



## Effect of Traditional Training and Game Specific Training on Selected Motor Fitness Variables of Football Players

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### Abstract

The purpose of the study was to find out the effect of traditional training and game specific training on selected motor fitness variables of football players. Thirty district level football players from Salem district were selected at random as subjects. The age of the subjects was range from 14 to 16 years. The selected subjects were divided into two groups of fifteen each. Group I underwent traditional training and group II was subjected to game specific training for three alternate days in a week for eight weeks. The subjects were tested prior to and after the experimentation on selected motor fitness variables such as speed, agility and explosive power. The obtained data from the experimental groups I and II were statistically analyzed with dependent t-test. The level of significance was fixed at 0.05. The findings of the study showed that there was a significant difference found between the traditional training and the game specific training groups. Further the result indicated that the game specific training group had achieved better improvement on selected motor fitness variables such as speed, agility and explosive power of district level football players when compared to traditional training group.

**Keywords:** Traditional Training, Game Specific Training, Speed, Agility, Explosive Power.

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### Introduction

Football is one of the most widely played and complex sports in the world, where players need technical, tactical, and physical skills to succeed. However, studies to improve soccer performance have often focused on technique and tactics at the expense of physical resources such as speed, agility, strength and endurance. The game also consists of four main position categories: offense, halfback, defense, and a goalkeeper. It's obvious to those who have played a full match that different positions require different energy demands and body compositions in order to excel. A traditional training is one that player often do typical of the practices that player have usually done relating to or based on very old customs. In traditional training players jog for an extended period of time lasting from twelve to sixty minutes will not produce optimum ability to perform maximally in a game. Also, the slower pace of continuous aerobic exercise actually trains the players' central nervous system to respond slowly to external stimuli. Fatigue may also have a negative impact on technical precision with the less fit players showing a more pronounced deterioration in technical performance.

Game specific training is simply fitness and performance training designed specifically for performance enhancement. Training programs for performance enhancement could include such areas as strength, speed, power, endurance, flexibility, mobility, agility, mental preparedness, sleep, regeneration techniques and strategies. A more specific program may only include a few, depending upon the players specific needs based on strengths, weaknesses and the demands of the sport they participate in. SAQ is an acronym for 'Speed, agility and quickness' it is a system of training aimed at the development of motor abilities and the control of body movements through the development of neuromuscular system. It aims to improve the player's ability to perform explosive multi directional movements by reprogramming the neuromuscular system, so that it can work more efficiently. It also increases the body spatial awareness, motor skills and reaction time. All of these skills are necessary to compete in football. It is used to improve the specific sport and it is important that the players repeat the exact body mechanics that they have performed on the field. It is also maintained the correct body mechanics, so that the drills correctly reflect the movements in the sport.

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### Review of Related Literature

Milanovic (2013) determined the effects of a 12 week conditioning programme involving speed, agility and quickness (SAQ) training and its effect on agility

performance in young soccer players. Results reported that statistically significant improvements between pre and post training were evident for almost all measures of agility, with and without the ball, with the exception being the Sprint with backward and forward running. Therefore findings revealed that SAQ training is an effective way of improving agility, with and without the ball, for young soccer players and can be included in physical conditioning programmes. Sujit Halder and Bhaskar Chakraborty (2014) assessed the impact of specific training programme on development of physical fitness and soccer playing ability. The data was collected on the selected subjects and subjected to statistical analysis. After analyzing pre and post test data of experimental and control group, it was found that the experimental group had significantly and soccer playing ability whereas the control group failed to show any improvement.

**Methodology**

To achieve the purpose of the present study, thirty district level football players from Salem district

were selected at random as subjects. The age of the subjects was range from 14 to 16 years. The selected subjects were divided into two groups of fifteen each. Group I underwent traditional training and group II was subjected to game specific training (SAQ training). The selected subjects were tested prior to and after the experimentation on selected motor fitness variables such as speed, agility and explosive power as dependent variables. These selected dependent variables were assessed by 50mts run, shuttle run and vertical jump. During the training period, group I underwent traditional training and group II was involved in game specific training for three alternate days in a week in the morning session from 6.30 to 7.30am for eight weeks. The duration of training session in all the days was between forty five minutes to one hour which included warming up and cooling down. The obtained data from the experimental group I and group II were statistically analyzed with dependent t-test. The level of significance was fixed at 0.05.

**Results**

**Table I.** Computation of ‘t’-ratio between the pre and post tests on speed of Traditional training and Game specific training groups

Group	Test	M	SD	DM	SE	t-ratio
Traditional training group	Pre test	7.10	0.23	0.02	0.03	0.67*
	Post test	7.12	0.29			
Game specific training group	Pre test	7.07	0.21	0.18	0.02	9.00*
	Post test	6.89	0.25			

\* Significant at 0.05 level of confidence with (df) 28 was 2.05

The Table – I indicates the traditional training group mean value for pre and post test was 7.10 and 7.12. The mean difference for the pre and post test was 0.02. It revealed that the obtained t-ratio 0.67 was lesser than the required table value 2.05 for df 28. Hence there was no significant improvement on speed of traditional training group at 0.05 level of confidence.

Table – I indicates the game specific training group mean value for pre and post test was 7.07 and 6.89. The mean difference for the pre and post test was 0.18. It revealed that the obtained t-ratio 9.00 was greater than the required table value 2.05 for df 28. Hence there was a significant improvement on speed of game specific training group at 0.05 level of confidence.

**Table II.** Computation of ‘t’-ratio between the pre and post tests on agility of Traditional training and Game specific training groups

Group	Test	M	SD	DM	SE	t-ratio
Traditional training group	Pre test	9.76	0.58	0.13	0.09	1.44
	Post test	9.63	0.68			
Game specific training group	Pre test	9.97	0.63	1.11	0.18	6.17*
	Post test	8.86	0.57			

\* Significant at 0.05 level of confidence with (df) 28 was 2.05

The Table – II indicates the traditional training group mean value for pre and post test was 9.76 and 9.63. The mean difference for the pre and post test was 0.13. It revealed that the obtained t-ratio 1.44 was lesser than the required table value 2.05 for df 28. Hence there was no significant improvement on agility of traditional training group at 0.05 level of confidence. Table – II

indicates the game specific training group mean value for pre and post test was 9.97 and 8.86. The mean difference for the pre and post test was 1.11. It revealed that the obtained t-ratio 6.17 was greater than the required table value 2.05 for df 28. Hence there was a significant improvement on agility of game specific training group at 0.05 level of confidence.

**Table III.** Computation of ‘t’-ratio between the pre and post tests on explosive power of Traditional training and Game specific training groups

Group	Test	M	SD	DM	SE	t-ratio
Traditional training group	Pre test	39.12	6.90	0.20	0.13	1.54
	Post test	38.92	6.98			
Game specific training group	Pre test	42.32	5.71	4.12	0.44	9.36*
	Post test	46.44	5.24			

\* Significant at 0.05 level of confidence with (df) 28 was 2.05

The Table – III indicates the traditional training group mean value for pre and post test was 39.12 and 38.92. The mean difference for the pre and post test was 0.20. It revealed that the obtained t-ratio 1.54 was lesser than the required table value 2.05 for df 28. Hence there was no significant improvement on explosive power of traditional training group at 0.05 level of confidence. Table – II indicates the game specific training group mean value for pre and post test was 42.32 and 46.44. The mean difference for the pre and post test was 4.12. It revealed that the obtained t-ratio 9.36 was greater than the required table value 2.05 for df 28. Hence there was a significant improvement on explosive power of game specific training group at 0.05 level of confidence.

2. The game specific training group showed better improvement on selected motor fitness variables of district level football players when compared to traditional training group.

**Discussion on Findings**

SAQ training would remove mental blocks and thresholds and allow the players to exert maximal force during controlled and balanced movement patterns, which are specific to their sport. Through SAQ conditioning, the participants may become more able to react to stimuli, start more quickly and efficiently, and move effectively in multi-directions and be prepared to change direction, stop quickly to make a play in a fast, smooth, efficient, and repeatable manner. SAQ training paves way for better improvement of speed, agility and explosive power among football players. This may be reason for better enhancement of improvement on selected motor fitness variables.

**Conclusions**

1. The findings of this study revealed that there was a significant difference found between the traditional training and game specific training group on selected motor fitness variables of district level football players.

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