



EFFECT OF SELECTED DRILLS AND TRAINING PROGRAMME ON THE DEVELOPMENT OF PHYSICAL FITNESS AND PERFORMANCE RELATED VARIABLES OF HILL STATION MEN FOOTBALL PLAYERS IN NILGIRIS DISTRICTS.

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ABSTRACT

To achieve the purpose of this study was to find out the Effect of selected drills and training programme on the development of physical fitness and performance related variables of hill station men football players in Nilgiris District. By applying random sampling method, 40 students were selected from St. Joseph's Higher Secondary School, Ooty, Govt. Higher Secondary School, Ooty and C.S.I Higher Secondary School, Ooty. Their age group ranged from sixteen to nineteen. They were again divided into two equal groups at a random basis, in which Group I named as experimental group and Group II named as control group. This study consisting of selected drills and training programme. The following variables are used speed- 50 meter dash, Agility -4 x 10 yards Shuttle Run, Endurance - 600 yards. Flexibility- sits and reach test Passing accuracy was measured by forward pass for accuracy, dribbling was measured in seconds by 25 yards and shooting accuracy was measured by shooting accuracy test. The initial and final tests were conducted on the above variables for both experimental and control groups. No treatment was given to control group whereas experimental group were given selected drills and training for 12 weeks. After 12 weeks of treatment the post test was conducted again for both groups and carefully recorded the readings. The 't' ratio was used to find out the difference between two groups

Keywords: Speed, Agility, Endurance, flexibility, Passing, Dribbling and Shooting.

Introduction

Soccer is the most popular sports in the world. Soccer is characterized as vigorous, high intensity, intermittent, ball and contact sports. The characteristics of soccer along with the required functional activities obviously places great demands on the technical and physical skills of individual players. The contemporary history of football spans more than 100 years. It all began in 1863 in England, when rugby on their different courses and the world's first football association was founded – The Football Association in England. Both forms of football stemmed from a common root and both have a long and intricately branched ancestral tree. Their early history reveals at least half a dozen different games, varying to different degrees and to which the historical development of football is related and has actually been traced back. Whether this can be justified in some instances is disputable. Nevertheless, the fact remains that playing a ball with the feet has been going on for thousands of years and there is absolutely no reason to believe that it is an aberration of the more “natural” form of playing a ball with the hands (Carolyn Calvin 1974).

Statement of the Problem

The purpose of this study was to find out the Effect of selected drills and training programme on the

development of physical fitness and performance related variables of hill station men football players in Nilgiris District.

Hypothesis

The selected drills and training programme may improve the physical fitness and performance related variables of hill station men football players in Nilgiris District

Methodology

This study was designed to deal with the effect of selected drills and training programme on the development of physical fitness and performance related variables of hill station men football players in Nilgiris District. By applying random sampling method, 40 students were selected from St. Joseph's Higher Secondary School, Ooty, Govt. Higher Secondary School, Ooty and C.S.I Higher Secondary School, Ooty. Their age group ranged from sixteen to nineteen. They were again divided into two equal groups at a random basis, in which group I named as experimental group and control group II. This study consisting of selected drills and training programme. Hence the research scholar earnestly got interested to know whether there was any significant improvement or not in the following variables. Speed- 50 meter dash, Agility -4 x 10 yards Shuttle Run, Endurance - 600 yards. Flexibility- sits and reach test passing accuracy

was measured by forward pass for accuracy, dribbling was measured in seconds by 25 yards and shooting accuracy was measured by shooting accuracy test. The initial and final tests were conducted on the above variables for both control and experimental groups. No treatment was given to control group whereas

experimental group were given selected drills and training for 12 weeks. After 12 weeks of treatment the post test was conducted again for both groups and carefully recorded the readings. The t ratio was used to find out the difference between two groups

Criterion Measures		
S.No	Variables	Test items
1.	Passing	Mor-christian general soccer ability skill test Battery
2.	Dribbling	Warner Soccer Test
3.	Shooting	Mor-christian general soccer ability skill test Battery

Analysis of data

The level of significance was set at 0.05 level of confidence which was considered adequate for the purpose of this study.

Table 1

Computation of mean between pre and post test on experimental group and control group on men football players

Groups	Variables	Pre test mean \pm SD	Post test mean \pm SD	M. D	't'-ratio
Experimental Group	Speed	7.22 \pm .50	7.02 \pm .40	0.20	4.10*
	Agility	11.24 \pm 35	10.91 \pm .36	0.33	3.80*
	Endurance	66.02 \pm 14.21	69.04 \pm 14.93	3.02	5.23*
	Flexibility	8.80 \pm 3.10	10.15 \pm 3.32	1.35	5.54*
	Passing	14.89 \pm 0.43	13.85 \pm 0.41	1.04	12.12*
	Dribbling	11.73 \pm 1.71	17.87 \pm 1.92	6.13	16.30*
	Shooting	70.67 \pm 2.41	80.80 \pm 2.68	10.13	21.26*
Control Group	Speed	7.33 \pm .44	7.32 \pm .45	0.01	0.20
	Agility	11.37 \pm .38	11.28 \pm .42	0.09	1.78
	Endurance	67.49 \pm 14.85	67.65 \pm 14.71	0.16	0.17
	Flexibility	7.85 \pm 2.49	7.90 \pm 2.83	0.20	0.33
	Passing	14.94 \pm 0.27	14.95 \pm 0.25	0.01	0.36
	Dribbling	11.67 \pm 2.09	11.87 \pm 1.60	0.20	0.72
	Shooting	69.53 \pm 2.72	69.60 \pm 2.82	0.07	0.05

*Significant at 0.05 level

The table I reveals that the t-value was 4.10, 3.80, 5.23, 5.54, 12.12, 16.30 and 21.26 to be significant at 0.05 level of significance for the df 1, 19, the obtained t-value (2.09) was found to be higher than the table value, it was concluded that the mean difference between the pre and post test on experimental group of Speed, agility, endurance, flexibility, passing, dribbling and shooting was statistically significant.

The table 1 reveals that the t-value was 0.20, 1.78, 0.17, 0.33, 0.36, 0.72 and 0.05 to be significant at 0.05 level of significance for the df 1,

19, the obtained t-value (2.09) was found to be lesser than the table value, it was concluded that the mean difference between the pre and post test on control group of Speed, agility, endurance, flexibility, passing, dribbling and shooting was statistically insignificant.

Conclusion

It was concluded that there was a statistically significant difference on physical fitness variables (Speed, Agility, Endurance, flexibility) and performance related variables (Passing, Dribbling and

Shooting) on experimental group. It was concluded that there was statistically insignificant difference on physical fitness variables (Speed, Agility, Endurance, flexibility) and performance related variables (Passing, Dribbling and Shooting) on control groups. **(Barry T. Bater 1972)** conducted a research for relationship between distance and agility performances on the second trait was significant agility test must be administered more than once to achieve reliable results. **(Dumas 1977)** All sports activities depends upon the following motor qualities such as speed, strength, endurance, flexibility, agility and co-ordination with respect to nature of activity longer duration are mainly based on endurance.

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