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EFFECT OF A SPECIFIC TRAINING PROGRAMME ON DEVELOPMENT OF SOCCER PLAYING ABILITY OF 14 YEAR OLD YOUNG SOCCER PLAYERS.

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ABSTRACT: The game soccer is the world's most popular team game. High level of conditioning programme is required for better performance. Today sports performance is complex in nature. High level of performance depends not only on fitness but also on individual skill along with technique and tactics. To assess the impact of specific training programme on development of physical fitness and soccer playing ability 18 players were selected from inter district school championship to form experimental group. Similarly 18 players were selected from inter school championship to form control group. Experimental group was given some specific treatment for six weeks but control group had no specific training programme but they used to take part in regular school sports activities. After analyzing pre and post test data of experimental and control group, it was found that the experimental group sigficantly improved their fitness level and soccer playing ability whereas the control group failed to show any improvement than the pre test data. Specific fitness training programme had pronounced influence on soccer playing ability over and above fitness development.

Keywords: Soccer, Specific Training Programme, fitness and performance.

INTRODUCTION

The game soccer is the world's most popular team game. Soccer is the game requiring high level of fitness. It is one of those rare games which demands not only speed but agility, strength, power, and endurance along with skill. Training is essentially a preparation of the individual athlete so that he can with stand competition stress when he encounters and perform to maximum effectiveness. The soccer training process is partly designed to improve the capacities of individual players to ensure a capability to cope with the loads that competitive match play involves. A high level of physical demand is required for match play, which involves kicking, short sprinting, throwing, catching, trapping etc. The activities of the game include short sprinting as well as casual recovery movements. As the players have to cover a big area in the ground during attack and defense therefore, the game demands for aerobic as well as anaerobic fitness [1-2].

Training helps to develop the strength, endurance as well as skills, and become more effective when given to young players [3-7].

ISSN: 2277: 5447 | Vol.3.No.3 | September'2014

Physical fitness factors in soccer players such as aerobic capacity, explosive muscular power, flexibility and cardio respiratory endurance may be improved positively following six weeks training programme [8-10]. Physical fitness for soccer is different from fitness for any other game. Soccer fitness is specific to the basic requirements of aerobic and anaerobic power along with strength. Many aspects of play involved taking the limbs to the limit of their range of movement and so good flexibility is required. Purpose of the study was to find the influence of specific soccer training programme on young players in respective of their physical fitness status and performance capacity in the game situations.

METHODOLOGY

40 young soccer players were selected as the potential players during inter district school soccer championship. From these 40 players 18 were selected randomly and form the experimental group. Similarly from around 30 young soccer players representing their school in inter school championship, 18 boys were selected randomly to form the control group.

Experimental group underwent a stress specific training programme for six weeks. The specific training programme consists of the followings:

Table- 1: Allotment of time for each part of the training programme

Duration & hour	Warming up	Specific warming up	skill	Technique& tactics	Match Practice
1&2 weeks 1hr.20min	10 min.	20 min.	15 min	15 min	20 min
3&4 weeks 1hr.35min	10 min.	20 min.	15 min	15 min	35 min
5&6 weeks 1hr.50min	10 min.	10 min.	-	-	90 min.

ISSN: 2277: 5447 | Vol.3.No.3 | September'2014

Table-2: Detail specific training programme for experimental group

Duration	Warming up	Specific warming up	skill	Technique & tactics	Match Practice
1&2 weeks	Loosening exercise, jogging, light stretching exercise	Resistance exercise, weight training & speed training	Ball trapping, passing. heading, kicking, tackling, turning with ball	Practice various movement with and without ball.	Execute the performance in real game situation
3&4 weeks	Loosening exercise, jogging, striding, light free hand exercise	Slow continuous running for endurance development	Ball passing, receiving, heading, with ball zigzag run with ball turning	Practice various movements with and without ball.	Technique & tactical movement apply in game situation
5&6 weeks	Loosening jogging, striding, free hand exercise	Running, dribbling, trapping various part of the body, kicking the ball running& dead ball situation	-	-	Technique & tactical movement apply as best as possible in game situations

For assessment of impact of the specific training programme physical fitness and soccer playing ability were considered as the criteria. Physical fitness was assessed by four specific standard tests:

1. 50 mt. dash for speed
2. Standing Broad jump for leg explosive strength
3. Shuttle run for agility
4. 600 mt. run for cardio respiratory endurance.

All the tests were conducted adopting standard procedure as indicated in the text [11]. Soccer playing ability was assessed by three (3) expert's coaches of S.A.I. and they adopting standard rating method comprised of selected skill tests and performance during actual game situation. All the tests were conducted twice, pre- test before on set of training and post- test after completion of the training. All the tests were conducted in similar situation for experimental group as well as control group.

ISSN: 2277: 5447 | Vol.3.No.3 | September'2014

FINDINGS

Relevant data of the present investigation is furnished in the following tables. Data are presented separately for the two groups.

3.1 Experimental Group

Pre and post tests were conducted before and after the experimental period. Pre and post test data of experimental group are presented in Table 3.1.

Table 3.1 Mean & SD of various fitness parameters and performance during pre and post test and comparison between the means.

Fitness Parameter		Pre Test	Post Test	Std. Error of mean	't' score	Significant level (2 tailed)
50 Mt. Dash (Sec.)	M	6.80	6.72	.034	2.304	0.34*
	SD	.26	.15			
SBJ (Meter)	M	1.80	1.85	.010	-4.635	.000*
	SD	.086	.11			
Shutter Run (Sec.)	M	10.67	10.52	.053	2.689	.016*
	SD	.55	.51			
600 mt. run (min)	M	2:17	2 : 13	.011	2.890	.010*
	SD	.12	.13			
Playing perform. (Score)	M	7.47	7.77	.091	-3.385	.004*
	SD	.49	.52			

From this table it is observed that in case of 50 mt. dash pre test mean was 6.80. and post test mean was 6.72. In this test if time decreases it means performance has improved. From this it is clear that following participation in specific training programme the young soccer players could improve their speed performance significantly.

The pre and post test performance data of standing broad jump also shows that, the pre and post test data are not different. Mean pre-test score was 1.80 mt. and the post test data was 1.85mt. It means post test mean was significantly higher than that of pre test score. The specific training programme planned for experimental group was effective to improve explosive leg strength.

In case of shuttle run pre test mean was 10.67 sec. and post test mean was 10.52 sec. In this test if time decreases it means performance has improved. So participation in specific training programme the young soccer players could improve their agility performance significantly.

ISSN: 2277: 5447 | Vol.3.No.3 | September'2014

This test was conducted to measure cardio respirator endurance. From this table it is observed that mean pre-test score were 2.17 sec. and the post test data was 2.13 sec. It means time decreased than that of pre test mean. The specific training programme planned for the experimental group was effective to improve cardio respirator endurance.

3.2 Control Group

Pre and post test data of control groups are presented in table-3.2.

Table 3.2 Mean & SD of various fitness parameters and performance during pre and post test and comparison between the means.

Fitness Parameter		Pre Test	Post Test	Std. Error of mean	't' score	Significant level (2 tailed)
50 Mt. Dash (Sec.)	M	8.13	8.36	.1774	- .263	.796 NS
	SD	.87	.82			
SBJ (Meter)	M	1.89	1.89	.015	.618	.611 NS
	SD	.17	.15			
Shutter Run (Sec.)	M	15.06	15.07	.073	- .060	.953 NS
	SD	.73	.64			
600 mt. run (min)	M	2.29	2.25	.022	1.762	.096NS
	SD	.085	.085			
Playing perform. (Score)	M	6.27	6.11	.1278	1.304	.210NS
	SD	.77	.58			

NS = Not significant.

The control group subject did not take part in specific training programme. Pre test and post test data of control group are given in table no 3.2. It may be seen that none of the post test data was significantly different from that of pre test data. On the contrary performance in 50 mt. dash was decreased, time increased, but not significantly. Explosive strength and agility was almost identical in post test. Cardio respiratory endurance was better to some extent in post test but also was not significant.

When performance in soccer was assessed control group did not show any improvement during post test. From the analysis of the result it appears that the training programme had a positive influence on the experimental group. Since control group was not in the specific in training programmer they could not improved their performance during post test.

CONCLUSION

From analyzing data of pre and post tests of both control and experimental groups it may be stated that the training programme planned for the experimental group was conducive and effective for improvement of fitness level and soccer playing ability of the soccer players. In this

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age group fitness development through training is not very unusual. A number of researchers have shown that through specific training programme fitness status can be improved [12-13]. Appropriate training schedule not only develop strength, speed, agility, endurance etc. but also soccer playing skill and performance in general [6-7]. Fitness development has a carryover value. In the present study also both fitness and soccer playing performance has improved significantly in case of experimental group.

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