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Effect of General Specific and Combined Fitness Training on Ground Passing for Accuracy among Football Players

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Abstract – The present study was undertaken to Effect of General Specific and Combined Fitness Training on ground passing for accuracy of Football Players for the purpose of the study sixty male football players were selected from in and around Guntur District of Andhra Pradesh and their age ranged from 18 to 21 years. The subjects chosen for the study were divided into four equal groups and designated as experimental group 'A' experimental group 'B' experimental group 'C' and control group 'D'. general fitness training were given to group 'A' Specific fitness training were given to group 'B' combined fitness training were given to group 'C' and the control group 'D' were restricted to participate in any of the fitness training. The fitness training programmes were given for a period of twelve weeks. The obtained data's were analysed by Analysis of Covariance and which was further subject of Scheffe's Post hoc test, wherever the F-Ratio was found significant, due to the General fitness, Specific fitness and Combined fitness training significantly increased ground passing for accuracy of football players.

Keywords: General Fitness -Specific Fitness- Combined Fitness Training–Ground Passing for Accuracy - Football Players.

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INTRODUCTION

Motor Fitness

Motor fitness is one of the major components of physical fitness and includes such elements as muscular strength, speed, agility, balance and co-ordination. These qualities are not as directly vital as cardio-respiratory fitness for general health but play several importance direct and indirect roles both in functional health and performance capacity.

General fitness training ensures then route for comprehensive goals of complete health and well-being and then the aims of sport participation, big muscles or alarms over body appearance. Specific fitness wishes of a sports person to connect the particular needs of sports. Specific fitness training is furthermost common when bring up athletes to play a specific sport; the sports persons find the exact physical workouts of that particular event or sport and schedule exercises to increase their fitness for required areas.

OBJECTIVE OF THE STUDY

1. To measure the influence of general fitness training treatment on the ground passing for accuracy of football players.
2. To evaluate the impact of specific fitness training treatment on the ground passing for accuracy of football players.
3. To understand the changes between general fitness training, specific fitness training and combined training on ground passing for accuracy of football players.

Statement of the problem

The aim of this study was to discover the effect of general specific and combined fitness training ground passing for accuracy of football players

HYPOTHESIS

1. It was hypothesized that there may be significant improvement on ground passing for accuracy of football players due to the effect of general physical fitness training, specific fitness training and combined training.

2. It was hypothesized that combined general and specific physical fitness training will be superior to isolated general fitness training and specific fitness training.

METHODOLOGY

The purpose of the study sixty male foot ball players were selected from in and around Guntur District in Andhra Pradesh and their age ranged from 18 to 21 years. City the students were the representative of upper, lower and middle class family educationally as well as economically. They were divided into four groups each group consists of fifteen subjects. Three experimental groups and one control group namely general fitness training, specific fitness training, combined general and specific fitness training and control group. The fitness training programmes were given for a period of twelve weeks. The obtained data's were analyzed by Analysis of Covariance and which was further subject of Scheffe's Post hoc test, wherever the F-Ratio was found significant.

Table: 1

ANALYSIS OF CO VARIANCE ON GROUND PASSING FOR ACCURACY IN FOOTBALL BETWEEN THREE EXPERIMENTAL AND CONTROL GROUPS FOOTBALL PLAYERS

Test	Group	GFTG	SFTG	GFTG SFTG	CG	SOV	SOS	df	MSOS	'F' Ratio
Pre	Mean	12.93	13.27	14.07	12.13	B	28.87	3	9.62	0.690
	S.D	4.17	3.92	3.26	3.52	W	780.5	56	13.94	
Post	Mean	18.87	21.13	23.0	12.4	B	960.6	5	320.19	**48.32***
	S.D	2.35	1.60	1.89	3.85	W	371.07	56	6.626	
Adjusted Post Test Mean	Mean	18.89	21.10	22.83	12.58	B	874.37	3	291.46	**46.41***
						W	345.40	55	6.28	

*Significant at 0.05 level of confidence
F-ratio at 0.05 level of confidence for 3 and 55 (df) =**2.77**

The above table I shows that the obtained 'F' ratio in pre test (F=0.690, P>0.005) among four groups found to be insignificant in ground passing for accuracy in football. Further it can be seen that significant differences exist in post test (F=48.32, P<0.005) and adjusted post test (F=46.41, P<0.05). Based on the result of the study reveals that three experimental groups significantly improved in ground passing for accuracy in football due to the twelve weeks of general fitness training group, specific fitness training group and combined fitness training group when compare with control group.

TABLE – II

Scheffe's Post Hoc Test for the Differences among Paired Means of Groups on Ground Passing for Accuracy in Football

MEANS OF				Paired Mean Difference	Sig P Value	CI Value
GFTG	SFTG	GFTG SFTG	CG			
18.89	21.10			2.21*	.019	2.62
18.89		22.83		3.94*	**.000**	2.62
18.89			12.58	6.31*	**.000**	2.62
	21.10	22.83		1.73	.066	2.62
	21.10		12.58	8.52*	**.000**	2.62
		22.83	12.58	10.25*	**.000**	2.62

Significant at 0.05 level of confidence

The above table II shows that the significant differences exist between the GFTG & SFTG, GFTG & GFTGSFTG, GFTG & CG, SFTG and CG, GFTGSFTG found significant.

whereas in case of SFTG & GFTGSFTG found insignificant paired mean differences at 0.05 level of confidence.

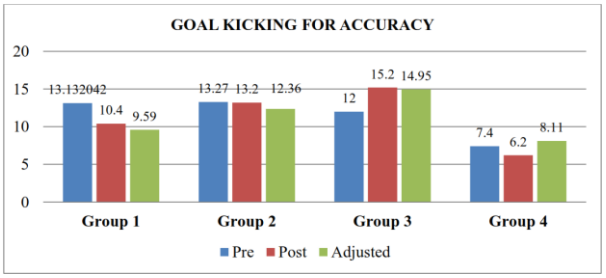

Figure 1: Bar Diagram Shows the Mean Values on Ground Passing for Accuracy in Football

DISCUSSION ON HYPOTHESES

- In the first hypothesized mention that may be significant improvement on ground passing for accuracy of football players due to the effect of general physical fitness training, specific fitness training and combined training. Hence research first hypothesis accepted.

- In the second hypothesized mentioned that may be the combined general and specific physical fitness training will be superior to isolated general fitness training and specific fitness training. Hence research second hypothesis rejected.

CONCLUSIONS

The researcher suggested that combined general fitness training and specific fitness training is better than the general fitness training. Whereas no significant differences has been found between combined training group football players and specific fitness training group football players.

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