



## Impact of Small Sided Games on Strength Endurance and Dribbling of Inter Collegiate Level Soccer Players

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### ABSTRACT

*Aim of the study was designed to investigate the impact of small sided games on strength endurance and dribbling of inter collegiate level soccer players. Thirty men football players who participated in the Anna university zone XIV inter collegiate tournaments were selected as subjects and segregated into two groups of fifteen subjects each as experimental group and control group following random procedure. The experimental group underwent small sided games training over a period of twelve weeks where as control group did not participate in any of the training except their regular play. Strength endurance and Dribbling were assessed before and after the experimental period by using Sit-ups and Dribbling tests respectively. ANCOVA was used to analyze the collected data. The results of this study showed that there was a significant difference between experimental group and control group on strength endurance and dribbling.*

**KEYWORDS : Soccer, Strength Endurance, Dribbling.**

### INTRODUCTION

Soccer is a game which calls for strenuous, continuous thrilling action and therefore, appeals to the youth the world over. The skills involved in the game are simple, natural and yet are highly stimulating and satisfying to anyone who participates in the game (Thomas, 1964).

Soccer as it is seen today has undergone a tremendous improvement since its birth. Of all the events in human history the one to attract the largest audience was neither a great political occasion nor a special celebration of some complex achievements in the art or science, but simple ball game a soccer match. If we examine it more carefully we would soon realize, that each soccer match is a symbolic event of some complexity. One of the greatest strength of the game is its simplicity. At its crudest level all that are needed is a ball and an open space with something to act as a goal post. No other sport is so easily available and so immediately inspiring (Morris, 1981).

Soccer is one of the most popular sports in the world in terms of spectator sports and players participation. It is fast, quick aggressive and attractive. It is considered a strenuous game because the game demands a high degree of fitness as well as intelligence and alertness of mind, speed, strength, ability, balance and flexibility are the basic qualities for all the elite players (Rink, 1987).

### METHODOLOGY

The purpose of the study was designed to investigate the impact of small sided games on strength endurance and dribbling of inter collegiate level soccer players, To achieve the purpose of the study, thirty men football players studying various engineering courses and who participated in the Anna university zone XIV inter collegiate tournaments were selected as subjects from TRP engineering college, Sri Angalamman engineering college and K.Ramakrishna Engineering College, Trichy, Tamilnadu. Their age ranges between 19 and 25 years and they were divided into two equal groups of fifteen subjects each as experimental group and control group. The experimental group underwent small sided games training over a period of twelve weeks where as control group did not participate in any of the training except their regular play. The selected criterion variables strength endurance and dribbling were assessed by using sit-ups and dribbling tests respectively. The collected data were statistically analyzed for significant

difference, if any, by applying analysis of covariance (ANCOVA). In all cases 0.05 level was fixed as confidence interval to test the significance.

### ANALYSIS OF DATA

#### Strength Endurance

The analysis of covariance on strength endurance of pre and post test scores of small sided group and control group have been analysed and presented in Table I

**Table - I ANALYSIS OF COVARIANCE ON STRENGTH ENDURANCE OF SMALL SIDED GAMES AND CONTROL GROUPS**

Test	SSG	Control	Source of variance	Sum of Squares	df	Mean squares	'F' ratio
Pretest Mean SD	37.60	37.13	Between	1.63	1	1.63	1.16
	1.352	0.990	Within	39.33	28	1.40	
Posttest Mean SD	43.93	37.8	Between	282.13	1	282.13	223.57*
	1.032	1.207	Within	35.33	28	1.26	
Adjusted Posttest Mean	43.77	37.95	Between	244.32	1	244.32	363.51*
			Within	18.14	27	0.672	

\* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for degree of freedom 1 and 28 and 1 and 27 are 4.20 and 4.21 respectively)

The table-I, shows that the pre-test mean value of strength endurance for small sided games and control group are 37.60 and 37.13 respectively. The obtained "F" ratio of 1.16 for pre -test scores which were less than the required table value of 4.20 for significance with df 1 and 28 at 0.05 level of confidence. The post-test mean value of strength endurance for small sided games and control group are 43.93 and 37.8 respectively. The obtained "F" ratio of 223.57 for post -test scores which were more than the required table value of 4.20 for significance with df 1 and 28 at 0.05 level of confidence. The adjusted post-test mean value of strength endurance for small sided games and control group are 43.77 and 37.95 respectively. The obtained "F" ratio of 363.51 for adjusted post -test scores which were more than the required

table value of 4.21 for significance with df 1 and 27 at 0.05 level of confidence.

### Dribbling

The analysis of covariance on dribbling of pre and post test scores of small sided group and control group have been analysed and presented in Table II

**Table - II ANALYSIS OF COVARIANCE ON DRIBBLING OF SMALL SIDED GAMES AND CONTROL GROUPS**

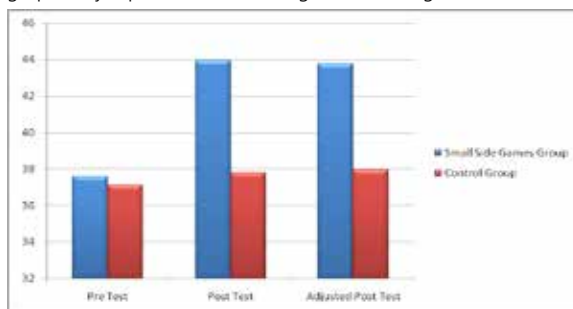
Test	SSG	Control	Source of variance	Sum of Squares	df	Mean squares	'F' ratio
Pretest Mean SD	17.68	17.72	Between	0.013	1	0.13	0.168
	0.255	0.304	Within	2.206	28	0.074	
Posttest Mean SD	17.24	17.64	Between	1.18	1	1.18	16.74*
	0.215	0.308	Within	1.986	28	0.071	
Adjusted Posttest Mean	17.26	17.62	Between	0.967	1	0.967	132.12*
			Within	0.198	27	0.007	

\* Significant at .05 level of confidence.

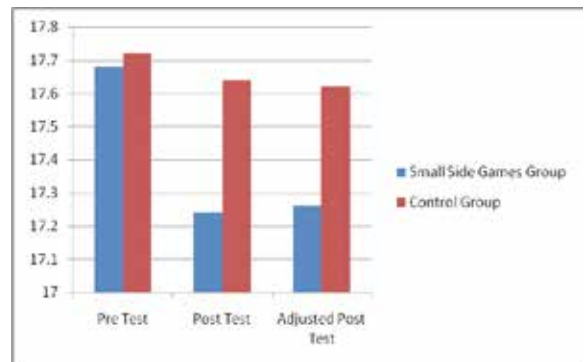
(The table values required for significance at .05 level of confidence for degree of freedom 1 and 28 and 1 and 27 are 4.20 and 4.21 respectively)

The table-II, shows that the pre-test mean value of dribbling for small sided games and control group are 17.68 and 17.72 respectively. The obtained "F" ratio of 0.168 for pre -test scores which were less than the required table value of 4.20 for significance with df 1 and 28 at 0.05 level of confidence. The post-test mean value of dribbling for small sided games and control group are 17.24 and 17.64 respectively. The obtained "F" ratio of 16.74 for post -test scores which were higher than the required table value of 4.20 for significance with df 1 and 28 at 0.05 level of confidence. The adjusted post-test mean value of dribbling for small sided games and control group are 17.26 and 17.62 respectively. The obtained "F" ratio of 132.12 for adjusted post -test scores which were more than the required table value of 4.21 for significance with df 1 and 27 at 0.05 level of confidence.

The pre, post and adjusted mean values of small sided games and control group on strength endurance and dribbling were graphically represented in the Figure -I and Figure-II.



**Figure: I The pre, post and adjusted mean values of small sided games and control group on strength endurance**



**Figure: II The pre, post and adjusted mean values of small sided games and control group on Dribbling**

### CONCLUSIONS

From the analysis of the data, the following conclusions were drawn.

1. There was a significant difference existed between small sided games group and control group due to twelve weeks of experimental training on strength endurance and dribbling.
2. Among the two groups, small sided games group significantly improved the strength endurance and dribbling than that of Control group.

### REFERENCES

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