

COMPARATIVE EFFECT OF SPECIFIC SOCCER TRAINING ON HIGH FIT TRIBAL SOCCER PLAYERS

Dr. Gopal Chandra Saha

Assistant Professor, P G Govt. Institute for Physical Education, Banipur, West Bengal, India.

INTRODUCTION

Soccer has been played for a very long time. The game is unique because primarily feet are used to play the game. This requires far more skill and coordination than most other sports where hands are used. Soccer is not only the most played sport in the world but also the most watched. Again this is due to the excitement and high skill levels of football. The game is always open and any team can regain possession and attack at any stage. Soccer has had many opponents in its history, mainly coaches and journalists of other sports who have become jealous of football's popularity. However football continues to grow and dominate the sporting landscape.

The importance of Soccer is that it has accumulated a massive gathering of people of all ages and has instilled a realistic feeling of national pride and strength. Perhaps the biggest ideal Soccer has set to the world is the concept of teamwork which has been the sole factor in making this sport popular in various countries which had their attentions on other games. Clearly, Soccer is gaining importance as a team game that would inculcate in young players the importance of playing as a single unit, and playing hard. The second thing that Soccer has brought to attention is physical fitness and agility. Since a healthy body is a must-have in today's age, more and more people are turning to Soccer as it is easily accessible, fun as well beneficial.

In India there is no system in place to identify and train children at a tender age. There is no infrastructure in place for promoting football. In Europe, football clubs got nurseries for nurturing talent. Here, even big clubs have no such facilities. Tournaments for children in the country are not organized in a proper manner. Many of the participants fudge their age. There are no stringent rules to stop these kinds of practices. Absence of people with proper knowledge of Soccer at the helm organizations is also a cause for the decline of the game in the country.

Now-a-days as soccer has developed into a distinct scientific discipline in itself and each nation is vying with the other to produce top class players to win laurels in international competitions, considerable research is devoted to identify factors that will be predictive of achieving high level of skill in a given sport with proper coaching. In present era various new training techniques based on biomechanics, sports medicine, sports Psychology, etc. are adopted to bring about maximum possible unfolding of potential in Sports performance.

That made the researchers eager to conduct this experiment, which aims to compare the effect of specific soccer training on high fit tribal soccer players.

METHOD AND MATERIALS

Ninety, high fit tribal soccer players out of two hundred and seventy, 9th and 10th grade school level tribal soccer players Sevabharati Sikhayatan Kapgari of Paschim Medinipur, District of West Bengal were randomly selected as the tribal subjects for this study.

The Average age of the tribal subjects was fifteen years and five months ranging between 14 to 16 years of age in both the categories as obtained from respective school records.

To ascertain the high fit tribal Soccer players, the AAHPER Youth Fitness Test was administered for two hundred and seventy tribal Soccer players separately in accordance with the instructions given in the test manual. All the test item-scores of each subject under tribal Soccer players categories were converted to standard scores which were added together to arrive at composite physical fitness scores. Thereafter on the basis of composite physical fitness scores, the subjects under tribal category were ranked separately highest to lowest. Top ninety under tribal categories were studied as high fit tribal Soccer players.

The top ninety high fit tribal Soccer players were further subdivided into three equal groups under tribal categories (N=30 in each group) on the basis of random sampling process namely 'A', 'B' and 'C' groups, where groups 'A' and 'B' were treated as experimental groups and groups 'C' were treated as control groups in high fit tribal Soccer players categories.

Under training with ball the Speed, Endurance, Agility and Strength activities with ball, Dynamic skill practice, Game practice and Deep pass training were assigned to groups 'A' while the Groups 'B' under training without ball the Speed, Endurance, Agility and Strength activities without ball, Static skill practice, Game practice and Deep pass training were assigned. No experimental treatments were administered to groups 'C' which were named and studied as control groups.

A training programme of ten weeks, three days in a week i.e. Monday, Wednesday and Friday for high fit tribal Soccer players and Tuesday, Thursday and Saturday for high fit non-tribal Soccer players was administered in this study. During the experimentation a training schedule, prepared by the investigator with the help of supervisor, coaches and other experts having sports background was applied to all the experimental groups namely Group-A (training with ball), Group-B (training without ball) and Group-C (Control Group) of high fit tribal Soccer players and the training programme was personally and minutely supervised by the investigator with the help of three qualified experts and three assistants who was previously trained and instructed for the same.

Prior to the initial testing and administration of training programme the subjects were medically examined and found fit to undergo training requirements for the present investigation.

STATISTICAL PROCEDURE

To ensure that the comparative effect of specific soccer training on high fit tribal soccer players, analysis of covariance statistics was employed and the level of significance was set at 0.05 level which is presented in Table-01 and Figure-01.

Table-I

Analysis of Co-variance of the means of Soccer Playing Ability among two experimental groups (group-A and group-B) and one control group (Group-C) belonging to high fit Tribal Soccer Players categories

Mean	Experimental Group		Control Group Group-C	SS	df	MSS	F ratio
	Group-A (Trg with ball)	Group-B (Trg without ball)					
Pre Test	41.35	41.10	41.03	A 1.67 W 254.74	2 87	0.84 2.93	0.29
Post Test	46.23	44.67	42.77	A 180.82 W 289.90	2 87	90.41 3.33	27.13 *
Adjusted Post Test	46.19	44.68	42.79	A 172.79 W 277.47	2 86	86.40 3.91	27.09 *

*significant at 0.05 level of significance.

$F_{.05}(2,87) = 3.09$

A = Among means variance.

$F_{.05}(2,86) = 3.09$

W = Within group variance.

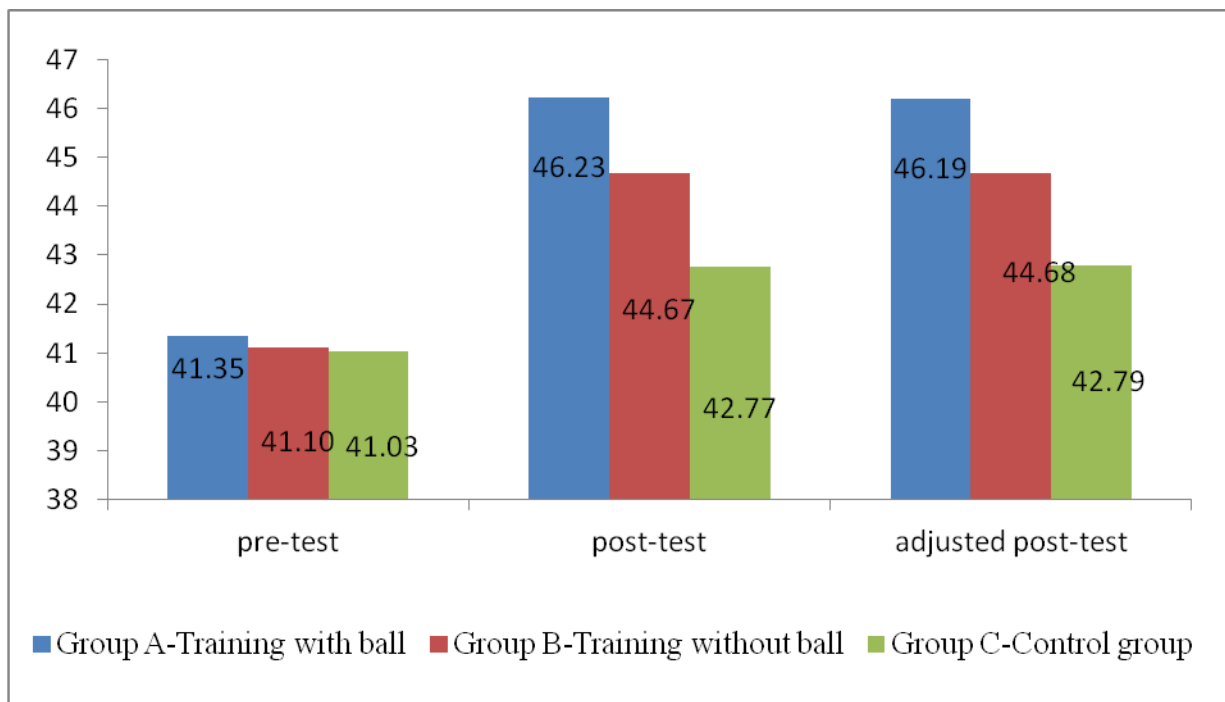


Fig- 01: Comparison of means of Soccer Playing Ability among two experimental groups (group-A and group-B) and one control group (Group-C) belonging to high fit Tribal Soccer Players in pre-, post- and adjusted post-test phases.

The Table-01 and Figure-01 clearly revealed no significant difference in Soccer playing ability ($F=0.29 < 3.09$ at 87 degree of freedom at 0.05 level of confidence) among two experimental groups (Group-A-training with ball and Group-B training without ball) and one control group of high fit tribal Soccer players in pre-test phase. However, the 'F' ratio values of the post- and adjusted post-test phases revealed significant differences in Soccer playing ability among two experimental groups and one control group. The 'F' values in post- and adjusted post-test phases (27.13 and 27.09 respectively) were found to be higher than that of the required 'F' ratio value 3.09 to be significant at 0.05 level of confidence.

As the significant differences in analysis of Co-variance statistics in Soccer playing ability among two experimental groups (Group-A, training with ball and Group-B, training without ball) and one control group of high fit tribal Soccer players in post- and adjusted post-test phases were found, the post hoc-test of paired adjusted final means of two experimental groups (Group-A, training with ball and Group-B, training without ball) and one control group was applied which is presented in Table-02.

Table-02

Paired adjusted final means differences in Soccer Playing Ability (Post hoc-test) among two experimental groups (group-A and group-B) and one control group (Group-C) belonging to high fit Tribal Soccer Players categories

Experimental Group		Control Group Group-C	Mean Difference	Critical Difference
Group-A (Trg with ball)	Group-B (Trg without ball)			
46.19	44.68		1.51*	
	44.68	42.79	1.89*	0.91
46.19		42.79	3.40*	

*Significant at 0.05 level of significance.

The above Table-02 revealed that significant differences exist between the means of Group-A & Group-B, Group-B & Control Group and Group-A & Control Group respectively.

DISCUSSION OF FINDINGS

From such findings it may be assumed that although both the Soccer training programmes with ball and without ball were having some positive effect on the development of Soccer playing ability; however the effect of the system of Soccer training programme with ball was found to be significantly effective in developing Soccer playing ability.

As the outcomes from the study of Soccer literature and long term practical experience in the field of Soccer playing and training involvement, it may be specifically stated that Soccer performance depends on Soccer related Specific fitness, dynamic Soccer skill ability, Soccer sense, positioning sense and tactical ability etc.

When the Soccer training is given in such a way where involvement with the ball is given special preference in respect to development of Soccer related physical and motor fitness, in such cases the ball sense, ball control, sense of ball movement either in air or space etc., are Specifically developed along with the development of Soccer related physical and motor fitness. Such development may be admired as the double gain in the way of developing Soccer playing ability and Soccer related physical and motor fitness ability.

On the other hand when Soccer training is framed in such a way where the involvement of the ball is not given importance while developing Soccer related physical fitness, in such cases the physical and motor fitness is no doubt developed but such development never assist in the development of ball sense, sense of ball

movement etc., thus Soccer related fitness is hampered. Probably because of such reason the Soccer training with ball was found to be much better than that of the Soccer training without ball.

REFERENCE

- Sporis , G., Ruzic, L. and Leko, G. Effects of a new experimental training program on V.O₂max and running performance Journal of Sports Medicine and Physical Fitness, Jun;48(2):158-65.
- Matveyev, L. (1981) Fundamental of Sports Training, Moscow: Progress Publishers. p.23.
- Csanadi , Arpad. (1978). Soccer, 3rd ed. (Budapest : Athenaem Printing house. pp.490-492
- Matveyev, L. (1981). Fundamental of Sports Training, Moscow: Progress Publishers. p.24
- Homravelle, W. F. (1970). Preparation of Olympic candidates from the Psychological point of view. The International Olympic Academy, Tenth Session. pp. 216-217
- Prokop, Ludwig. (1977) The Contribution of Sports Medicine to the Improvement of Performance. The International Olympic Academy, Seventeenth Session. p. 191.
- Hunsicker, Paul A. (1958). AAHPER Youth Fitness Test Manual, Washington : D.C. pp.4-12.
- Indian kids to get soccer training from arsenal coaches. (2008). march 3rd
http://www.thaindian.com/newsportal/sports/indian-kids-to-get-soccer-training-from-arsenal-coaches_10023288.html