



Effect of Ladder Training on Selected Skill Performance Variables of School Football Players

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Abstract

The purpose of the study was to find out the effects of ladder training on selected skill performance variables of school football players. To achieve the purpose of the present study, forty football school players from Tamilnadu were selected as subjects at random and their ages ranged from 14 to 17 years. The subjects were divided into four equal groups of twenty football players each. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=40) were randomly assigned to two equal groups of twenty football players each. The groups were assigned as ladder training and control group in an equivalent manner. The group I underwent ladder training group II acted as a control group. The experimental group participated the training for a period of twelve weeks and the control group did not participated in any training programme. Paired 't' test was applied to test the significance of mean gains made in each of the variables by the two groups. The ladder training group produced significant improvement in skill performance variables. The 't' values of the selected variables have reached the significant level.

Keywords: Ladder Training, Football, Kicking, Dribbling.

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Introduction

Ladder training can help to move faster, better, and safer. By keeping these simple ideas in mind, athletes can acquire ever more complex movement skills through ladder training, and the learning can come surprisingly fast. Develop a repertoire of exercises the way you would go about expanding any training concept: in a carefully drawn progression of drills going from simple to complex, and increasing the speed of any drill only after you have mastered it at a slow, controlled pace. The ideal way to build this repertoire of exercises is to work on perfecting three or four movements in a training session, reviewing these movements in subsequent sessions, and adding an additional drill or two as you go. The drills you choose to include should reflect identifiable, sport-specific movements. The practice of yoga is an art and science dedicated to creating union between body, mind and spirit. Its objective is to assist the practitioner in using the breath and body to foster an awareness of ourselves as individualized beings intimately connected to the unified whole of creation. In short it is about making balance and creating equanimity so as to live in peace, good health and harmony with the greater whole. This art of right living was perfected and practiced in India thousands of years ago and the foundations of yoga philosophy were written down in The Yoga Sutra of

Patanjali, approximately 200 AD. This sacred text describes the inner workings of the mind and provides an eight-step blueprint for controlling its restlessness so as to enjoying lasting peace (Swami Sivanandha, 2001).

Yoga is universal and benefits people of all ages. Yogic research has proven its efficiency in effectively maintaining and for bringing about the psycho physiological equilibrium and emotional stability and so far as the functional development is concerned, the yogic system is perhaps the best. New researches help people to understand yoga is its modern aspects. Yoga in general, meditation and pranayama in particular, have provided men a means to reach the subtler layers of the mind. It has been shown through experimental results on the pranayama and meditation that knowledge and creativity are structured in the subtler layer of the mind or the deeper state of consciousness (transcendental state). These creative and critical faculties of mind lay hidden in this higher state of consciousness (transcendental state).

Methodology

The purpose of the study was to find out the effects of ladder training on selected skill performance variables of school football players. To achieve the purpose of the present study, forty football school players from Tamilnadu were selected as subjects at random and their ages ranged from 14 to 17 years. The subjects were divided into four equal groups of twenty football players each. The study was formulated as a true random group design, consisting of a pre-test and post-

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experimental group participated the training for a period of twelve weeks and the control group did not participated in any training programme. Paired ‘t’ test was applied to test the significance of mean gains made in each of the variables by the two groups.

Results

Table I. Significance of Mean Gains & Losses between Pre and Post Test Scores on Selected Variables of Ladder Training Group (LTG)

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	‘t’ Ratio
1	Kicking	22.10	27.35	5.25	2.07	0.46	11.31*
2	Dribbling	21.82	17.45	4.36	0.64	0.14	30.32*

* Significant at 0.05 level

Table I shows the obtained ‘t’ ratios for pre and post test mean difference in the selected variable of kicking (11.31) and dribbling (30.32). The obtained ratios when compared with the table value of 2.04 of the degrees of freedom (1, 19) it was found to be statistically

significant at 0.05 level of confidence. It was observed that the mean gain and losses made from pre to post test were significantly improved in skill performance variables namely kicking (5.25, p<0.05) and dribbling (4.36, p<0.05).

Table II. Significance of Mean Gains & Losses between Pre and Post Test Scores on Selected Variables of Control Group (CG)

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	‘t’ Ratio
1	Kicking	21.65	22.00	0.35	2.79	0.62	0.95
2	Dribbling	21.68	21.75	0.07	0.49	0.11	0.15

* Significant at 0.05 level

Table II shows the obtained ‘t’ ratios for pre and post test mean difference in the selected variable of kicking (0.95) and dribbling (0.15). The obtained ratios

when compared with the table value of 2.09 of the degrees of freedom (1, 19) it was found to be statistically insignificant at 0.05 level of confidence.

Figure I. Shows the pre and post mean values of ladder training on selected variables

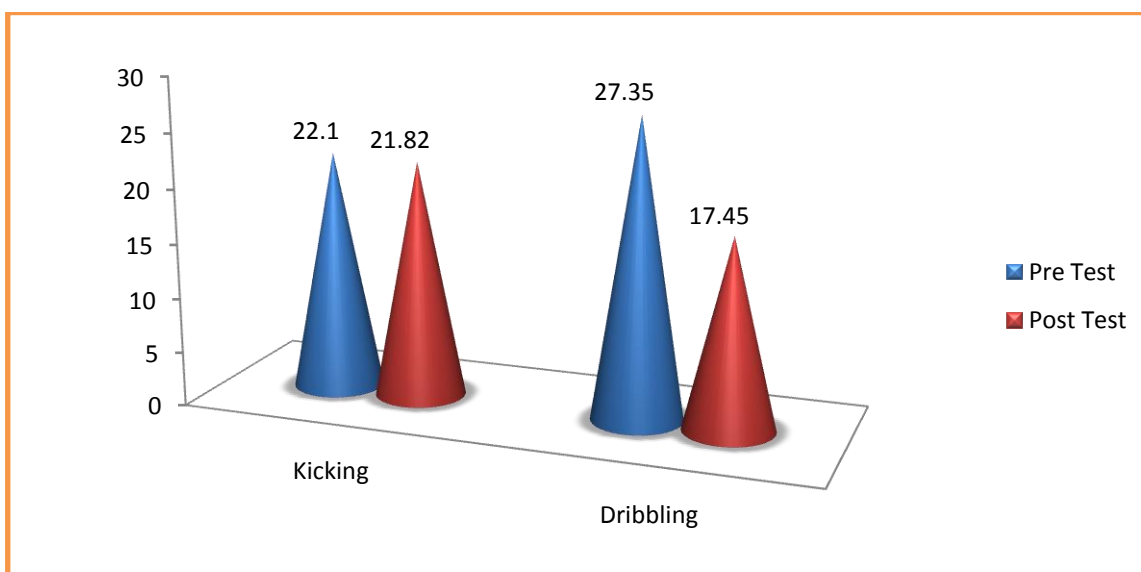
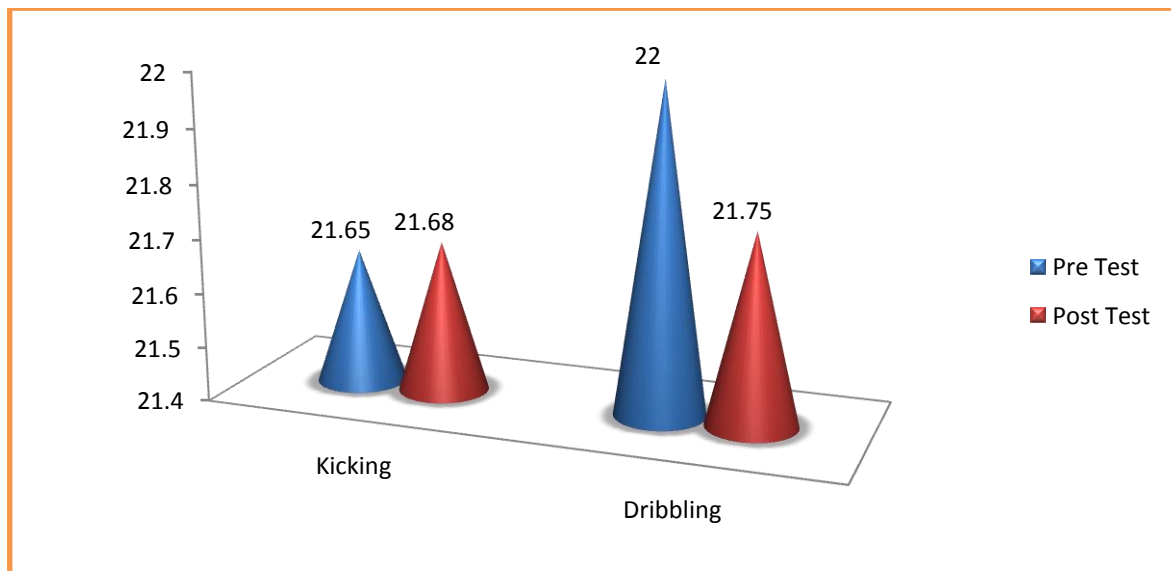


Figure II. Shows the pre and post mean values of control group on selected variables

Results

1. The ladder training group produced significant improvement in skill performance variables. The 't' values of the selected variables have reached the significant level.
2. In the control group the obtained 't' value on all the variables were failed to reach the significant level.

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