



Effect of Specific Soccer Training Programme on Selected Bio-Motor Abilities among Soccer Players

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Abstract

The purpose of the study was to find out the effect of specific soccer training on bio-motor fitness abilities such as cardio respiratory endurance and muscular endurance among soccer players. To achieve this purpose thirty male soccer players were selected as subjects, their aged between 18 to 25 years, they are studying in the Department of physical education and sports sciences. Annamalai University, Tamilnadu. The selected subjects were divided into two equal groups of fifteen subjects each, namely specific soccer training group and control group. The specific soccer training group trained for three alternative days in a week for twelve weeks. Specific Soccer training group after a warm up for 5 minutes underwent specific soccer drills alternatively and finished each session with cool down exercises. Bio Motor Abilities such as Cardio respiratory endurance and muscular endurance were selected as criterion variables and they were tested by using cooper's 12 minutes run/walk test and Bent knee sit ups respectively. ANCOVA was used to find out the significant different if any between the groups. The results of the study showed that there was a significant improvement on selected bio motor abilities such as cardio respiratory endurance and muscular endurance due to eight weeks of Specific soccer training.

Keywords: Soccer training , Bio Motor Abilities, Cardio Respiratory Endurance, Muscular Endurance.

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Introduction

The game of football is very complicated in terms of skills and team work. The skills involved in the game are simple, natural and yet are highly stimulating and satisfying to any one who participates in the game. Now a day's all football players are facing at source some unique challenges to develop the required motor fitness level to execute the skills while playing or game situation in football. Kicking is a fundamental and versatile technique used for passing, shooting and clearing. Shooting of the goal is an attempt to sent the ball directly into opponent goal, with the aim to score. Plyometric training can take many forms, including jump training for the lower extremities and medicine ball exercises for the upper extremities. In plyometrics, intensity is controlled by the type of exercise performed. All the exercises are progressive in nature, with a range of low to high intensity in each type of exercises. Sports pervade society to such an extent that it has been described by many as a microcosm of society. A training individual is in a better state of physical fitness than the individual who follows a sedentary, and inactive life. Soccer training convergent and at the same time provides

aerobic conditioning strength and endurance. Soccer training is beneficial for cross-training. This activity can be combined with running, swimming, cycling and rowing for excellent results, it doesn't require any expensive or specific equipment and can be carried out at any time of the day. From the foregoing it may be that the aim of stair claiming is to raise the special conditions: techniques, tactics and physical condition as well as the spiritual attributes indispensable in effectively participating in football games to the highest possible level.

Methodology

The purpose of the study was to find out the effect of specific soccer training on bio-motor fitness abilities such as cardio respiratory endurance and muscular endurance among soccer players. To achieve this purpose thirty male soccer players were selected as subjects, their aged between 18 to 25 years, they are studying in the Department of physical education and sports sciences. Annamalai University, Tamilnadu. The selected subjects were divided into two equal groups of fifteen subjects each, namely specific soccer training group and control group. The specific soccer training group trained for three alternative days in a week for twelve weeks. Specific Soccer training group after a warm up for 5 minutes underwent specific soccer drills alternatively and finished each session with cool down

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exercises. Motor fitness Components such as Cardio respiratory endurance and muscular endurance were selected as criterion variables and they were tested by using cooper's 12 minutes run/walk test and Bent knee sit ups respectively. ANCOVA was used to find out the significant different if any between the groups.

Results

The descriptive analysis of data collected on selected bio motor abilities before and after eight weeks of specific soccer training programme is presented in Table-I.

Table I. Analysis of covariance of selected variables of football players

Variables	Test		Specific Soccer Training Group	Control Group	Source of Variance	SS	df	Mean Square	'F' Ratio
Cardio respiratory Endurance	Pre test	Mean	2475	2458	Between	0.03745	1	0.03745	0.520
		S.D	151.20	104.5	Within	2.017	28	0.07202	
	Post test	Mean	2572	2515	Between	1.391	1	1.391	13.807
		S.D	92.64	61.84	Within	2.821	28	0.101	
Muscular Endurance	Adjusted Post test	Mean	2576	2492	Between	87631.4	1	87631.4	53.94*
					Within	43862.1	27	1624.5	
	Pre test	Mean	27.63	27.40	Between	48.133	1	48.133	3.44
		S.D	1.64	2.09	Within	391.33	28	13.976	
Muscular Endurance	Post test	Mean	31.75	27.08	Between	307.2	1	307.2	22.25
		S.D	1.25	1.25	Within	386.67	28	13.81	
	Adjusted Post test	Mean	31.75	27.11	Between	157.21	1	157.21	95.79
					Within	44.31	27	1.64	

(The table value required for significant at .05 level with df 1 and 28; and 1 and 27 are 4.20 and 4.215 respectively).

Conclusion

Based on the result, the specific soccer training was significantly improves the bio motor abilities such as cardio respiratory endurance and muscular endurance among soccer players.

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