



## Effect of Circuit Training for development of Speed among Inter Collegiate Foot Ball Players of Osmania University

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### Abstract

*The Purpose of the study is to find out the effect of circuit training for development of Speed among Inter Collegiate Foot Ball Players of Osmania University. The Sample for the Study consists of 20 Male Football Players between the age group of 18-20 Years, 10 are Experimental Group and 10 are Control group. Circuit Training exercises are given Three times a week for six weeks for experimental group and also general training of foot ball and controlled group were given general training of Foot Ball. It is concluded that due to the circuit training that Speed has improved in among foot ball players. It is recommended that circuit training is useful for development of speed among foot ball players. Key words: circuit training, Speed, foot ball etc.*

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### Introduction:

Sports in contemporary space have emerged as a competitive branch in the national and international area. It is not simply participation or practice that conveys triumph to a competitor. Numerous things like biomechanics, physiology, training methods, sociology, sports medicine etc., influence sports life. All trainers, coaches are doing to enhance the performance of competitors for their individual nation Sports individuals of the respective nations endeavour best efforts at their dimension to bring praise and medals to their nation in various dimensions of international level competitions

Sports training is done for improving sports performance. The sports performance, as any other type of human performance, is not the product of one single system aspect of human personality. On the contrary, it is the product of the total personality of the sports persons.

Circuit training has become increasingly popular with regular gym-goers; the reason being, that it provides a one-stop exercise session, combining cardiovascular activity, toning and resistance training. There have been several reports recently, about the many benefits an individual can derive from attending circuit training even just once or twice a week. Studies have concluded that, depending on the structure and balance of the session, one can dramatically improve the fitness level by taking part in circuit training exercises. The key to success lies in the formula of performing a set of exercises quickly and in rotation. The effectiveness of a circuit training session depends on several factors: Length of intervals between circuits. The number of circuits performed. The number of workout stations. The time spent at each station. The intensity and speed at which each activity is performed. Whether rests are included between circuits. On this subject, there are mixed views. It is best to take into consideration the individual fitness level. Circuit training improves all round physical fitness, as opposed to fitness for a specific sport.

### Methods and Materials:

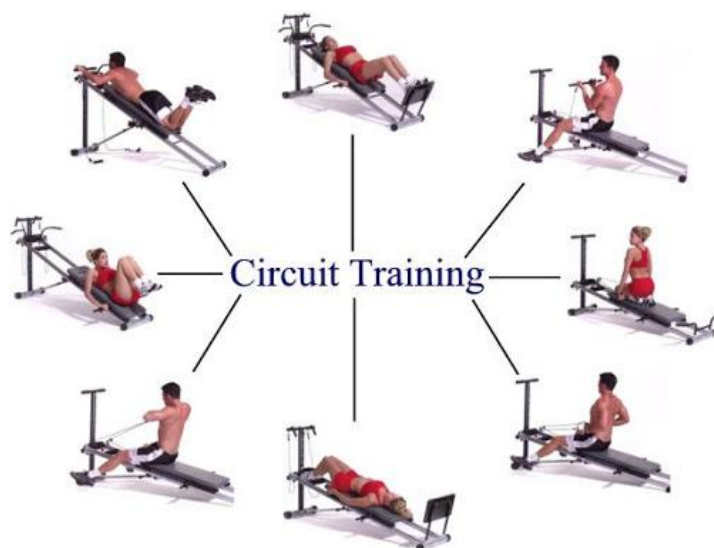
The Sample for the Study consists of 20 Male Football Players between the age group of 18-20

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Years, 10 are Experimental Group and 10 are Control group. Circuit Training exercises are given Three times a week for six weeks for experimental group and also general training of foot ball and **Sample of Circuit Training Exercises:**

controlled group were given general training of Foot Ball.



The Following Circuit training schedule were given to the Foot Ball Players for six week on alternate days and they also do the regularly practice general training of foot ball to the experimental group.

S.No.	Weeks	Monday	Wednesday	Friday
1	1 to 4 weeks	Warmup, General exercise Push Ups, Sit Ups, High Knee running, Medicine ball exercises, Bridge Exercises, Shuttle Run, Monkey walk, Sit ups, High Knee running, Push ups, side ward bend, Jumping on spot 30 Sec x 12 exercises continous x 3 sets	Warmup, General exercise Dumbell exercises, Sit Ups, Half Squat Jumps, Medicine ball exercises, Sideward bend, Shuttle Run, Front Press, Sit ups, Jumping on spot, Push ups, side ward bend, Heel raise 30 Sec x 12 exercises Interval Method	Warmup, General exercise Dumbell exercises, Sit Ups, Half Squat Jumps, Medicine ball exercises, Sideward bend, Shuttle Run, Front Press, Sit ups, Jumping on spot, Push ups, side ward bend, Heel raise 30 Sec x 12 exercises Repetion Method

To assess the Speed the 50 M Run is conducted in Pre Test and Post Test .

### Results and Discussion:

The results of the study shows that Foot Ball Players of

Experimental group has increased in Speed compare to Foot Ball Players Control group which does the general training .

Table No.1 Showing the Result of 50 M Run among Foot Ball Players

Group	N	Mean	Std. Deviation	Std. Error Mean	t – test for Equality of Means		
					t	d f	Sig.(2-tailed)
50 m Run Pre Test	10	6.771	.1577	.0499	-.595	18	.559
Control	10	6.811	.1425	.0451			
50 m Run Post Test	10	6.595	.1517	.0480	-4.770	18	.000
Control	10	6.887	.1203	.0380			

understanding the knowledge and performance of the players.

In Table I in 50 M Run to assess the speed the experimental group mean values in Pre Test is 6.771 has decreased to 6.595 in Post Test due to the circuit training the control group mean values in Pre Test is 6.811 has increased to 6.887 due to general training. Hence the circuit training is beneficial for development of speed among foot ball Players.

### Conclusions:

It is concluded that due to the circuit training that Speed of foot ball Players has increased a lot. It was clearly found that there was a significant difference between pre test and post test on effect of Circuit Training program on development of speed in 50 M Run among Male inter collegiate foot ball players.

### RECOMMENDATIONS AND SUGGESTIONS:

The following suggestions are made for the benefit of players, coach's academicians and sports scientists.

The researcher makes a suggestion on the part of the coach to use the above said development of Circuit training programs for foot ball Players. The study also helps the players, physical educationist, sports scientists etc for their ongoing activities. The study also helps the physical educationists and coaches

### References:

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