



EFFECT OF INTERVAL TRAINING PROGRAM ON PLAYING ABILITY OF FOOTBALL PLAYERS

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ABSTRACT Football player is most effective when he can start quickly and move with “controlled speed” to a given spot on the ground. Ball control refers to a player’s ability to collect the ball and gain control of it using all parts of the body including feet, legs, chest, and head. A player with good ball control is able to receive passes both on the ground and out of the air with clean first touches keeping the ball close to their body. Ball control also refers to a player’s ability to maintain possession of the ball, successfully protecting it from opponents. The ability to turn quickly and sharply with the ball is also of utmost important to achieving success in football and falls under the ball control element. Although much attention is usually given to the period of activity during an interval workout, the training stimulus associated with performing intervals occurs from a combination of work and recovery. This is what makes interval training different from continuous training. Therefore, the duration and nature of the recovery periods are also an important part of interval training. A very short recovery period may not allow the body to recover sufficiently to perform the next work interval at the desired intensity. The research methodology used for the study was an experimental design using three phases, viz. Pre-test, Treatment/training phase and Post-test. The Eighty subjects from different Schools in and around Jhargram District were selected using the simple random technique. The Subjects were divided into two equal groups, viz. Experimental group and Control group. The data was analyzed using the paired t-test statistical technique. The null hypothesis of equality of mean Skill variables viz, playing ability in experimental and control groups is rejected, and it may be concluded the average playing ability of the boys in experimental and control groups in the interval training program is not the same. It may be concluded that the interval training program is effective for improving the Skill abilities of football players aged 11 to 15 years.

KEYWORDS : Interval training, Football, Playing ability etc**INTRODUCTION:**

Soccer is a sport unlike almost all others, as the feet are needed for technical skills more than the hands. A number of fundamental skills are needed to play soccer, with advanced players able to build on the fundamental skills for more complex and precise dribbling, passing and shooting. The skills of a soccer player also vary from one position to another, with a goalkeeper needing much different skills than a field player. *Physical fitness* is another essential element to achieving success in football; a **football match lasts for 90 – 95 minutes** with very few subs. According to Live strong, **midfielders run an average of over 11 kilometers per match**. Wingers perform the most “high-intensity” runs averaging nearly 150 sprints of at least 75% of their full speed per match. Apart from goalkeepers, center-backs run the least but still average 9.5 kilometers per match.

In addition to endurance and speed, footballers need balance and physical strength to defend the ball at their feet, to shoot, to pass the ball long distances, to win balls out of the air, etc.

Interval training is based on the premise that a greater amount of intense work can be accomplished if the work is interspersed with periods of rest. This has important implications for gains in fitness, since fitness is affected to a greater extent by the intensity of exercise than by either the duration or frequency.

During an interval workout, the exercise is performed at a greater intensity than during continuous exercise. Furthermore, interval training has been found to be more effective than continuous training in stimulating fatty acid oxidation in muscle mitochondria.

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OBJECTIVES OF THE STUDY:

- 1) To understand the effect of interval training program on selected playing ability of football players.
- 2) To see the comparative effect on two groups of the interval training program.
- 3) To provide guideline for training procedure for football players and professionals.

HYPOTHESIS:

Ho-The interval training program may have no significant effect on the Playing ability of football players.

RESEARCH METHODOLOGY:

The research methodology used for the study was an experimental design using three phases, viz. Pre-test, Treatment/training phase and Post-test. The Eighty subjects from different Schools in and around Jhargram District were selected using the simple random technique. The football players aged 11 to 15 years were divided into two equal groups, viz. Experimental group and Control group. McDonald Soccer test is used to measure the playing ability of the Players.

RESULT AND DISCUSSION:**TABLE 1: Comparison of Control and Experimental Group Mean Gains on Post Test of Playing ability**

Variable	Control Grp. Mean	Experimental Grp. Mean	tstat	P (two tailed)	df
Playing Ability	26.547	29.546	6.3958	0.0004	39

It can be seen from the Table-1 that the value of t-statistics is 6.3958. This t-statistic is significant as its corresponding p value is 0.0004, which is less than 0.05. Thus, the null hypothesis of equality of mean Playing ability in experimental and control groups is rejected, and it may be concluded the average playing ability of the boys in experimental and control groups in the interval training program is not the same. However, in order to conclude whether the playing ability has increased or not, one tailed test should be used. The hypothesis that needs to be tested in that shall be

$$H_0: \mu_{\text{expt}} = \mu_{\text{cntrl}}$$

$$H_1: \mu_{\text{expt}} > \mu_{\text{cntrl}}$$

For left tailed test, the value of tabulated at 0.05 level of significance and 39 df can be seen from the Critical value Table, which is equal to 1.684. Since calculated value of t (6.3958) is more than the tabulated value $t_{0.05}(39)$ (1.684), H_0 may be rejected, and it may be concluded that the interval training program is effective.

CONCLUSIONS:

The study shows significant improvement in the Playing Ability of the subjects, it may be concluded that interval training program is useful for improving the Playing Ability.

The study shows that interval training program can be successfully used for improving the physical fitness and skill abilities of football Players.

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