



Effect of Target Shooting Practice on Accuracy in Goal Scoring Among Football Players

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Abstract

The purpose of the study was to find out the effect of target shooting practice on accuracy in goal scoring among Football players. To achieve this purpose sixty male Football players age ranged between 18 to 25 years from Annamalai University, Chidambaram, Tamilnadu were selected as subjects. The selection was made ensuring that all the students were normal and healthy and they were divided into two groups of thirty subjects each namely experimental and control group. The pre tests were taken for both the groups. The experimental group alone underwent the target shooting practice for six weeks while the control group was not given any training. In this study target shooting was measured by using Mor Christian Football test. For this study the true randomized experimental group design has been employed with two groups namely experimental and control group with thirty subjects each. The following statistical procedure was followed to find out the effect of target shooting practice on accuracy in goal scoring among Football players. The data collected were statistically analysed by using analysis of covariance (ANCOVA). The result of the study indicates that there was significant difference between experimental group and control group in shooting ability in football.

Keywords: Football, Target Shooting, Goal Scoring.

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Introduction

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, soccer 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. The first recorded game took place as early as A.D. 217 in the town of Derby in England. This particular game was once part of a grand festival that was celebrated by the local folk after the victory over the invading Romans. The tradition bound English men also conducted annual soccer events ever since. One of them is the Shrove Tuesday Soccer game being played since 1175. This section will provide a quick overview of how Football got started to give general overview about how the sport became so popular today. The story of Football began sometime during the 19th century in England when a soccer player, frustrated at using only his feet to manipulate the ball, decided to simply pick it

up and run with it. Although it was clearly against the rules of soccer, other players soon found the new way of playing soccer appealing and thus, the sport of rugby was born. The new sport soon became a world-wide success that found its way into America by the mid-1800s. Played by many northeastern colleges, it was not long before Harvard University and Yale University met in Massachusetts in 1876 to formalize the rules to rugby that were similar to those in England. There were differences however: instead of playing with a round ball, the s opted for an egg-shaped ball and the game's name was changed from Rugby to Football. To finalize the meeting, an organisation called the Intercollegiate Football Association (IFA) was created to preside over the Americanised sport. Football was still basically American rugby much different from the popular sport known today. Over the course of three years starting in 1880, Yale player Walter Camp eventually convinced the IFA to change a series of rules in Football to create a game that is very similar to the one we know today. For his efforts, Camp is considered by historians as the father of modern Football.

Methodology

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Results

Table I. Computation of mean and analysis of covariance on goal shooting ability of experimental and control groups

	Experimental	Control	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	2.35	2.30	BG	0.01	1	0.01	0.02
			WG	29.48	58	0.50	
Post Test Mean	5.76	2.32	BG	179.81	1	179.81	179.81*
			WG	58.28	58	1.00	
Adjusted Mean	5.77	2.30	BG	179.79	1	179.79	175.85*
			WG	58.27	57	1.022	

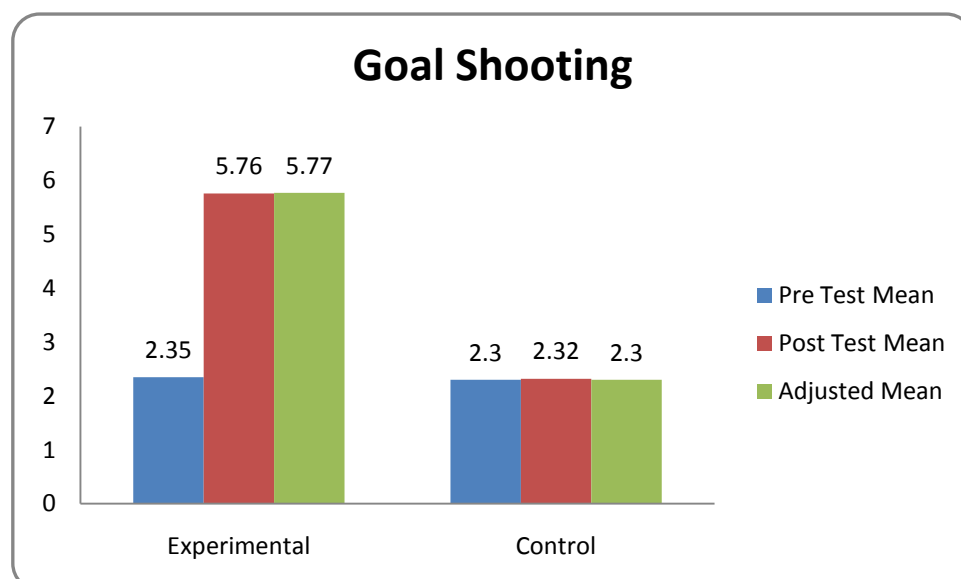
* Significant at 0.05 level

Table value for df 1 and 58 and 1 and 57 was 4.00

The above table indicates the adjusted mean value of goal shooting ability of experimental and control groups were 5.77 and 2.30 respectively. The obtained F-ratio of 175.85 for adjusted mean was greater than the table value 4.00 for the degrees of freedom 1 and 57 required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference among experimental and

control groups on goal shooting ability. The above table also indicates that post test means of experimental and control groups do not differ significantly but pre test scores do not differ significantly. The pre, post and adjusted mean values of goal shooting ability of both experimental and control groups are graphically represented in the figure-I

Figure I. Bar diagram showing the mean values of pre-test, post-test and adjusted post means of experimental and control groups on goal shooting ability



Conclusion

The result of the study indicates that there was significant difference between experimental group and control group in shooting ability in football.

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