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EFFECT OF PRE-SEASON TRAINING ON SELECTED SKILL PERFORMANCE OF INTER COLLEGIATE FOOTBALL PLAYERS

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ABSTRACT

The purpose of the study was to find out the effect of pre-season training on selected skill performance of inter-collegiate football players. To achieve the purpose of present study (N=40) forty students were selected randomly from Bharathiar University, Coimbatore, Tamilnadu. Their age ranged between 21 to 28 years. The subjects were divided into two equal groups. Experimental group I and group II act as control group (CG). The variables chosen for this study were passing, dribbling and shooting. The subjects were assessed before and after they training period of 6weeks. After completion of 6 weeks of training post-test was conducted on selected variables and score were records in their respective units as post-test score. The pre and post score were analyzed with analysis of Co-variance and Sceffe's post hoc test. In all the cases 0.05 level of significance was fixed. The study showed that the selected skill performance variables were significantly improved due to the influence of pre-season training.

Introduction

Soccer is the most popular sport in the world. Soccer is characterized as vigorous, high intensity, intermittent, and contact game. The characteristic of soccer along with the required functional activities obviously places greater demand on the technical and physical skills of individual players. A variation of this exercise also existed, whereby the player was not permitted to aim at his target unimpeded, but had to use his feet, chest, back and shoulders whilst trying to withstand the attacks of his opponents. Use of hands will not be permitted.

Pre-season Training For Football\

A successful pre-season program is one that incorporates all of the necessary components to have the players maximize their performance when the season commences and to be able to sustain peak physical condition throughout the season. The program should take into consideration the physical demands of the game, the level of fitness the players are at, what their goals are and what they are aiming to achieve. These fitness components often vary with the individual player, the positional role in the team and the team's style of play. So developing a suitable program requires a well designed pre-season training program that addresses the specific demands on each player.
- Jimmy Petruzzi

The Six-Week Programme

The six-week plan is for individual players whose clubs, like many grass-roots clubs, don't run any kind of pre-season training. It is designed for players to do on their own or in small groups of team-mates, either at home and in the local park. It is even something that coaches who can't get their squads together for a proper pre-season regime can email or print out and post to all their players, suggesting

that they use it individually to get fit for the new season on their own.

METHODOLOGY

The purpose of the study was to find out the pre-season training on selected skill performance of intercollegiate football player. For this (N=40) students were selected randomly from Bharathiar University, Coimbatore. Tamilnadu. Their age ranged between 21 to 28 years. They were divided into two equal groups. All the groups were tested on selected criterion variables and the readings were recorded in their respective unit as pre test scores. After pre test the experimental group was treated with respective training for a period of six weeks. After six weeks of training all the groups were tested again on the selected criterion variables and the scores were recorded in their respective units as post test scores. The pre and post were taken. The analysis of co-variance statistical technique was employed because of its efficiency to control the extraneous factors and eliminated the initial differences. As there were only two group's application of Scheffe's post hoc test was ruled out.

Analysis and Interpretations

Table for passing

Test	Mean and SD for EG	Mean and SD for CG	Soures of variance	Soures of square	df	Mean square	'f'
Pre test	7.30 (1.30)	7.25 (1.55)	Between group	2.25	1	.025	.012
			Within group	77,95	38	20.5	
Post test	12.20 (.89)	8.05 (1.31)	Between group	172.22	1	172.25	135.92
			Within group	48.15	38	1.26	
Adjusted	12.18 (.19)	8.06 (.05)	Between group	170.01	1	170.01	232.51
			Within group	27.05	37	.731	

*Significant at 0.05 level

The table 4.13 reveals that the f-value was .01. To be significant at 0.05 level of significance for the df 1, 38, the required critical value was 4.13. Since the obtained f-value (.01) was found to be lesser than the required critical value, it was concluded that the mean difference between the experimental group and control group on initial means of Passing was statistically insignificant. The table 4.11 reveals that the f-value was 135.92. To be significant at 0.05 level of significance for the df 1, 38, the required critical value was 4.13. Since the obtained f-value (135.92) was found to be higher than the required critical value, it was concluded that the mean difference between the experimental group and control group on final means of Passing was statistically significant. The table 4.12 reveals that the F-value was 232.51. To be significant at 0.05 level of significance for the df 1, 37, the required critical value was 4.13. Since the obtained f-value (232.51) was found to be higher than the required critical value, it was concluded that the mean difference between the experimental group and control group on adjusted means of Passing was statistically significant.

Bar diagram showing the mean difference of pre and post test values of

Experimental and control group on passing

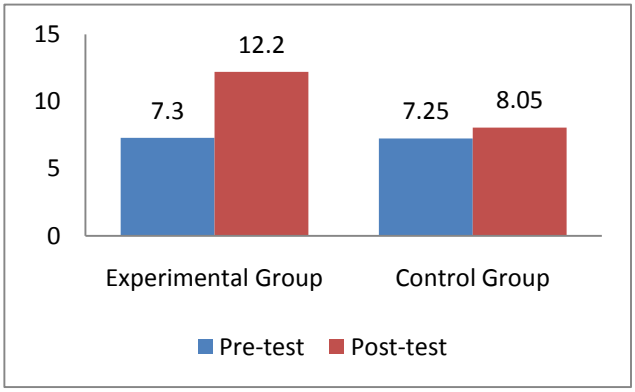


Table for Dribbling

test	Mean and SD for EG	Mean and SD for CG	Soures of variance	Soures of square	df	Mean square	'f'
Pre test	21.87 (.63)	21.85 (.70)	Between group	.006	1	.006	.012
			Within group	16.90	38	.445	

Post test	21.00 (.76)	21.54 (.82)	Between group	2.98	1	2.98	4.71
			Within group	24.02	38	.632	
Adjusted	7.86 (.05)	8.39 (.05)	Between group	20.99	1	3.23	13.87
			Within group	21.55	37	.233	

*Significant at 0.05 level

The table 4.13 reveals that the f-value was .01. To be significant at 0.05 level of significance for the df 1, 38, the required critical value was 4.13. Since the obtained f-value (.01) was found to be lesser than the required critical value, it was concluded that the mean difference between the experimental group and control group on initial means of Dribbling was statistically insignificant. The table 4.14 reveals that the f-value was 4.72. To be significant at 0.05 level of significance for the df 1, 38, the required critical value was 4.13. Since the obtained f-value (4.72) was found to be higher than the required critical value, it was concluded that the mean difference between the experimental group and control group on final means of Dribbling was statistically significant. The table 4.15 reveals that the F-value was 13.87. To be significant at 0.05 level of significance for the df 1, 37, the required critical value was 4.13. Since the obtained f-value (13.87) was found to be higher than the required critical value, it was concluded that the mean difference between the experimental group and control group on adjusted means of Dribbling was statistically significant.

Bar diagram showing the mean difference of pre and post test values of Experimental and control group on Dribbling

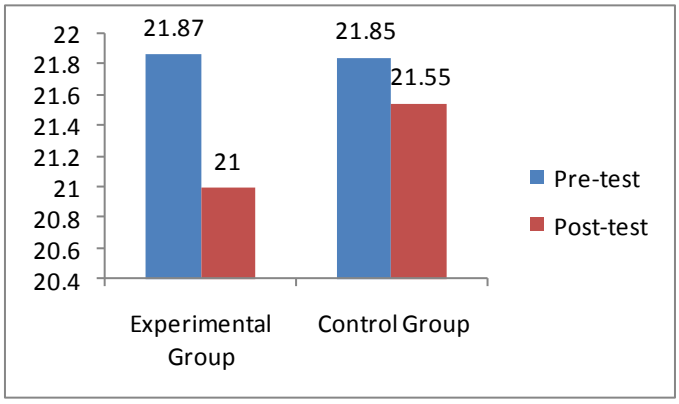


Table for Shooting

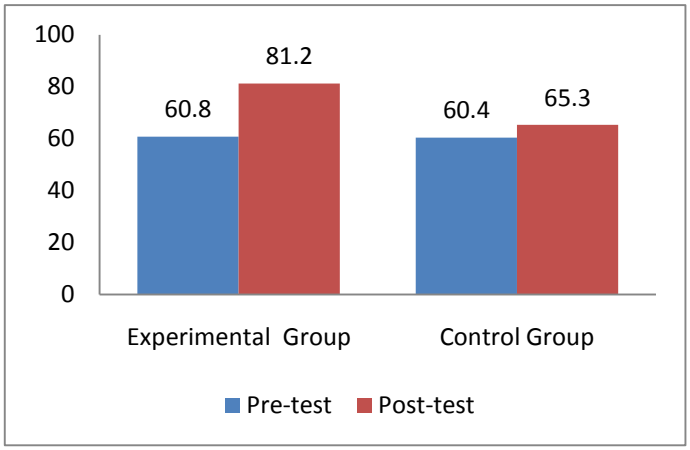
Test	Meanand SD for EG	Mean and SD for CG	Soures of variance	Soures of square	df	Mean square	'f'
Pre test	60.80 (9.13)	60.40 (8.14)	Between group	1.60	1	1.60	.021
			Within group	2848.00	38	74.947	
Post test	81.20 (8.73)	65.30 (8.39)	Between group	2528.10	1	2528.10	34.44
			Within group	2789.40	38	73.40	
adjusted	81.20 (.05)	8.39 (.05)	Between group	1320.15	1	21320.15	107.12
			Within group	449.74	37	12.15	

*Significant at 0.05 level

The table 4.16 reveals that the F-value was .02. To be significant at 0.05 level of significance for the df 1, 38, the required critical value was 4.13. Since the obtained F-value (.02) was found to be lesser than the required critical value, it was concluded that the mean difference between the experimental group and control group on initial means of Shooting was statistically insignificant. The table 4.17 reveals that the F-value was 34.40. To be significant at 0.05 level of significance for the df 1, 38, the required critical value was 4.13. Since the obtained F-value (34.40) was found to be higher than the required critical value, it was concluded that the mean difference between the experimental group and control group on final means of Shooting was statistically significant. The table 4.18 reveals that the F-value was 107.12. To be significant at 0.05 level of significance for the df 1, 37, the required critical value was 4.13. Since the obtained F-value (107.12) was found to be higher than the required critical value, it was concluded that the mean difference between the experimental group

and control group on adjusted means of Shooting was statistically significant.

Bar diagram showing the mean difference of pre and post test values of
Experimental and control group on Shooting



RESULTS

1. The pre-season training on selected skill performance would produce significant improvement on Passing, Dribbling and Shooting on inter colligate football players from base line to post test.
2. The control group would not produce significant improvement on Passing, Dribbling and Shooting on inter collegiate football player from base line to post test.

CONCLUSION

Based on the result of the study it was concluded that the experimental groups would produce significant improvement on Passing, Dribbling and Shooting on inter colligate football players from base line to post test. When comparing the result of experimental group and control group, experimental group showed better improvement on Passing, Dribbling and Shooting on inter collegiate football players.

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