



## EFFECTS OF SPECIFIC FITNESS TRAINING ON EXPLOSIVE POWER OF COLLEGIATE FOOTBALL PLAYERS

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### Abstract

The main intention of the Research was to stumble on the effects of specific fitness working out on explosive power of collegiate football players. Method: To accomplish the reason of the research 30 students at the age of 17 to 21 years from C.B.R. National College of Law, Shivamogga were selected as subject. The subjects were explained clearly about the purpose and nature of the study and requested them to be the volunteer for the study. In this study explosive power was preferred as variable and it was considered by vertical jump test. They were actually active and able to preserve their movement level. The research was originate as pre and post test random group design, in which thirty subjects were divided into two equal groups. The Experimental Group-I (n=15, SFTG group) underwent specific fitness training and control group (n=15; CG) did not undergo any specific training. All the selected subjects were analysed by using t test. Result: The result indicated that the sports specific training improved the explosive power of collegiate level football players.

**Keywords:** Explosive Power, Sports Specific Fitness Training.

### INTRODUCTION

Player qualities will help to evaluate and resolve the problems of the player by reviewing their own performances throughout the football drills and entertaining questions, answers and observations. It is that everyone could have previously realized that the pass is the most simple and safe way of the whole side working towards a common end, and this is the case with all team sphere games. Turn the body briskly and keep the arms down become the important rule in ball games. Julio Mazzei (1974), Dribbling ability is often invaluable especially in the third part of a pitch or at the wings, where most attacks take place. Mor-Christian General Soccer Ability Skill Test Battery (Mor & Christian, 1979) is one of the football tests that evaluate passing, dribbling ability and shooting ability in football. The contribution of physical fitness towards sports performance is indirect. But it should never be overlooked that specific physical fitness depends largely on the general physical fitness (Hardayal Singh (1983). The anthropometric variable are used to analyse the data in the study which is taken from the article .” A Comparative Study of Motor Fitness and Anthropometric Variables between High intensity and low-high intensity performed in the comparative study for Football Players.” by Dr.S.Suthakar H.K. Kiran Kumar, M. Shivarama Reddy (2017).

preparing on hazardous energy of university football players. To accomplish the reason for the investigation 30 understudies at 17 years old to 21 years from C.B.R. National school of Law, Shivamogga were chosen as subjects. The subject were clarified obviously about the reason and nature of the investigation needed for them and also the volunteer for the examination. In this investigation unstable power was chosen as factor and it was measured by Vertical Bounce Test. They were physically dynamic and ready to keep up their movement level. The examination was detailed as pre and post test irregular gathering plan, in which thirty subjects were separated into two equivalent gatherings. The Experimental Group-I (n=15, SFTG) underwent specific fitness training and control group (n=15; CG) did not undergo any particular preparing program. All the subjects chosen were investigated by ‘t’ test. Twelve week of training schedule were applied.

### METHODOLOGY

The primary reason for the examination was to discover the impacts of particular wellness in

**ANALYSES AND THE RESULT OF THE STUDY**

**TABLE I  
 PAIRED SAMPLES STATISTICS VALUES ON PRE AND POST TEST MEAN VALUES OF SPORTS SPECIFIC TRAINING GROUP OF MALE FOOTBALL PLAYERS**

Variable	Test	Mean.	Tot. sub.	Std.Dev.	Std.Er.M.
Explosive power	Initial-Test	35.2667	15	2.01660	.52068
	Final-test	37.4667	15	2.06559	.53333

Paired Diff.				t	df	Signi. (2-tailed)	
Mean.	Std. Dev.	S.e.m	95% Confidential Interval of the Diff.				
			Lower	Upper			
-2.20000	.56061	.14475	-2.51046	-1.88954	15.19*	14	.000

0.05 level of significance(2.14)

The obtained t - ratio value for the explosive power was greater than the table value of 2.14, it indicate that there was a significant difference

among the pre-test and post-test means of the sports specific training group.

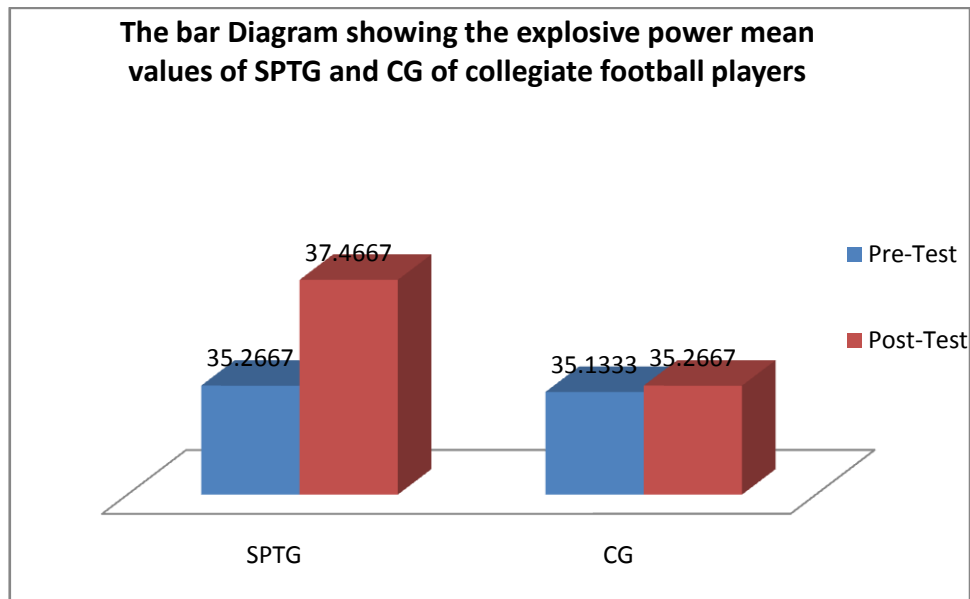
**TABLE 2  
 PAIRED SAMPLES STATISTICS VALUES ON PRE AND POST TEST MEAN VALUES OF CONTROL GROUP OF MALE FOOTBALL PLAYERS**

Variable	Test.	Mean.	tot.sub.	Std.div.	Std.Er.Mean.
Explosive power	Initial-Test	35.1333	15	2.06559	.53333
	Post-Test	35.2667	15	2.01660	.52068

Paired Differences				t	df	Signi. (2-tailed)	
Mean	Std. Deviation	Std. Error Mean	95% Confidential Interval of the Diff.				
			Lower	Upper			
0.33	.35	0.09	0.32	0.061	1.46	14	.000

The obtained t - ratio value for the explosive power was failed to reach the table value of 2.14, it indicate that in attendance was no significant

difference among the pre-test to post-test means of control group.



### RESULT OF THE STUDY

The present study has revealed that the sports specific training significantly improves the explosive power of collegiate male football players. Long-term changes in strength are more likely to be attributable to hypertrophy of the muscle fibers or muscle group (Sale, 1988). Combining both resistance strength training and plyometric explosive power training is to use the combination of resistance and plyometric exercises to superbly engage the nervous system and activate more fibres (Beachle & Earle (1994). A Comparative Study of Motor Fitness and Anthropometric Variables between Highly and Less-highly Performing Football Players .S.Suthakar H.K. Kiran Kumar,M. Shivarama Reddy(2017).

### CONCLUSION

1. It was concluded that the sports specific training improved the explosive power of male football players and control group did not show any improvement on the explosive power.

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