

Effect Of Varied Intensity Of Skill Practice On Anaerobic Power And Skill Performance Football Players

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Abstract

Football training is a systematic process in which players improve their fitness to meet the demands of football competition. Training is one of the several stressors that over load the trainees every day. Football training is called as the highest qualification of the Athlete. The study was conducted to see the effect of varied intensity of skill practice on anaerobic power and skill performance of football players. For this study 40 boys were selected and divided into two equal groups, consisting of 20 subjects in each group as experimental and control groups. The experimental group underwent 6 weeks of varied intensity training, 6 days (Monday to Saturday) in the week, one hour in a morning session. Whereas the control group did not undergo any training. The pre test and post test were conducted for both the experimental and control group on the selected physical fitness variables of power (Vertical Jump and Standing Broad Jump) and skills performance (30m run with the ball test and Kicking Accuracy Test).

The results revealed that study the selected varied intensity training exercises contributed positively towards the improvement of anaerobic power and Skill performance of the football players.

KEY WORDS: Training, intensity, anaerobic power

INTRODUCTION:

Football is a multi-dimensional sport requiring constant changes in activity. The sport demands continuous changes in movement speed that can vary from being stationary, through walking, as well as low and high intensity running bouts (Reilly, 1996, Withers, Maricie, Wasilewski & Kelly 1982). The challenging energy demands of football emerge from requirements to perform a number of high intensity activities, such as jumping, tackling, accelerating, decelerating and getting off the ground (Bangsbo & Michalsik 2002). Other game skills such as kicking and dribbling also need to be considered when determining total physical requirements for football (Reilly, 1997). For instance, the oxygen demand for dribbling the ball is greater than the demands imposed by running normally, while the energy demands of running backwards are lower than running with the ball (Kemi, Hoff, Engen, Helgerud & Wisloff, 2003). Therefore, the demands of unpredictable multiple movement patterns in football combine to generate the movement challenge and regularly change the demands on energy production and muscle action. Despite the lower energy contribution from anaerobic sources, the majority of critical involvements in the game are performed at higher intensities, in the form of activities high intensity running, sprinting, jumping and body contact (Little & Williams 2005). Football-specific skills such as heading, striking the ball, tackling and strong static contractions when holding off an opponent also contribute significantly to the

anaerobic requirements of football (Reilly, 1997).

OBJECTIVES OF THE STUDY:

- To find out the effect of varied intensity of skill practice on anaerobic power (vertical jump & standing broad jump) of football Players.
- To find out the effect of varied intensity of skill practice on skill performance (30m run with the ball test & kicking accuracy) of football players.

METHODOLOGY:

The subjects for the study were forty male football players of 12 to 14 years had been selected from Hindi High School, Mumbai with view to find out the effect of varied intensity of skill practice on anaerobic power and skill performance of the football players. The main purpose of this study was to examine the short term effects. The 40 selected boys were divided into two equal groups, consisting of 20 subjects in each group as experimental and control groups. The experimental group underwent 6 weeks of varied intensity training, 6 days (Monday to Saturday) in the week, one hour in a morning session. Whereas the control group did not undergo any training. The pre test and post test were conducted for both the experimental and control group on the anaerobic power (Vertical Jump and Standing Broad Jump) and skills performance (30m run with the ball test and Kicking Accuracy Test).

STATISTICAL ANALYSIS AND FINDINGS:

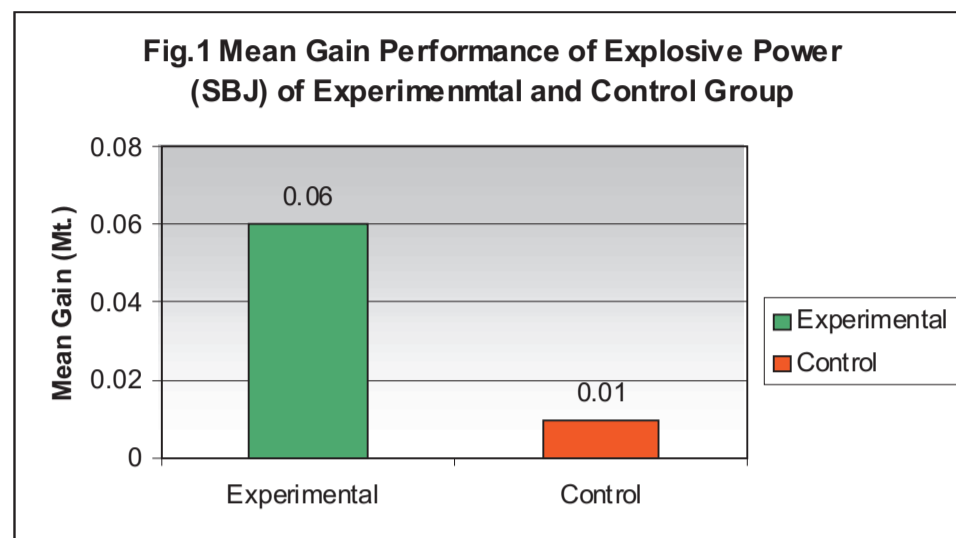
The comparison of mean gain in selected variable between Experimental group and control group

Table 1

Variables	Group Compared	Mean Gain	Mean Difference	Standard Error Mean Gain	't' Value	Significance
Explosive power (Standing Broad Jump)	Experimental Vs control	0.06	0.05	0.02	2.62	0.01 (p<0.05)
		0.01				
Explosive power (Vertical Jump)	Experimental VS control	.03	0.02	0.01	2.53	0.02 (p<0.05)
		0.01				
Football skill (30mts Dribble)	Experimental Vs control	1.16	1.50	0.60	2.49	0.02 (p<0.05)
		-0.34				
Football skill (Kicking Accuracy)	Experimental. Vs control	1.05	1.35	0.52	2.62	0.01 (p<0.05)
		-0.30				

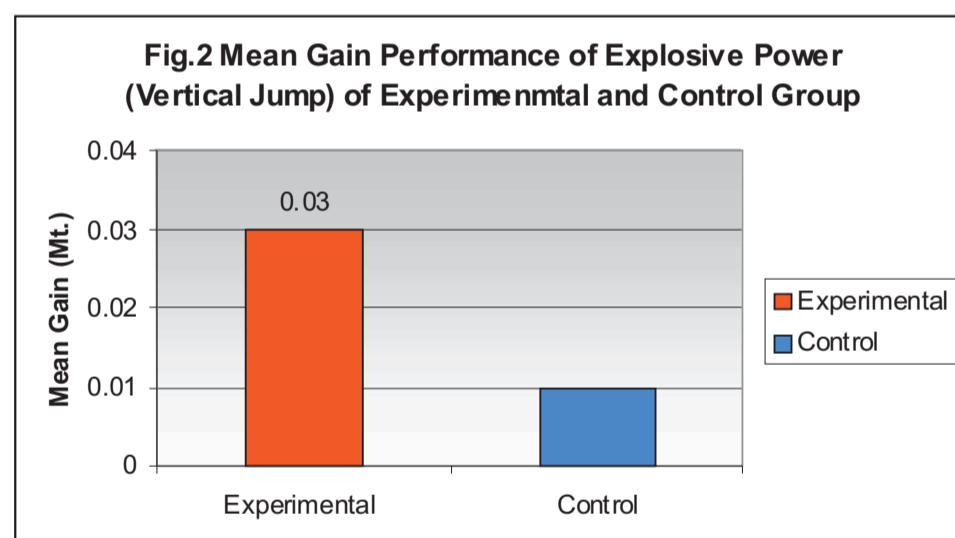
1. COMPARISON OF MEAN GAIN IN THE EXPLOSIVE POWER OF STANDING BROAD JUMP BETWEEN THE EXPERIMENTAL GROUP AND CONTROL GROUP

It is seen from the Table. 1 that, in explosive power of Standing broad jump test, the mean gain of the Experimental Group and Controlled Group is 0.06 and 0.01 respectively, whereas the difference in the mean gain of both group is 0.05 which is in favour of experimental group whereas the 't' value of is 2.66 which is significant at 0.05 level. This reveals that varied intensity training improved the explosive power of experimental group significantly. The above results have also been represented graphically in the Fig. 1



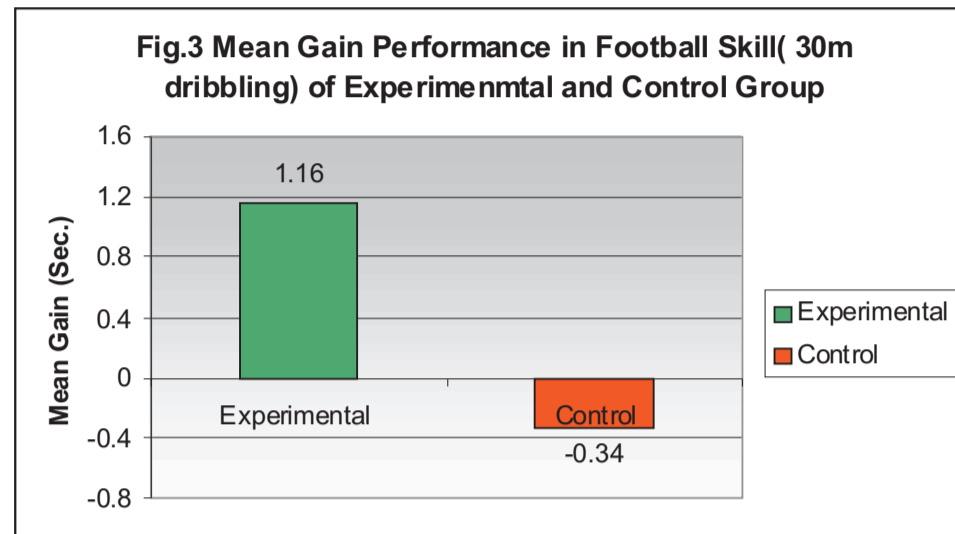
2. COMPARISON OF MEAN GAIN IN THE EXPLOSIVE POWER OF VERTICAL JUMP BETWEEN EXPERIMENTAL AND CONTROL GROUP

It is seen from the table 1 that, in case of explosive power of vertical jump test, the mean gain of the Experimental Group and Control Group is 0.03 and 0.01 respectively, whereas the difference in the mean gain of both group is .02 which is in favour of experimental group whereas the 't' value is 2.53 which is significant at 0.05 level. This reveals that varied intensity training has improved the Explosive power of experimental group significantly. The above results have also been represented graphically in the Fig. 2



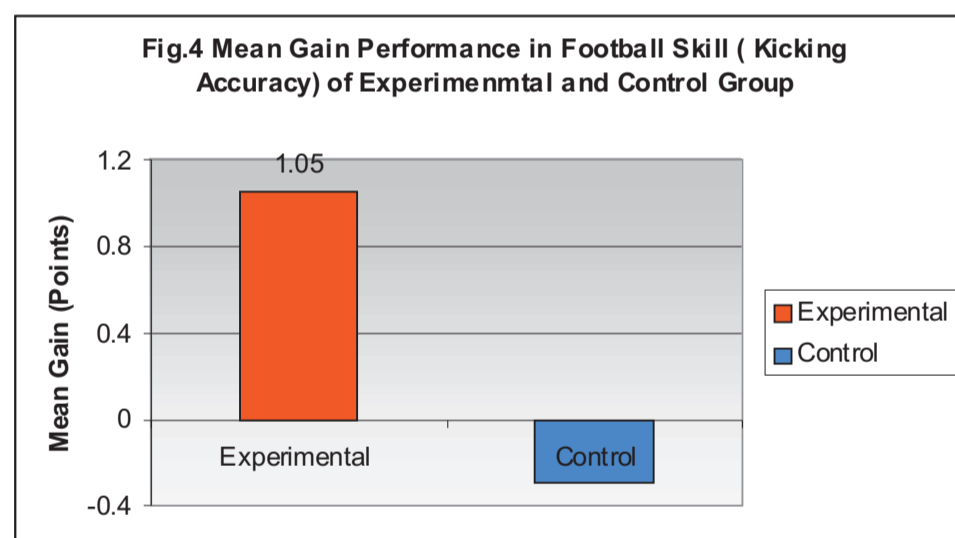
3. COMPARISON OF MEAN GAIN IN FOOTBALL SKILL (30MTS DRIBBLE) BETWEEN THE EXPERIMENTAL AND CONTROL GROUP

It is seen from the Table 1 that, in case of skill performance , 30mts Run with the Ball (Dribble) Test, the mean gain of the experimental group and control group is 1.16 and -0.34 respectively, whereas the difference in the mean gain of both group is 1.50 which is in favour of experimental group where as the 't' value is 2.49 which is significant at 0.05 level. This reveals that varied intensity training has improved the Football skill performance of experimental group significantly. The above results have also been represented graphically in the Fig. 3



4 COMPARISON OF MEAN GAIN IN FOOTBALL SKILL OF KICKING ACCURACY BETWEEN THE EXPERIMENTAL AND CONTROL GROUP

It is seen from the Table 4 that, in case of skill performance of kicking accuracy test, the mean gain of the Experimental Group and Control Group is 1.05 and -0.30 respectively, whereas the difference in the mean gain of both group is 1.35 which is favour of experimental group where as the 't' value is 2.62 which is significant at 0.05 level. This reveals that varied intensity training has improved the football skill performance (kicking accuracy) of experimental group significantly. The above results have also been represented graphically in the Fig. 4



CONCLUSION:

While concluding, it may be stated that, within the limits of the present study

- the selected varied intensity training contributed positively towards the improvement of anaerobic power of standing broad jump and vertical jump of football players
- the selected varied intensity training contributed positively towards the improvement of Skill performance of kicking accuracy test and 30 meters run with of football players.

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