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Effect of specific drills training on skill performance variables of women football players

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Abstract

This study was investigated the impact of specific drills training on skill performance variables of women football players. To achieve the purpose of the study 40 women football players were selected from Navarasam college Coimbatore district. The subjects was randomly assigned to two equal groups (n=20). Group- I underwent Specific drills (SDG) and group - II was acted as control group (CTG). The specific drills training was given to the experimental group for 3 days per week (Monday, Wednesday and Friday) for the period of twelve weeks. The skill performance variables of passing (McDonald soccer test) before and after training period. The data collected from the subjects was statistically analysed with 't' test to find out significant improvement if any at 0.05 level of confidence. The result of the present specific drills training significantly improved passing of women football players.

Keywords: Specific drills training, passing, and women football players

Introduction

Soccer is a game requiring highly tuned skills of speed, quickness, agility, power and change of direction. To make soccer more difficult all these factors are played through a fatigued state at some point in a match. The training for Soccer athletes becomes increasingly more complex as the athlete continues to develop his/her skills in the sport. When considering the young athlete or the beginning player, speed and speed-endurance are often the first components that need to be worked on. A promising way to increase performance is to train both muscle strength and cardiorespiratory fitness within a training cycle. Concurrent training is doing cardiovascular endurance and resistance training within the same session or closely together within the same day. Passing is one of the most fundamental skills in soccer, as it is how you move the ball from yourself to another team mate. For a short basic pass, you will turn your foot 90 degrees to the outside and swing your leg so that the inside of your leg makes contact. If you want to send the ball farther, you will swing your leg with more power and aim for the lower half of the ball, to pop it into the air and use the inside of your toes.

Methodology

In this study the selected 40 women football players selected from Navarasam college Coimbatore district. The subjects were randomly assigned in to two equal groups namely, Specific drills training (SDG) (n=20) and control group (CG) (n=20). The respective training was given to the experimental group the 3 days per weeks (alternate days) for the training period of twelve weeks. The control group was not given any sort of training except their routine. The evaluated parameters were passing was assessed by McDonald soccer test and the unit of measurement was in points.

Training programme

The training programme was lasted for 60 minutes for session in a day, 3 days in a week for a period of 12 weeks duration. These 60minutes included 10 minutes warm up, 40 minutes for specific drills training and 10 minutes and warm down. The equivalent in mobile surface strength training is the length of the time each action in total 3 day per weeks (Monday, Wednesday and Friday).

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Statistical analysis

The collected data before and after training period of 12 weeks on the above said variables due to the effect of specific drills training was statistically analyzed with 't' test

Table 1: Computation of 't' ratio on passing on experimental group and control group (Scores in numbers)

| Group | Variables | Mean | N | Std. Deviation Pre | Std. Deviation Post | T ratio | |
|---------|--------------------|-----------|------|--------------------|---------------------|---------|-------|
| Passing | Experimental Group | Pre test | 3.46 | 20 | 0.23 | 0.19 | 7.15* |
| | | Post test | 3.62 | 20 | | | |
| | Control Group | Pre test | 3.46 | 20 | 0.23 | 0.26 | |
| | | Post test | 3.47 | 20 | | | |

*significant level 0.05 level degree of freedom (2.09, 1 and 19)

Table I reveals the computation of mean, standard deviation and 't' ratio on selected physical parameters namely leg explosive power and muscular strength experimental group. The obtained 't' ratio on passing were 7.15 respectively. The required table value was 2.09 for the degrees of freedom 1 and 19 at the 0.05 level of significance. Since the obtained 't' values were greater than the table value it was found to be statistically significant.

Further the computation of mean, standard deviation and 't' ratio on selected physical parameters namely passing control group. The obtained 't' ratio on leg explosive power and muscular strength were 1.14 respectively. The required table value was 2.14 for the degrees of freedom 1 and 19 at the 0.05 level of significance. Since the obtained 't' values were lesser than the table value it was found to be statistically not significant.

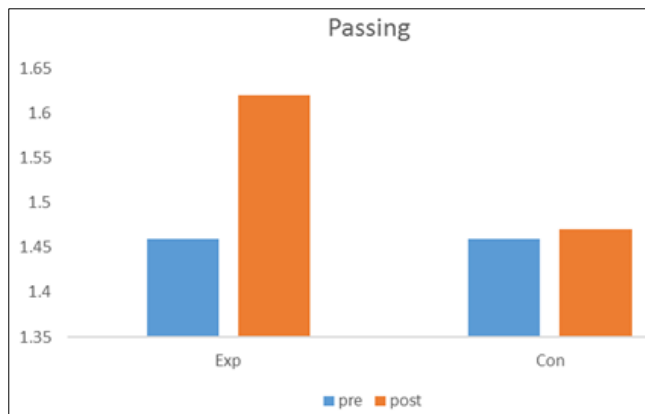


Fig 1: Bar diagram showing the mean value on passing of football players on Experimental and Control group (Scores in numbers)

Discussion and Findings

The present study experimented the effect of specific drills training on skill performance parameters of women football players. The result of the study shows that the specific drills training improved the passing. The findings of the present study had similarity with the findings of the investigations referred in this study. However, there was a significantly changes of subjects in the present study the leg passing was significantly improved of subject in the group may be due to the in specific drills training.

Salivo *et al.*, (2019) some considerations for training programs design will be provided, by addressing the role of the different specific drills training variables (within session order, between mode recovery length and intensity and volume) on performance outcomes and likely role on injury prevention.

to find out the significant improvement between pre and posttest. In all cases the criterion for statistical significance was set at 0.05 level of confidence. ($p < 0.05$)

Taracki *et al.*, (2021) [6] The findings obtained when the performance values of football players within and between groups were evaluated statistically; It has been determined that the positive increase in endurance, strength, sprint, agility/speediness, jump and 1st pass test values as a percentage (%) was seen in the group that applied strength training before endurance training

The result of the present study indicates that the specific drills training programme is effective method to improve passing of women football players.

Conclusion

It was concluded that 12 weeks of specific drills training significantly improved the passing of women football players.

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