of well placed shots. He has to be able to carry out all these duties from a standing position, on the run and often under hard pressure from his opponents. The players ball technique decides whether or not he is able to carry our all these demands of the game .football exercise can be attractive and interesting they provide repetitive practice, necessary for the learning of a motor skill. In football for example there may be mass drill on specific fitness or techniques in shooting which combines component part into an interesting play like situation and occasional opportunity for foul play of a court.

Objectives of the study:

Objectives of the study were to know the effect of some selected skill orientated exercise on playing ability of soccer players.

Hypothesis: it was hypothesized that there will be no significant effect on soccer players performance due to selected skill orientated training program.

Scope of study:**Delimitation:**

- 1) Study was delimited to Mansa district of Punjab only.
- 2) Study was delimited to school going students only.
- 3) Age group of students was from 14-17 only.
- 4) Only male students were selected for the study.
- 5) Students who have participated in district and state level competition in school games were selected for the study.

Limitation:

- 1) Socio-economic status of students was not considered.
- 2) Personal training other than given training schedule was not under the control of researcher.
- 3) Authenticity of data depends upon honesty of students.
- 4) Psychological condition of students was not under the control of researcher.

Significance of study:

- 1) Study will be significant in quantifying the effectiveness of training on young players.
- 2) Study will be helpful in understanding the utility of skill based program in soccer performance for coaches.
- 3) Study will be significant in developing more training schedules for beginner players.

Sampling:

80 Soccer players were selected from different schools of Mansa district of Punjab. Age group of students ranging 14-17 years.

Group A Experimental 40 Students

Group B Control 40 Students

Training program: Pre test was taken and sample was divided in to two homogenous groups i.e. control and experimental having 40 students in each Six weeks training program was given to experimental group and formal warming up and game practice to control group. Training was given six days a week for six weeks. At the end of training program a post test was administered.

Following test items were administered for checking playing ability of players:

- 1) Kicking for distance (Right and Left foot)
- 2) Dribbling test
- 3) Ball Control
- 4) Wall Volleying Soccer Test.

Administration of test:

Pre test was taken before starting training to subjects. And after six weeks training program post test was conducted for both groups. Data was put for statically analysis by using one way analysis of variance and post- hoc test for further analysis.

Analysis of Data:.**Table I**

One way analysis of variance for kicking for distance (Right Foot) of different groups.

Sources	Df	Sum of square	Mean square	Cal F	F Table
Between the group	3	919.83	306	10.80	2.6802
Within group	76	4997.02	28.39		
Total	79	5916.81			

3,76 df at 0.05 level of significance.

The above table data pertaining to effect of exercise on kicking for distance – right foot of the subject. It clearly indicated that there was significant effect on kicking ability of subject as calculated F value was significantly higher at 0.05 level of significance. As the F value was found significant, Post Hoc test was applied to find out the difference of mean between groups.

Table II

Post hoc test

Group	Test	M	SD	SEm	Cal t	Table value of t
Control	Pre	34.06	0.87	0.14	1.55	1.962
	Post	34.51	0.94	0.15		
experimental	Pre	35.53	0.95	0.15	3.66	
	Post	39.77	1.01	1.01		

78 df at 0.05 level of significance

Table II clearly shows that calculated t value of experimental group was significant at 0.05 level of significance. It was also found that experimental group shows more effective results as compare to control group. It was also found that six weeks training program effect significantly on experimental group whereas control group was affected very less and no significant difference was found in pre and post test of control group. It can clearly be shown in Graph I

Graph I

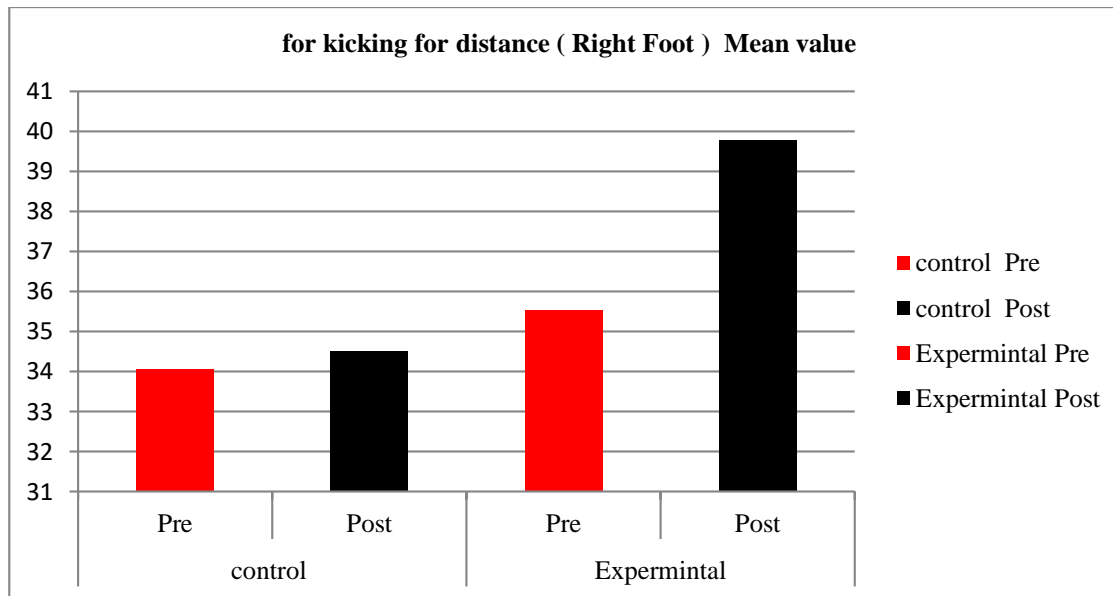


Table III

One way analysis of variance for kicking for distance (Left Foot) of different groups.

Sources	Df	Sum of square	Mean square	Cal F	
Between the group	3	1468.32	489.44	16.67	2.6802
Within group	76	5168.53	29.36		
Total	79	6636.86			

3,79 degree of freedom at 0.05 level of significance.

Above table clearly shows the effect of six week training program on kicking for distance left foot of subjects. As the calculated value 16.67 was significantly higher than table value at 0.05 level of significance

Table IV

Post hoc test

Group	Test	M	SD	SEm	Cal t	Table value of t
Control	Pre	29.55	0.87	0.14	1.75	1.962
	Post	30.04	0.88	0.139		
experimental	Pre	31.53	0.79	0.14	7.63	
	Post	33.72	0.93	0.141		

78 df at 0.05 level of significance

Table III clearly shows that calculated t value of experimental group was significant at 0.05 level of significance.

It was also found that experimental group shows more effective results as compare to control group. It was also found that six weeks training program effect significantly on experimental group whereas control group was affected very less and no significant difference was found in pre and post test of control group. . It can clearly be shown in Graph II

Graph II

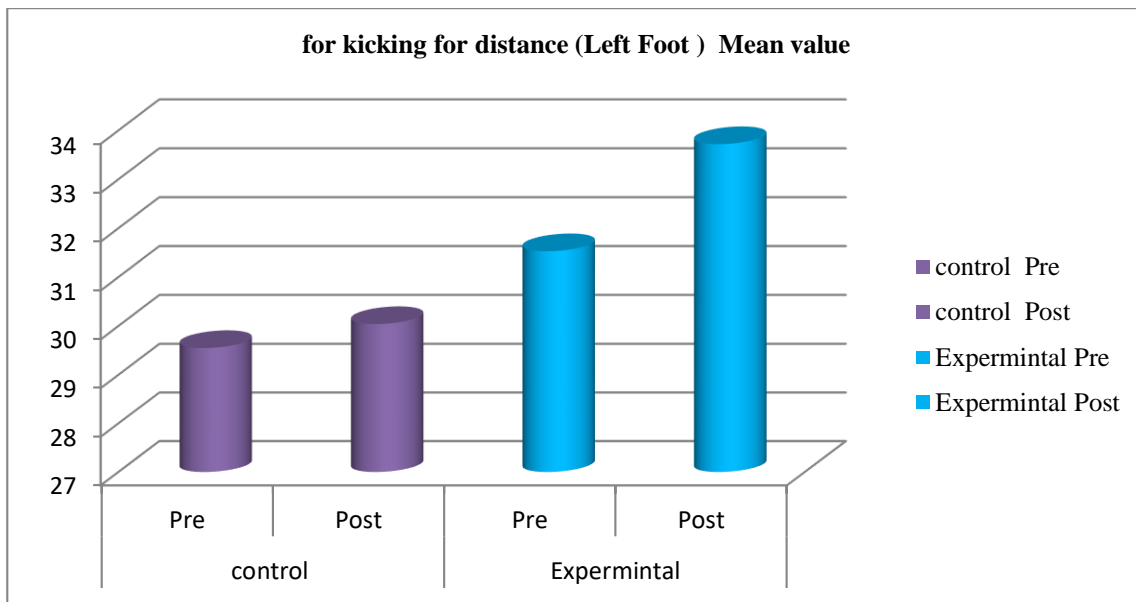


Table V

One way analysis of variance for Dribbling test of different groups.

Sources	Df	Sum of square	Mean square	Cal F	
Between the group	3	1044.04	348.01	15.86	2.6802
Within group	76	3861.73	21.94		
Total	79	4905.77			

3,79 degree of freedom at 0.05 level of significance.

Above table clearly shows the effect of six week training program on kicking for distance – left foot of subjects. As the calculated value 16.67 was significantly higher than table value at 0.05 level of significance

Table VI

Post hoc test

Group	Test	M	SD	SEm	Cal t	Table value of t
Control	Pre	13.6	0.58	0.09	1.38	1.962
	Post	13.35	0.57	0.091		
experimental	Pre	19.24	0.69	0.11	5.95	
	Post	17.93	0.67	0.11		

78 df at 0.05 level of significance

Table II clearly shows that calculated t value of experimental group was significant at 0.05 level of significance. It was also found that experimental group shows more effective results as compare to control group. It was also found that six weeks training program effect significantly on experimental group whereas control group was effected very less and no significant difference was found in pre and post test of control group. . It can clearly be shown in Graph III

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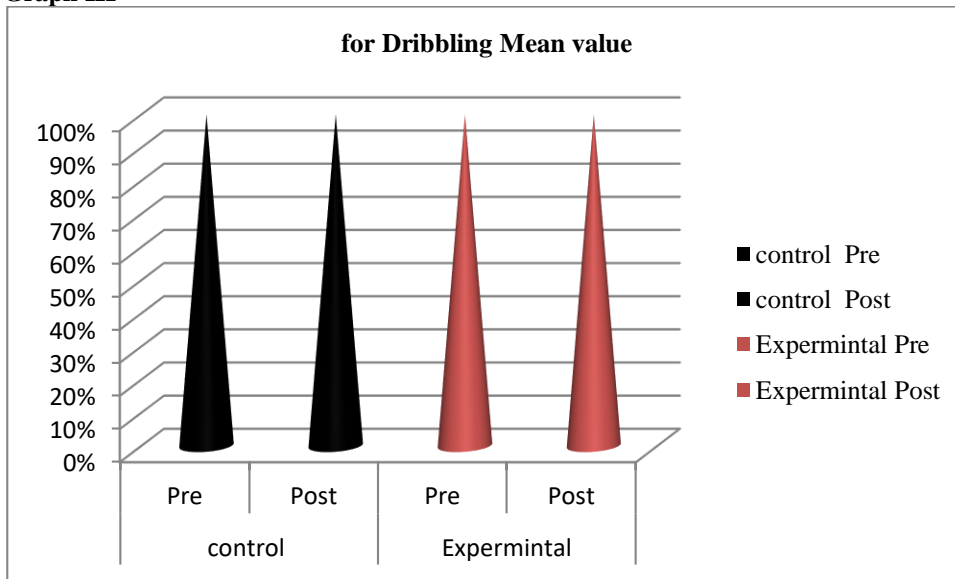


Table VII
One way analysis of variance for Ball Control test of different groups.

Sources	Df	Sum of square	Mean square	Cal F	
Between the group	3	6191.71	2069	27.05	2.6802
Within group	76	13428.4	76.29		
Total	79	19620.11			

3,79 degree of freedom at 0.05 level of significance.

Above table clearly shows the effect of six week training program on kicking for distance – left foot of subjects. As the calculated value 16.67 was significantly higher than table value at 0.05 level of significance

Tble VIII
Post hoc test

Group	Test	M	SD	SEm	Cal t	Table value of t
Control	Pre	32.91	0.91	0.144	0.35	1.962
	Post	33.01	0.91	0.144		
experimental	Pre	33.25	0.91	0.144	2.7	
	Post	38.37	0.95	0.150		

78 df at 0.05 level of significance

Table II clearly shows that calculated t value of experimental group was significant at 0.05 level of significance. It was also found that experimental group shows more effective results as compare to control group. It was also found that six weeks training program effect significantly on experimental group whereas control group was effected very less and no significant difference was found in pre and post test of control group. . It can clearly be shown in Graph IV

Graph IV

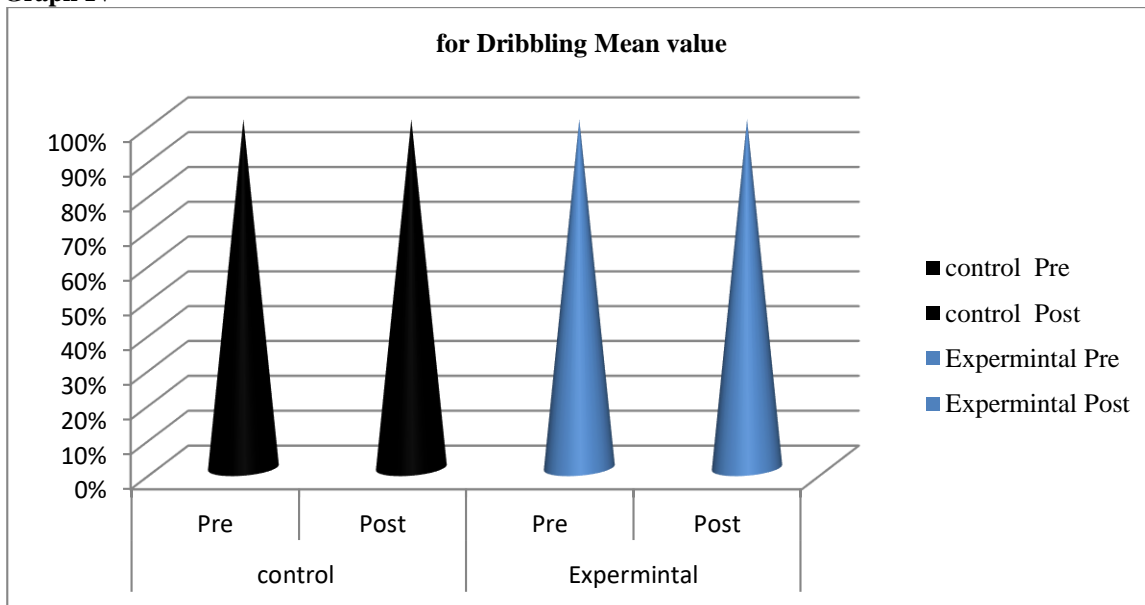


Table XI
One way analysis of variance for Wall Volley test of different groups.

Sources	Df	Sum of square	Mean square	Cal F	
Between the group	3	535.82	178	26.20	2.6802
Within group	76	1199.82	6.81		
Total	79	1735.64			

3,79 degree of freedom at 0.05 level of significance.

Above table clearly shows the effect of six week training program on kicking for distance – left foot of subjects. As the calculated value 16.67 was significantly higher than table value at 0.05 level of significance

Table X
Post hoc test

Group	Test	M	SD	SEm	Cal t	Table value of t
Control	Pre	17.93	0.671	0.106	0.99	1.962
	Post	18.28	0.672	0.106		
experimental	Pre	18.14	0.671	0.106	2.3	
	Post	20.02	0.707	0.112		

78 df at 0.05 level of significance

Table II clearly shows that calculated t value of experimental group was significant at 0.05 level of significance. It was also found that experimental group shows more effective results as compare to control group. It was also found that six weeks training program effect significantly on experimental group whereas control group was effected very less and no significant difference was found in pre and post test of control group.

Discussion on findings:

It was found that six weeks training program affect on playing ability of soccer players.

It was also found that pre and post test of all the selected skill viz. kicking for distance (right and left foot), Dribbling test , ball control and wall volleying test was found significant. Whereas control group shows insignificant difference between them.

It was also found that skill based training can improve fitness as well as performance of soccer players.

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