



A Study of the Impacts on the Player's Agility by Football Game Training Programme

KEYWORDS

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ABSTRACT Through physical education only the dynamic factors like strength, speed, modesty, endurance, co-ordination, agility, and flexibility can be progressed developed. The researcher has tried to study what would be the effect of the agility of the players if they are given a certain kind of training in Football. To fulfill the purpose of this study, 40 players of Football, Arts and Commerce College, were selected out of 60 by randomly method. Hypothesis is "There would be certain increase in the level of endurance and the speed o the subject after training program and skills of Football. For measurement of agility Shuttle Run that was used. There were two groups, one is experimental and other is control. The experimental group was given practical training. They were given training of six weeks for development of game and skills of Football. The purpose was to increase agility and control group was not given any kind of practical training. The groups had similarly 20 subjects in them to test the concept of study, agility was tested through after training, and the result of this test was favor of Experimental group.

Introduction:

As science is progressing say by day, so many material facilities are available that a man can complete the fourth work with the help of these machines. So man has started living lazy life and due to this his physical abilities have decreased. Through physical education only the dynamic factors like strength, speed, modesty, endurance, co-ordination, and flexibility can be progressed, developed. The native game like Football also needs dynamic factors; Football is an ancient and interesting game. The researcher has tried to study what would be the effect of the agility of the players if they are given a certain kind of training in Football

Methodology:

To fulfill the purpose of this study, 40 players of Football, Arts and Commerce College, were selected out of 60 by randomly method. The subjects were selected from high school only. Hypothesis is "There would be certain increase in the level of endurance and the speed o the subject after training program and skills of Football Shuttle run test was used for measurement of agility. There were two groups, one is experimental and other is control. The experimental group was given practical training. They were given training of six weeks for development of game and skills of Football endurance and speed. The purpose was to increase agility and control group was not given any kind of practical training. Both the groups had similarly 20 subjects in them.

Results and Statistical Analysis

Study – 1 Shuttle Run Test

-1.1 Pre-test comparison of experimental and control group

Group	N	Average	SD	T	Level of Significance
E.G	20	0.387	1.068	0.217	0.05
C.G	20	1.132	1.128		

-1.2 Post test comparison of experimental and control group.

Group	N	Average	SD	T	Level of Significance
E.G	20	10.517	0.387	11.784	0.05
C.G	20	13.751	1.32		

-1.3 Comparison between pre and post test of experimental group.

Group	N	Average	SD	T	Level of Significance
E.G	20	13.80	1.068	0.20	0.05
C.G	20	10.51	0.387		

Conclusion:

After giving training in the game a Football d skills and training in shuttle run test clear that training in game a Football d skills increased agility of players where as there is no increase of player of the control group as training was not given.