ISSN: 2349 - 4891

International
Journal of Recent Research and Applied Studies
(Multidisciplinary Open Access e-journal)

A Study on effects of isolated and combined SAQ and Strength training on selected Skill Performance variables of intercollegiate men football players

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Received 20th October 2014, Accepted 25th December 2014

Abstract

Games and sports have been part of human life almost since the time in memorial. Be if a necessary for his survival i.e. hunting for food, shelter and safely from wild animals or other enemies or as a pursuit of pleasure. The present study is done to Study the isolated and combined SAQ and strength training and to find out the effects of isolated and combined SAQ and Strength training on selected Skill Performance variables of intercollegiate men football players. The primary data is collected from eighty men Football Players who had participated in inter collegiate Football tournaments as using simple random sampling. There was a significant difference among isolated and combined SAQ and Strength training and control groups on selected Skill Performance variables of intercollegiate men football players and there was a significant improvement on selected Skill Performance variables due to isolated and combined SAQ and Strength trainings.

Keywords: SAQ, Strength Training, Performance Variables, Football.

Introduction

Games and sports have been part of human life almost since the time in memorial. Be if a necessary for his survival i.e. hunting for food, shelter and safely from wild animals or other enemies or as a pursuit of pleasure. The games and sports have been indispensable to mankind and have become part of his culture. The games and sports are a great unifying force and have tremendous effect on the national and international integration people used sports. The term "Training" is widely used in sports. But there is some disagreement among coaches and sports scientists regarding the meaning of this word. Some experts understand that sports training are basically doing physical exercises, the factors essentials are sports equipment and implements verbal instructions, means of recovery, means of assessment of performance capacity, nutrition, psychological means etc.

Further advanced training of sports persons significantly supported by several sports performance in addition to physical and physiological characteristics, the social and psychic capacities of the sports persons also have to improve. The present study is done with the following objectives, to study the isolated and combined SAQ and strength training and to find out the effects of isolated and combined SAQ and Strength training on selected Skill Performance variables of intercollegiate men football players. Football is also referred to as soccer in some parts of the world, is a high-energy athletic team sport in this new age. It would be a joy to trace the birth and growth of this popular sport. It said that the number of countries that are FIFA members even outnumber the members of United Nations Organizations – another undeniable proof of the game's popularity. Since 1900, football has also been integral part of the greatest sports extravaganza in the world, the Olympics. The game, as we know it today, has been followed in a feverish fashion in Europe, especially in England, for centuries. In fact, the game has been followed by men and women throughout the world.

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Methodology

The purpose of the study was to find out the effects of isolated and combined SAQ and Strength training on selected Physical variables of intercollegiate men football players. The primary data is collected for this study. Eighty men Football Players who had participated in inter collegiate Football tournaments from various affiliated colleges of Bharathiar University are randomly selected as samples for the study. Both dependent and independent variables are used. The study was analysed with the use of the following tools Analysis of covariance (ANCOVA) and the scheffe's post hoc test. In all cases 0.05 levels was fixed as significant level to test the hypothesis.

Analysis of Data

The analysis of covariance on dribbling ability of the pre and post test scores of SAQ training, Strength

training, Combined SAQ and Strength training and control groups have been analyzed and presented in the following tables.

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Results

Table I. Computation of Analysis of Co-Variance of Pre Test, Post Test and Adjusted Post Test on dribbling ability of Isolated and Combined SAQ and Strength Trainings and Control Groups

Test	SAQ Training Group	Strength Training Group	Combined SAQ and Strength Training Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test									
Mean	24.25	24.15	24.40	24.15	Between	0.638	3	0.213	0.49
S.D.	0.64	0.67	0.68	0.64	Within	32.850	76	0.432	
Post Test									
Mean	23.25	23.75	22.35	24.15	Between	36.150	3	12.050	22.56*
S.D.	0.55	0.79	0.81	0.75	Within	40.600	76	0.534	
Adjusted Post Test									
Mean	23.26	23.85	22.22	24.16	Between	43.075	3	14.358	81.00*
					Within	13.294	75	0.177	

The obtained "F" ratio of 22.56 for post-test scores is higher than the table value of 2.728 for df 3 and 76 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 SAQ training, Strength training, Combined SAQ and Strength training and Control groups on dribbling ability.

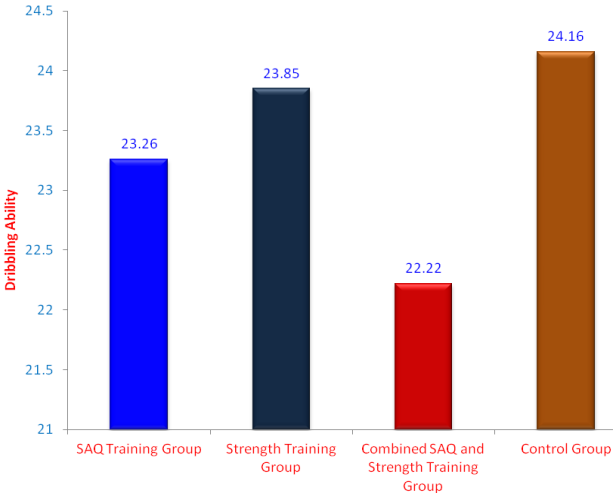
Table II. Computation of Analysis of Co-Variance of Pre Test, Post Test and Adjusted Post Test on shooting ability of Isolated and Combined SAQ and Strength Trainings and Control Groups

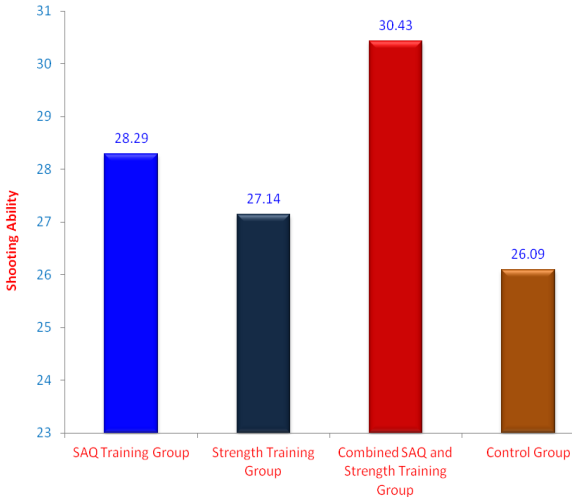
Test	SAQ Training Group	Strength Training Group	Combined SAQ and Strength Training Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test									
Mean	26.00	25.95	25.75	25.95	Between	1.037	3	0.346	0.46
S.D.	0.92	0.89	0.79	0.89	Within	57.650	76	0.759	
Post Test									
Mean	28.35	27.15	30.25	26.20	Between	182.938	3	60.979	55.14*
S.D.	1.04	0.88	1.25	1.01	Within	84.050	76	1.106	
Adjusted Post Test									
Mean	28.29	27.14	30.43	26.09	Between	204.829	3	68.276	174.99*
					Within	29.264	75	0.390	

The obtained "F" ratio of 55.14 for post-test scores is higher than the table value of 2.728 for df 3 and 76 required for significance at .05 level of confidence on shooting ability. The results of the study indicated that there was a significant difference between the adjusted post-test means of SAQ training, Strength training, Combined SAQ and Strength training and Control groups on shooting ability.

Table III. The Ordered Scheffe's Test for the Differences between Paired Means

SAQ Training Group	Strength Training Group	Combined SAQ and Strength Training Group	Control Group	Mean Differences	Confidence Interval Value
Dribbling ability					
23.26	23.85	-	-	0.59*	0.31
23.26	-	22.22	-	1.04*	0.31
23.26	-	-	24.16	0.90*	0.31
-	23.85	22.22	-	1.63*	0.31
-	23.85	-	24.16	0.31*	0.31
	-	22.22	24.16	1.94*	0.31
SHOOTING ABILITY					
28.29	27.14	-	-	1.15*	0.46
28.29	-	30.43	-	2.14*	0.46
28.29	-	-		2.20*	0.46
-	27.14	30.43	-	3.29*	0.46
-	27.14	-	26.09	1.05*	0.46
	-	30.43	26.09	4.34*	0.46





Discussions

The table shows that the mean difference values between SAQ training and Strength Training groups, SAQ training and Combined SAQ and Strength training groups, SAQ training and control groups, Strength training and Combined SAQ and Strength training groups, Strength training and control groups and Combined SAQ and Strength training and control groups 0.59, 1.04, 0.90, 1.63, 0.31 and 1.94 respectively on dribbling ability which were greater than required confidence interval value 0.09 at .05 level of confidence. Hence, the above comparisons were significant. The table shows that the mean difference values between SAQ training and Strength Training groups, SAQ training and Combined SAQ and Strength training groups, SAQ training and control groups, Strength training and Combined SAQ and Strength training groups, Strength training and control groups and Combined SAQ and Strength training and control groups 1.15, 2.14, 2.20, 3.29, 1.05 and 4.34 respectively on shooting ability which were greater than required confidence interval value 0.09 at .05 level of confidence. Hence, the above comparisons were significant.

Summary and Findings

There was a significant difference among isolated and combined SAQ and Strength training and control groups on selected Skill Performance variables such as Dribbling ability and Shooting ability of intercollegiate men football players.

And there was a significant improvement on selected Skill Performance variables such as Dribbling ability and Shooting ability of intercollegiate men

football players due to isolated and combined SAQ and Strength trainings.

Conclusions

Based on the results of the study, the following conclusions were drawn.

1. It was clear from the results of the study that SAQ training had produced significant changes on selected skill performance variables of intercollegiate men football players.
2. It was concluded from the results of the study that Strength training had produced significant changes on selected skill performance variables of intercollegiate men football players.

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