



## Effect of Agility Drills and Speed Training on Playing Abilities of Football Players

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### ABSTRACT

*The study was to examine the isolated and combined agility drills and speed training on playing abilities of football players. Total recruited randomly N=48 (Forty eight) men football players their age period ranged from 18 years to 25 years as per subject's secondary board of education certificate and, who at least participated collegiate level football competition from various department of University college of engineering, Narasaraopet, JNTUK Andhra Pradesh. The chosen men football players was randomly recruited into four groups each group n=12 men football players i.e. empirical groups I men football players underwent: agility drills football players group (ADF), empirical group II men football players underwent: speed resistance training football players group (SRF), empirical group III underwent: combined agility drills and speed training football players group (ASF), and control group football players (CGF). CGF was practiced only their respective specialization game. The training period was fixed for 12- week's duration and four sessions in a week. The measurement of football playing abilities scores was collected through Judgment by experts (rating 1to10) before and after the completion of specific training. The collected score's were analyzed through ANCOVA and level of significant was restricted at 0.05 levels. The study found that isolated, combined agility drills and speed resistance training program had positive significant impact to improve the playing abilities performance of football players of three empirical group's players comparative to control group.*

**Keywords:** – agility, speed, football

### Introduction:

Exercise is an activity requiring physical effort, carried out to sustain or improve fitness and performance in sports. Basically, physical fitness is a state of health and well being and more specifically and ability to perform aspects of sport, occupations and daily activities. In fact enhancement of physical fitness level is generally achieved through proper nutrition, moderate – vigorous physical exercises and sufficient rest. It is bodily or mental exertion, especially for the sake of training of improvement of health.

Football is a game from the point of view of the spectator as well as the player. This 90 minutes game is full of excitement and thrill. Moreover, it keeps the player mentally and physically healthy, and disciplined. And this ninety-minute game tests their sportsmanship, patience, and tolerance. Football playing abilities includes – ball control, dribbling skills, passing accuracy, body control. Game intelligence – spatial awareness, tactical knowledge, risk assessment. physical fitness – endurance, balance and coordination, speed, strength and power.

**Statement of the Research Problem:**

To analyze the “isolated and combined agility drills and speed training on playing abilities of football players”.

**Objectives of this research study**

1. The primary objective of this research study is to evaluate the 12-weeks influence of agility drills and speed resistance training on playing abilities of men football players.
2. The secondary objective of this research are
  - To compare the selected training methods between agility drills, speed training and combined agility drills and speed training on playing abilities of men football players.
  - To judge the best suitable training program among selected three treatments for enhancement of playing abilities of men football players.

**Research Hypothesis:**

- There will be a significant increase in score of playing abilities performance of empirical group’s football players after the twelve weeks impact of isolated and combined agility drills and speed training when compared with control group football players.
- The combined agility drills and speed training will be more effective than the isolated training program.

**Methodology:**

The study was to examine the isolated and combined agility drills and speed training on playing abilities of football players. Total recruited randomly N=48 (Forty eight) men football players their age period ranged from 18 years to 25 years as per subject’s secondary board of education certificate and, who at least participated collegiate level football competition from various department of University college of engineering, Narasaraopet, JNTUK Andhra Pradesh. The chosen men football players was randomly recruited into four groups each group n=12 men football players i.e. empirical groups I men football players underwent: agility drills football players group (ADF), empirical group II men football players underwent: speed resistance training football players group (SRF), empirical group III underwent: combined agility drills and speed training football players group (ASF), and control group football players (CGF). CGF was practiced only their respective specialization game. The training period was fixed for 12- week’s duration and four sessions in a week. The measurement of football playing abilities scores was collected through Judgment by experts (rating 1to10) before and after the completion of specific training. The collected score’s were analyzed through ANCOVA and level of significant was restricted at 0.05 levels.

Table - I

Analysis of Covariance for football playing abilities - Judgment by experts (Rating 1 to 10) of the ADF, STF, ASF and CGF groups for football men players

Groups	ADF	STF	ASF	CGF	SOV	Sum of squares	df	Mean Square	F' Ratio
Pre test mean	6.500	6.166	6.250	6.333	B	0.729	3	0.243	0.281 <sup>NS</sup>
SD	0.97	1.05	0.69	0.96	W	38.083	44	0.866	
Post test mean	7.458	6.916	8.000	6.250	B	20.182	3	6.727	13.217*
SD	0.655	0.821	0.564	0.783	W	22.396	44	0.509	
Adjusted mean	7.342	7.007	8.039	6.239	B	20.165	3	6.722	37.593*
					W	7.688	43	0.179	
Mean difference	+0.958	+0.75	+1.75	-0.083	-	-	-	-	-

Note: Table F-ratio value at 0.05 level of confidence for 3 and 44 (df) =2.822, 3 and 43 (df) =2.816

\*Significant & NS: Not significant.

ADF : Agility drills football players group.

STF : Speed resistance training football players group.

ASF : Combined agility drills and speed training football players group.

CGK : Control group football players

The above table-I shows that there is a significant difference on football playing abilities performance among the four groups such as ADF: Agility drills football players group, STF: Speed resistance training football players group, ASF: Combined agility drills and speed training football players group and CGK : Control group football players. Since the 'F' value required being significant at 0.05 level for d/f 3, 44 and 3, 43 are 2.822 and 2.816, but the computation values of football playing abilities post and adjusted posttest 'F' values are 13.217 and 37.593 respectively. Which are greater than the tabulated value, it shows that training is effective for positive changes in football playing abilities. Since the obtained 'F' ratio is found significant.

TABLE: 2

THE FOOTBALL PLAYING ABILITIES RESULTS OF SCHEFFE'S METHOD TEST MEAN DIFFERENCES BETWEEN ADF, STF, ASF AND CGF GROUPS FOR FOOTBALL MEN PLAYERS

ADF	STF	ASF	CGF	MD	CI
7.342	7.007	-	-	0.335	0.501
7.342	-	8.039	-	0.697*	
7.342	-	-	6.239	1.103*	
-	7.007	8.039	-	1.032*	
-	7.007	-	6.239	0.768*	
-	-	8.039	6.239	1.80*	

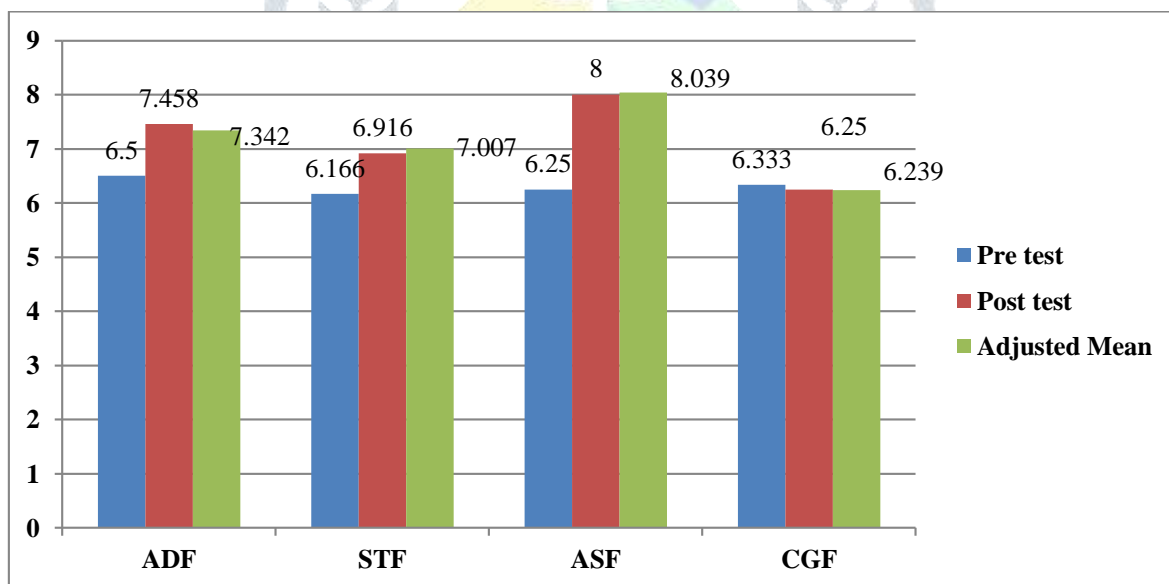
Note: \* Significant & NS: No significant

ADF : Agility drills football players group.  
 STF : Speed resistance training football players group.  
 ASF : Combined agility drills and speed training football players group.  
 CGK : Control group football players

In above table : 2 display the mean differences between the agility drills football players group (ADF) and combined agility drills and speed training football players group (ASF), agility drills football players group (ADF) and control group football players (CGF), speed training football players group (STF) and combined agility drills and speed training football players group (ASF), speed training football players group (STF) and control group football players (CGF), combined agility drills and speed training football players group (ASF) and control group football players (CGF) are 0.697, 1.103, 1.032, 0.768 and 1.80. These means differences values are higher than CI value 0.501. Therefore researcher noted significant differences present between training groups and control groups football players after treatment period.

The mean differences between agility drills football players group (ADF) and speed training football players group (STF) is 0.335. This means differences value, which lower than CI value 0.501. Therefore researcher noted no significant differences present between both isolated training groups men football players after twelve weeks treatment program.

**FIGURE: 1 THE FOOTBALL PLAYING ABILITIES PRE POST AND ADJUSTED POST TEST MEAN NUMBERS OF ADF, STF, ASF AND CGF GROUPS FOR FOOTBALL MEN PLAYERS PRESENTED IN BAR GRAPH**



ADF : Agility drills football players group.  
 STF : Speed resistance training football players group.  
 ASF : Combined agility drills and speed training football players group.  
 CGK : Control group football players



### Discussion on Hypothesis:

- The first hypotheses stated that there will be a significant increase in score of playing abilities performance of empirical group's football players after the twelve weeks impact of isolated and combined agility drills and speed training when compared with control group football players. The statistical analysis proved that isolated, combined agility drills and speed training program significantly increased the playing abilities performance. Hence research first hypothesis accepted.
- The second hypotheses stated that combined agility drills and speed training will be more effective than the isolated training program. The statistical analysis proved combined training is superior to isolated training method. Hence research second hypotheses accepted.

### Discussion and Findings:

The implementation of 12-weeks progressive agility drills and speed resistance training program are effective for improving football playing abilities - Judgment by experts (Rating 1 to 10) performance of football comparative to control group football players. The various sports training effect on football playing abilities are Aditya (2014) found that combined complex training with core exercises program has capability to bring positive improving in skill related performance of football players. Suresh and Kavithashri (2021) concluded that SAQ training is effective for improvement in skill performance of tribal football players. Mahmoud (2013) experiment suggested that using agility drills significantly increase the speed abilities of junior soccer players. Aliza et al., (2023) suggested that used of plyometric training versus agility, balance and coordination drills enhanced the skill performance in football players. Ersin Tiryaki and Firat Akcan (2021) found that foot training using the agility ladder significantly improved dribbling skills performance in football.

### Conclusions:

Investigator recorded that impact of 12-weeks progressive impact of agility drills and speed training are effective for improving the football playing abilities performance of players. Whereas combined agility drills and speed training is more effective than isolated training for enhancing the playing abilities. Therefore isolated agility drills and speed training is equally effective for improving football playing abilities.

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