

# Effect of Football Training Programme on Selected Physical Fitness Parameters of School Boys



## Physical Education

KEYWORDS : Speed and Explosive power.

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### ABSTRACT

The purpose of this study was to find out the effect of football training programme on selected physical fitness parameters of school boys. For this purpose Forty (N=40) Football players from Sivagangai District were selected as subjects during the academic year 2014-2015. They were randomly divided into two groups of twenty each, group-I underwent Football training, and group-II acted as Control. The football skill training was given for twelve four weeks duration. The dependent variables selected for this study was speed and explosive power. The physical fitness parameters such as Speed was assessed through 50 meters run test and explosive power was assessed through standing broad jump test. The data obtained from the experimental group and control group before and after the experimental period were statistically analyzed with Analysis of covariance (ANCOVA). Since two groups were involved, no post hoc test was applied. The level of confidence was fixed at 0.05 level for all the cases. Speed and explosive power showed significant difference between the experimental and Control groups, further the results suggested that football skill training were significantly developed speed and explosive power.

### INTRODUCTION

The word 'Training' has been a part of human language since ancient times. It denotes the process of preparation for some tasks. Some experts, especially belonging to sports medicine, understand sports training as basically doing physical exercises. Several terms used in training e.g. strength training, interval training, technical and tactical training reflect his time of thinking (Singh, 1991).

Basic training procedures will serve better when utilized with modification suited to the individual or group dealt with. The best training program is that which increases the desired quality at a higher rate without causing unwanted effects.

Football is the most popular sport in the world. All over the globe, people are attached to this game in deep and passionate cultural way. Soccer or football, as it called in most part of the world. There is just something about soccer, which over the years has earned nick names including the beautiful game, the simplest game, the world's game and the people's game (Roberts, 2010).

Football is played at a professional level all over the world. Millions of people regularly go to football stadiums to follow their favorite teams, while billions more watch the game on television. A very large number of people also play football at an amateur level (Vijay Asthana, 2009). Football is a popular, complex strategically game of physical and mental challenges. At least 200 million licensed players participate in football and 20 million football games are arranged each year in the world. Football is a team game the object of which is to advance an inflated round ball towards the opponents' goal posts by kicking, passing, dribbling, and playing with any part of the body except arms and hands (Witvrouw, 2003).

Training in football should attempt to match the functional movements and precise demands of game play as closely as possible. The major aim of training for football should be to improve performance in game related tasks. Training should be designed with safety and injury avoidance as priorities. If football players are to obtain the benefits of investing time and energy in training, then programmes should be designed to provide optimal effects. The training requires adherence to carefully planned and executed activities. The purpose of the training is identified by five training principles specificity, progression, overload, reversibility and type. In addition, training is quantified by frequency, intensity and time (Gareth Stratton, 2004).

### METHODOLOGY

The study was conducted on forty (N=40) Football players from Sivagangai District were selected as subjects during the academic year 2014-2015. They were randomly divided into two groups of twenty each, group-I underwent Football training, and group-II acted as Control. The dependent variables selected for this study was speed and explosive power, speed was assessed through 50 meters run test and explosive power was assessed through standing broad jump test. The data obtained from the experimental groups before and after the experimental period were statistically analyzed with Analysis of covariance (ANCOVA). Since two groups were involved, no post hoc test was applied. The level of confidence was fixed at 0.05 level for all the cases.

### RESULTS AND DISCUSSION

The data obtained from the experimental group and control group before and after the experimental period were statistically analyzed with Analysis of covariance (ANCOVA). The level of confidence was fixed at 0.05 level for all the cases.

#### Speed

The Analysis of covariance (ANCOVA) on speed of Football skill training group and control group have been analyzed and presented in Table -I.

**Table – I**  
**ANALYSIS OF COVARIANCE ON SPEED OF FOOTBALL SKILL TRAINING GROUP AND CONTROL GROUP**

Adjusted Post-test Means	Source of Variance	Sum of Squares	df	Mean Squares	'F'-Ratio
Football Skill Training Group	Control Group				
7.32	7.81	Between With in	1	0.872	37.91*
			16	0.023	

\* Significant at 0.05 level of confidence

#### (Speed Scores in Seconds)

(The table value required for Significance at .05 level with df 1 and 16 are is 4.49)

Table-I shows that the adjusted post test mean value of speed for football skill training group and control group are 7.32 and

7.81 respectively. The obtained F-ratio of 37.91 for adjusted post test mean is more than the table value of 4.49 for df 1 and 16 required for significant at 0.05 level of confidence.

The results of the study indicate that there are significant differences among the adjusted post test means of football skill training group and control group on the development of Speed.

From the obtained mean it may be concluded that football skill training group is better than control group in improving Speed.

The adjusted post test mean values of football skill training group and control group on speed are graphically represented in the Figure -I.



**FIGURE-I:MEAN VALUES OF FOOTBALL SKILL TRAINING GROUP AND CONTROL GROUP ON SPEED**

**Explosive Power**

The Analysis of covariance (ANCOVA) on explosive power of football skill training group and control group have been analyzed and presented in Table -II.

**Table – II  
ANALYSIS OF COVARIANCE ON EXPLOSIVE POWER OF FOOTBALL SKILL TRAINING GROUP AND CONTROL GROUP**

Adjusted Post-test Means		Source of Variance	Sum of Squares	df	Mean Squares	'F'-Ratio
Football Skill Training Group	Control Group					
51.88	47.69	Between With in	62.11 121.86	1 16	62.11 7.62	8.15*

\* Significant at.05 level of confidence

(Explosive power Scores in Meters)

(The table value required for Significance at .05 level with df 1 and 16 are is 4.49)

Table-II shows that the adjusted post test mean value of explosive power for football skill training group and control group are 51.88 and 47.69 respectively. The obtained F-ratio of 8.15 for adjusted post test mean is more than the table value of 4.49 for df 1 and 16 required for significant at 0.05 level of confidence.

The results of the study indicate that there are significant differences among the adjusted post test means of football skill training group and control group on the development of explosive power.

From the obtained mean it may be concluded that football skill training group is better than control group in improving explosive power.

The adjusted post test mean values of football skill training group and control group on explosive power are graphically represented in the Figure -II.



**CONCLUSION**

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

1. The Football Skill Training group had registered significant improvement on the selected criterion variables namely Speed and Explosive Power.
2. It may be concluded that Football Skill Training group is better than Control Group in increasing Speed and Explosive Power.

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