



Academic Sports Scholars

EFFECT OF INTERVAL TRAINING CIRCUIT TRAINING AND SKILL PRESSURE TRAINING ON SELECTED SKILL RELATED PERFORMANCE VARIABLES OF FOOT BALL PLAYERS

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ABSTRACT

The purpose of the study was to find out the effect of interval training, circuit training and skill pressure training on selected skill related performance variables of football players. To achieve the purpose of the present study, sixty men football players from Sri ManakulaVinayagar Medical College, Pondicherry, India

were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into four equal groups of fifteen subjects each. Group I acted as Experimental Group I (Interval Training), Group II acted as Experimental Group II (Circuit Training), and Group III acted as Experimental Group III (Skill Pressure Training) Group IV acted as and Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. Based on this study following result we got it the pre test means of interval training, circuit training, skill pressure training and control groups were 18.96, 18.87, 19.07 and 19.22 respectively. The obtained F-ratio for the pre-test was 1.522 and the



table F-ratio was 2.76. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 3 and 56. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups. The post-test means of the interval training, circuit training, skill pressure training and control groups were 18.23, 18.13, 17.90 and 19.18 respectively. The obtained F-ratio for the post-test was 30.636 and the table F-ratio was 2.76. Hence the post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 3 and 56. This proved that the differences between the post test means of the subjects were significant. The adjusted post-test

means of the interval training, circuit training, skill pressure training and control groups were 18.23, 18.13, 17.90 and 19.18 respectively. The obtained F-ratio for the adjusted post-test means was 28.696 and the table F-ratio was 2.72. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 3 and 75. This proved that there was a significant difference among the means due to the experimental trainings on dribbling.

KEYWORDS: Interval training, Circuit training, Skill pressure training, Dribbling, Foot Ball.

INTRODUCTION :

Football is sometimes referred as soccer in some parts of the world, is a high energy athletic team sport in this modern age. It would be a joy to trace the birth and development of this popular sport. It said that the number of countries that are FIFA members even outnumber the members of United Nations Organizations – another undeniable proof of the game's popularity. Since 1900, football has also been integral part of the greatest sports show in the world, the Olympics. The game, as we know it today, has been followed in a feverish fashion in

Europe, especially in England, for centuries. Interval training is a highly taxing type of training that we could compare with the extremely strenuous work performed by Sisyphus. The concept of interval training has existed for a number of years in one form or another. In the 1930s the famous German coach, Woldemar Gerschler, with the formalization of a structured system of interval training. With interval training, short to moderate periods of work are alternated with short to moderate periods of rest, or reduced activity. Circuit training was invented in 1953 as an efficient way for coaches to train many athletes in a limited amount of time with limited equipment. The exerciser moved through a series of weight training or calisthenics arranged consecutively. It was a fast-paced workout of 15 to 45 seconds per station with little (15 to 30 seconds) or no rest between stations. Today, this is known as "circuit weight training". This type of training is often related to a particular skill, such as passing or heading in football. Once a person has learned the skill of heading, the skill should be practiced in a pressure situation. The player now has to head a number of balls which are delivered in turn at a fairly rapid pace. The player has to adjust to each heading situation quickly. If the balls are fed too quickly or the player becomes fatigued, the skill might well break down.

REVIEW RELATED LITERATURE

Prem & Ramesh (2015) investigated the inter-relationship between selected physical variables with playing ability among college level soccer players. Men (n=65) Soccer players represented Inter-collegiate tournaments were purposively selected from Tiruchirapalli, Tamilnadu, India for this study, and their age of the subjects ranged from 18 to 28 years. The subjects had past playing experience of at least one year in soccer were taken as subjects. To assess the physical variables the following tests were used. Speed was assessed by 50 metres dash, agility was assessed by shuttle run, flexibility was assessed by sit and reach, explosive strength was assessed by standing broad jump and muscular endurance was assessed by sit ups. Playing ability was assessed by coaches rating in 10 points scale. Descriptive statistics and Pearson's correlation coefficients were applied to establish the relationships among the variables measured. Data were analyzed using SPSS (Statistical Package for Social Science) version 15.0. The level of significance was fixed at 0.05. From the present study it is concluded that, among the selected independent variables the speed and explosive strength has highest significant correlation with playing ability followed by agility and flexibility.

Santhosh & Sivakumar (2015) confined to the university level male football players those who

were participating in the South Zone Inter University Football Tournament held at Mahathma Gandhi University, Kottayam, Kerala during the year 2013 – 2014. One hundred and twenty university male football players from ten schools (n = 12), with age group between 19 and 27 years, were selected as subjects for the current study. The selected criterion variables, such as, shooting ability, speed, agility and muscular endurance were selected for this study. The shooting ability was assessed by Mor-Christian General soccer ability skill test, speed was assessed by administering 50 meters dash, agility was assessed by conducting 4 x 10 yards shuttle run and muscular endurance was assessed by administering sit-ups test. The Pearson Product Moment correlation and multiple regression equation were used to find out the relationship between the selected football playing ability such as, shooting ability and selected physical fitness components such as, speed, agility and muscular endurance. The result of the study shows that there was a significant relationship between the shooting ability and selected motor fitness components such as, speed, agility and muscular endurance.

SELECTION OF SUBJECTS

The purpose of the study was to find out the effect of interval training, circuit training and skill pressure training on selected skill related performance variables of football players. To achieve the purpose of the present study, sixty men football players from Sri ManakulaVinayagar Medical College, Pondicherry, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into four equal groups of fifteen subjects each. Group I acted as Experimental Group I (Interval Training), Group II acted as Experimental Group II (Circuit Training), Group III acted as Experimental Group III (Skill Pressure Training) Group IV acted as and Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study.

TABLE - I
COMPUTATION OF ANALYSIS OF COVARIANCE OF INTERVAL TRAINING CIRCUIT TRAINING SKILL PRESSURE TRAINING AND CONTROL GROUPS ON DRIBBLING

	ITG	CTG	SPTG	CG	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	18.96	18.87	19.07	19.22	BG	1.014	3	0.338	1.522
					WG	12.430	56	0.222	
Post-Test Means	18.23	18.13	17.90	19.18	BG	14.484	3	4.828	30.636*
					WG	8.825	56	0.158	
Adjusted Post-Test Means	18.23	18.13	17.90	19.18	BG	13.801	3	4.600	28.696*
					WG	8.817	55	0.160	

* Significant at 0.05 level of confidence

RESULT

Based on the table-I the pre test means of interval training, circuit training, skill pressure training and control groups were 18.96, 18.87, 19.07 and 19.22 respectively. The obtained F-ratio for the pre-test was 1.522 and the table F-ratio was 2.76. Hence the pre-test mean F-ratio was no insignificant at 0.05 level of confidence for the degree of freedom 3 and 56. The post-test means of the interval training, circuit training, skill pressure training and control groups were 18.23, 18.13, 17.90 and 19.18 respectively. The obtained F-ratio for the post-test was 30.636 and the table F-ratio was 2.76.

Hence the post-test mean F-ratio was significant at 0.05 .This proved that the differences between the post test means of the subjects were significant. The adjusted post-test means of the interval training, circuit training, skill pressure training and control groups were 18.23, 18.13, 17.90 and 19.18 respectively. The obtained F-ratio for the adjusted post-test means was 28.696 and the table F-ratio was 2.72. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 3 and 75. This proved that there was a significant difference among the means due to the experimental trainings on dribbling.

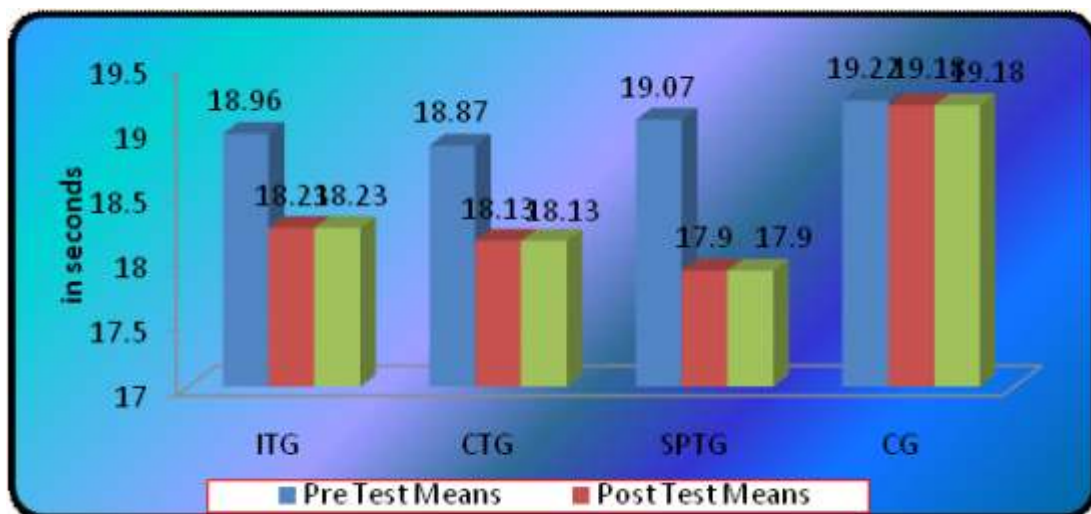
TABLE –II
THE SCHEFFE’S TEST FOR THE DIFFERENCES BETWEEN THE ADJUSTED POST TEST MEANS ON DRIBBLING

Adjusted Post-Test Means				Mean Difference	Confidence Interval
ITG	CTG	SPTG	CG		
18.23	18.13	---	---	0.10	0.42
18.23	---	17.90	---	0.33	
18.23	---	---	19.18	0.95*	
---	18.13	17.90	---	0.23	
---	18.13	---	19.18	1.05*	
---	---	17.90	19.18	1.28*	

* Significant at 0.05 level of confidence

The multiple comparisons showed in Table II proved that there existed significant differences between the adjusted means of interval training with control group (0.95), circuit training with control group (1.05) and skill pressure training with control group (1.28). There was no significant difference between interval training and circuit training group (0.10), skill pressure training and interval training group (0.33) and skill pressure training and circuit training group (0.23) at 0.05 level of confidence with the confidence interval value of 0.42.

GRAPHICAL REPRESENTATION OF DRIBBLING



COAGULATION AND RECOMMENDATION

Based on table value the post test achieves the significance. So that we concluded study give positive result to the foot ball players and interval training, circuit training and skill pressure training are improve the dribbling skills of foot ball players. Coach and players utilize interval training, circuit training and skill pressure training to develop their skills. Same study may conducted in other different skills and motor variables than only we clearly understand the values of following training and that may help to sports fields.

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