

Effect of specific agility training package on selected performance related variables among university men football players

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Abstract: *The purpose of the study was to find out the effect of specific agility training package on selected performance related variables among university men football players. To achieve this purpose of the study, thirty men football players were selected from Annamalai University, Annamalai nagar, Chidambaram, Tamilnadu, India were selected as subjects at random. The selected subjects were divided into two equal groups of fifteen subjects each, such as specific agility training group and control group. The group one underwent agility training package for three days per week for twelve weeks. Group two acted as control group who did not participate any special training programmes apart from their regular routine physical activities. The following performance related variables namely dribbling and kicking ability were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the training programme. The ANCOVA (analysis of co variance) was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance which was considered as an appropriate. The results of the study revealed that there was a significant difference between specific agility training package and control groups among university men football players on selected performance related variables namely dribbling and kicking ability.*

Key Words: *Specific agility training package, Football, Dribbling ability, Kicking ability.*

1. INTRODUCTION:

In last few decades sports have gained tremendous popularity all over the world. The popularity of sports is still increasing at very fast rate. This pleasing trend is likely to continue future also sports have become the undivided part of human life.

Football or soccer as it is known all over the world. Soccer is by far the world's most popular game. Millions play the game and hundreds of millions are entertained by it, either at football grounds or through television. Soccer is a game which calls for strenuous, continuous thrilling action and therefore, appeals to the youth worldwide. Training is the process of preparation for some task. The term "training is widely used in sports. But there is some disagreement among coaches and sports scientists regarding the meaning of the word. Dribbling is an integral part of football and vital to individual and team play.

Agility plays an important role in the football without the agility the football player cannot give a good performance. Agility generally refers to two sorts of motor functions on the one hand, it is integral to the ability to explosively start, decelerate, change direction and accelerate again quickly while maintain body control and minimizing loss of speed. Agility in this respect is important in sport because movements are often initiated from various body positions. On the other hand agility refers to the ability to coordinate several sport- specific tasks simultaneously.

2. METHODOLOGY:

The purpose of the study was to find out the effect of specific agility training package on selected performance related variables among university men football players. To achieve this purpose of the study, thirty men football players were selected from Annamalai University, Annamalai nagar, Chidambaram, Tamilnadu, India were selected as subjects at random. The selected subjects were divided into two equal groups of fifteen subjects each, such as specific agility training group and control group. The group one underwent agility training package for three days per week for twelve weeks. Group two acted as control group who did not participate any special training programmes apart from their regular routine physical activities. The following performance related variables namely dribbling ability and kicking ability were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the training programme. The ANCOVA (analysis of co variance) was used

to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance which was considered as an appropriate.

Training programme

For experimental group, specific agility training package has been given for three days per week for twelve weeks. Training was given in the morning session. The training session includes warming up and cooling down. Every day the workout lasted for 45 to 60 minutes approximately. During experimental period control group did not participate in any of the special training.

3. ANALYSIS OF THE DATA:

The influence of specific agility training package on each criterion variables analysed separately and presented below.

DRIBBLING ABILITY

The ANCOVA on dribbling ability of the pre and post test scores for specific agility training package group and control group have been analyzed and presented in table I.

TABLE -I
ANCOVA ON DRIBBLING ABILITY FOR SPECIFIC AGILITY TRAINING PACKAGE AND CONTROL GROUPS

Test		Specific Agility Training Package Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre-test	Mean	29.53	29.07	Between	1.63	1	1.63	0.36
	S.D	2.00	2.27	Within	126.67	28	4.52	
Post-test	Mean	24.60	28.93	Between	140.83	1	140.83	10.51*
	S.D	2.11	3.23	Within	375.37	28	13.41	
Adjusted post test	Mean	24.32	29.22	Between	177.64	1	177.64	97.72*
				Within	49.08	27	1.82	

*significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 1 and 28 and 1 and 27 are 3.34 and 3.35 respectively)

The table I show that the adjusted post-test means on dribbling ability of specific agility training package group and control group are 24.32 and 29.22 respectively. The obtained "F" ratio of 97.72 for adjusted post-test means is greater than the table value of 3.35 for df1 and 27 required for significance at .05 level of confidence on dribbling ability.

The results of the study indicated that there was a significant difference between the adjusted post-test means of specific agility training package group and control group on dribbling ability.

KICKING ABILITY

The ANCOVA on Kicking ability of the pre and post test scores for specific agility training package group and control group have been analyzed and presented in table II.

TABLE -II
ANCOVA ON KICKING ABILITY FOR SPECIFIC AGILITY TRAINING PACKAGE AND CONTROL GROUPS

Test		Specific Agility Training Package Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre-test	Mean	23.40	24.80	Between	14.70	1	14.70	1.20
	S.D	3.61	3.36	Within	342.00	28	12.21	
Post-test	Mean	28.67	24.80	Between	112.13	1	112.13	7.44*
	S.D	3.12	3.06	Within	421.87	28	15.07	

Adjusted post test	Mean	29.24	24.22	Between	181.11	1	181.11	62.54*
				Within	78.20	27	2.90	

*significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 1 and 28 and 1 and 27 are 3.34 and 3.35 respectively)

The table II show that the adjusted post-test means on kicking ability of specific agility training package group and control group are 29.24 and 24.22 respectively. The obtained “F” ratio of 62.54 for adjusted post-test means is greater than the table value of 3.35 for df1 and 27 required for significance at .05 level of confidence on kicking ability.

The results of the study indicated that there was a significant difference between the adjusted post-test means of specific agility training package group and control group on kicking ability.

4. CONCLUSIONS:

There was a significant difference between specific agility training package group and control group on dribbling ability and kicking ability. And it was found that there was a significant improvement on selected criterion variables such as dribbling ability and kicking ability due to specific agility training package.

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