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## REVIEW ARTICLE

# EFFECT OF EIGHT WEEKS OF TRAINING SCHEDULE ON SELECTED SKILLS OF FOOTBALL AMONG BEGINNERS FOOTBALLERS

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# Effect of Eight Weeks of Training Schedule on Selected Skills of Football among Beginners Footballers

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## INTRODUCTION:-

The changes and challenges are the twin laws of nature and they affect every aspects of human life. The changes are taking place all around us and because of these changes new challenges present themselves. Man is constantly trying to meet these challenges and excel his previous performance every time. It is because of the growing change in the competitive philosophy of the sports that a close liaison has developed among sports scientists, team physicians, athletic trainers, coaches and athletes to investigate modern scientific techniques in terms of selection of athletes best suited to the activity and to device new tactics and training methods. In the game of football the player can attain high skill level through proper training.

Modern age has been specially marked by the progress due to quality research in all the fields. This is appropriate to the world of games and sports too.

For top level performance, it is very important to identify, select and nurture sportsman. Soccer is a very popular game in the world. Almost all the nations play the soccer games both for enjoyment and for competitions. Modern soccer is very fast by its very fast nature. The spectators and the players enjoy the game of soccer.

Soccer is game of ball control both individual and in combination with other members of the team. To be able to control soccer ball the player must master the fundamentals skills of the games. The fundamentals of soccer are kicking, passing, dribbling, trapping, tackling, heading.

In the recent years greater stress has been laid on the quality rather than the quantity of training. The sports scientists and experts of sports want their sportsmen to extract maximum achievement from their training

procedure without causing too much strain on them. This is possible only if coaches and teachers of physical education apply the most economical manner for enhancing the performance of sportsmen.

## METHODOLOGY:

Twenty boys from seventh, eighth, ninth, tenth and eleventh classes having age group 11 to 17 years of difference school of Gwalior were selected randomly for this study. Selected subjects were regularly attending training program and were participating in the camp so they had some level of fundamental of football skills. All of them were middle class family having almost same socio economics conditions.

For experimental group the following training process with various training were adopted such as shooting in the goal part for accuracy dribble with dummy defence, dummy defense practices.

The procedure of training is as follows:-

Methods	Repetition methods
Duration	Two-three hours per day
Repetition	5 to 10
Load duration	6 day a week

After 8 week of training program the following variables were related for testing the hypothesis:

- Mc. Donald's football accuracy test
- Mc. Donald's football dribble test

The football shooting ability was graded by shooting continuously into the goal post for 30 seconds. The data was collected on two alternate days on each

skill, during the summer coaching camp at Jiwaji University, Gwalior in the month of May and June 2010. The reliability of data was insured by establishing the tester reliability, test reliability subject reliability and equipment reliability.

In order to find out the significant effect of convention and specific training in all the best items after the training programmed of eight week of duration paired 't' test was applied between pretest and posttest mean of each group. To find the significant difference among the mean of experimental group of covariance was applied. The level of significant was to at 0.5 levels.

## ANALYSIS OF DATA AND RESULTS THE STUDY:

In order to see the 8 weeks of training schedule on selected skills of football among beginner footballs was analyzed by competing independent 't'- test.

The 't' ratio and the analysis of covariance were applied for analyzing the data and results are presented in table-1:

Table-1

### SIGNIFICANT OF MEAN DIFFERENCES BETWEEN PRE AND POST TRAINING EFFECT ON SHOOTING AND DRIBBLING ABILITIES

VARIABLE	PRE MEAN	POST MEAN	MD	SE	'T' RATIO
SHOOTING ABILITY	3.1 (NUMBER)	4.55 (NUMBER)	1.45	0.62	0.41
DRIBBLING ABILITY	13.5 (SECOND)	16.2 (SECOND)	2.7	6.76	1.69

't' = .5 (2.101) with 18 degree of freedom.

An examination of the table-1 clearly revealed that there is no significant difference between pre mean and post mean due to eight week training schedule on shooting and dribbling ability performance in football at 0.05 level of confidence.

The analysis of data had clearly revealed that there are no significance difference between pre and post-performance in dribbling ability and shooting ability due 8 weeks of training in football among school children. This may be attributed to the fact that two month of football training load was sufficient bringing changes in performance in football skills. The other reason could be high temperature in the month of May and June who could not facilitate the trainees to work hard. The graphical representation of data in presented figure 1.

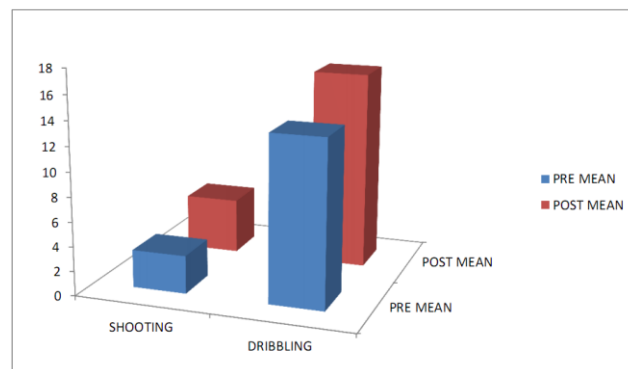


Fig 1. BAR DIAGRAM REPRESENTING THE PRE MEAN, AND POST MEAN, EFFECT OF TRAINING ON SHOOTING AND DRIBBLING ABILITY IN FOOTBALL.

## CONCLUSIONS:

Within the limitations of the present study it is concluded that eight week of physical training and skill training do not contribute significantly to improve shooting ability and dribbling ability among beginner footballers.

## RECOMMENDATIONS:

- A similar study may be conducted by using subject of various age groups.
- A similar study can also be carried out in other sports discipline using training schedules of different intensities and volume and an different age group.
- The same study can also be conducted by employing larger sample.

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