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Impact of Circuit Based Skill Training on Skill Performance of Women Footballers

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Abstract – The purpose of this research was to find out the influence of circuit-based ability training on the success of woman football players' skills. 30-woman footballers from Nirmala College for Women, Coimbatore, were chosen to accomplish the aim of the report. Their age ranged from 18 to 25 years and they were broken into equal classes of 15 each. Group- I was educated in circuits and Group-II served as the control group (CG). The training was offered to the experimental community for eight-week duration of 3 days a week (Monday, Wednesday and Friday). No form of training was provided to the control group besides their regular jobs. The data obtained from the subjects was statistically evaluated with 't' ratio to figure out substantial change if any at 0.05 level of trust. The result hypothesised that the kicking and passing of women footballers dramatically improved due to the effect of circuit-based skill training with the disadvantages of position (diet, environment, life style) and prior training, the outcome of the current study agrees with the research results of numerous professionals in the field of sports sciences.

Key words: Circuit Based Skill Training, Kicking and Passing.

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INTRODUCTION

Training on circuits is an effective and demanding method of conditioning. They perform good for power growth, stamina, stability and balance (both aerobic and anaerobic). The simplicity made it famous among the general public and professional athletes. It may be used in closed seasons and early pre-seasons for sportsmen and women in order to establish a sound foundation in health and to strengthen the body for more stressful exercise. Circuit exercise is an important corporate method of exercising to enhance all physical health elements. Initial and final assessments were carried out before and after testing for variables such as pace, endurance, intensity, coordination, static balance and dynamic balance for the experimental and control classes. Circuit programming is a fitness-generating workout regimen. Regular interval exercise increases muscle strength, mobility, aerobic endurance and versatility at the same time. In 1953, circuit training was invented as an economical method for trainers to train multiple competitors with minimal equipment over a limited duration. The trainer went through a sequence of consecutive weight lifting or callisthenics. This was a fast-paced exercise 15 to 45 seconds per station with little to no break in stations (15 to 30 seconds). This is now named "circuit weight training." Analysis has shown that muscle power and stamina can be improved. Aerobic endurance is marginally increased, but only if the rest times are quite brief (Antonio et al. 2013).

METHODOLOGY

For the purpose of the research, 30-woman footballers from Coimbatore, Nirmala College for Women have been chosen. They were aged 18 and 25 years of age and were split into two equal classes, each containing 15. Group-I was educated on the circuit and group—II was a monitoring group (CG). The training was offered to the experimental community for a total of eight weeks, for 3 days a week (Monday, Wednesday and Friday). The control group obtained little instruction but for their regular jobs.

S. No	Variable	Test item	Unit of Measures
1	kicking	Warner soccer test	In Mts
2	Passing	Warner soccer test	In counts

Training programme

The training curriculum lasted 45 minutes a day, 3 days a week for a total of 8 weeks. These 45 minutes contained 10 hours of warm-up, 25 minutes on the circuit and 10 minutes of warm-up. Every two weeks of training 5% of the load strength was raised from 55% to 80%. The volume of interval training dependent on the amount of sets and repetitions is recommended. The trainings are the duration of each activity and the number of acts in total three days a week (Monday, Wednesday and Friday). On other 3 days (Tuesdays, Thursdays and Saturdays) the select participants performed routine physical workouts. The data obtained on the above variables because of the influence of circuit training has been evaluated statistically without checking to see the substantial improvement between the pre-and post-test. In both instances, the statistical significance threshold was set at the trust level of (P <0.05).

TABLE-I

COMPUTATION OF‘t’-RATIO BETWEEN PRE AND POST TEST MEANS OF KICKING AND DRIBBLING OF WOMEN FOOTBALLERS ON EXPERIMENTAL GROUP

	Group	Mean	Standard Deviation	Mean Difference	Standard Error Mean	T-Ratio
Kicking	Pretest	38.19	1.77	-1.34	.29	4.56*
	Posttest	39.54	1.78			
Dribbling	Pretest	12.81	0.76	0.52	0.71	7.42*
	Posttest	12.29	0.78			

*Significant at 0.05 level of confidence (2.145)

Table I demonstrates the measurement of the ratio between pre-test and post-test for women's kicking and dribbling. The mean values of the study sample before and after test were 38.1939.54, 12.81 and 12.29. Since 4.56 and 7.42 were not collected, it was considered important at 0.05 trust thresholds for the degrees of freedoms 1 and 14. The outcome specifically suggested that the kicking and dribbling of a control community was strengthened through circuit-based ability instruction. The accompanying figure displays the mean pre-test and post-test values for kicking and dribbling of the test sample.

FIGURE-I

BAR DIAGRAM SHOWS THE MEAN VALUES OF PRE TEST AND POST TEST ON KICKING ABILITY AND DRIBBLING OF EXPERIMENTAL GROUP

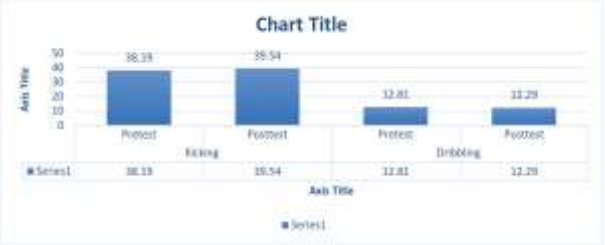


TABLE-II

COMPUTATION OF ‘t’-RATIO BETWEEN PRE AND POST TEST MEANS OF KICKING ABILITY AND DRIBBLING OF WOMEN FOOTBALLERS ON CONTROL GROUP

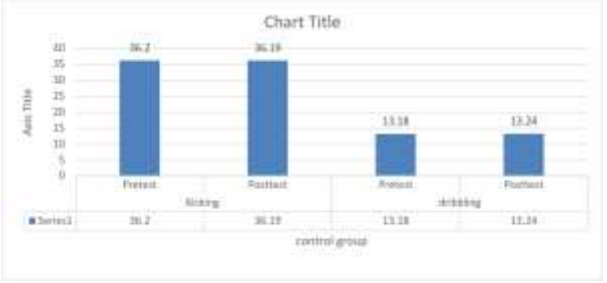
Variables	Group	Mean	Standard Deviation	Mean Difference	Standard Error Mean	T-Ratio
Kicking	Pretest	36.20	2.37	.004	.008	.58
	Posttest	36.19	2.37			
dribbling	Pretest	13.18	0.60	0.06	0.06	0.93
	Posttest	13.24	0.57			

Insignificant at 0.05 level of confidence (2.045)

Table II displays the non-pre-test/post-test measurement for the kicking capacity and rubbing in women's soccer. Average values were 36.20 36.19, 13.18, and 13.24 for pre- and post-test control sample. Since the non-ratio of 0.58 and 0.93 was less than that of the necessary table value 2,145, 0.05 trust for the degrees of freedom 1 and 14 was considered to be negligible. The accompanying figure displays the mean values for pre- and post-testing of control group kicking and dribbling.

FIGURE-II

BAR DIAGRAM SHOWS THE MEAN VALUES OF PRE TEST AND POST TEST ON KICKING ABILITY AND DRIBBLING OF CONTROL GROUP



DISCUSSION AND FINDINGS

The present research has checked the effects of 8 weeks of circuit-based preparation for non-sport

individuals at Bharathiar University. Results of this research found that circuit-based preparation is more successful in bringing out desirable improvements over women's dribbling and passing. The results of this analysis were close to the findings of the researchers alluded to in this study. Suresh Kumar Circuit Training affects selected variables of physical health among men's hockey players. The results of the Explosive intensity and power agility Circuit Training Curriculum of Going School students Aleksandra et al., (2008) generally investigated the influence of complicated and plyometric training on maximum vertical jump heights. Avery (2007) measured and contrasted the results of six weeks of mixed plyometric and strength training on a long jump vertical jump. The results of a complex training programme, a combination weight and plyometric training and comparison resistance training and plyometric training on chosen strength and power parameters in youthful, fit athletes were tested by **Rajamohan** *et. al.* **(2010)**. **Sedano** *et. al.* **(2011)** have determined the results of a 10-week plyometric training programme in young soccer elite on explosive power, pace and kicking speed.

CONCLUSIONS

The research found that the 8 weeks of circuit-based preparation also greatly increased the abilities of woman footballers in dribbling and passing. The results indicate that circuit-based skills' training is an effective way to bring about desirable improvements in footballers.

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