



Academic Sports Scholars

EFFECT OF SPECIFIC PACKAGE OF SHOOTING DRILLS ON THE PERFORMANCE OF SHOOTING ACCURACY OF MALE INTER COLLEGIATE FOOTBALL PLAYERS

R. Sridhar¹ and K.Murugavel²

¹M.phil Research Scholar Department of physical Education, Bharathiar University, Coimbatore, India.

²Dean-Faculty of Education, Professor & Head and Director, Department of physical Education, Bharathiar University, Coimbatore, India.



R. Sridhar

ABSTRACT

This study was designed to investigate the effect of specific package of shooting drills on the performance of shooting accuracy of Male inter collegiate Football players. To achieve the purpose of this study 30 male inter collegiate football players were selected from Bharathiar University Department

team and Sri Ramakrishna Mission Vidyala College. Their age ranged between 18 and 25 years. The selected subjects (N=30) were divided in to two equal groups consists of 15 each (n=15) Group, I was considered as experimental group and Group II was considered as control group (CG). The experimental group was treated with specific package of shooting drills for one and a half hour per day in the morning session for a period of twelve weeks. The control group was not given any training except their routine work. The shooting accuracy was accessed by Mor. S. Christian(1979) shooting test. The data collected from the subjects was statistically analyzed by 't' test to find out significant improvement if any, at 0.05 level of confidence. The result of the study reveals that shooting accuracy has been



improved significantly due to the effect of specific package of shooting drills. The results of the present study coincide with findings of investigation done by different experts in the field of sports science.

KEYWORDS : Shooting accuracy, specific packages of shooting drills.

INTRODUCTION :

For youngsters this very exciting element of the game and one for which they need to be taught the correct mechanics. A young player naturally wants to score goals, as in deed players of any age do.

However, it is at this early age that the boy's peers, coaches or parents can unconsciously be putting pressure on him to score and this will affect the development of his technique. This is often reflected by players 'tightening-up', which affects muscular co-ordination and can result in the ball out of the stadium, when in fact a calmer approach would have helped and allowed them to hit the target! The coach needs to help players to concentrate on smoothness and style when shooting at goal - the process is important than the end result at this stage. Cook (1999).

Shooting a soccer ball with power and accuracy on goal is what every player strives for. A soccer shot takes time to develop and reading this article will give you the right information about developing the correct shooting habits in practice. Most important part in shooting a soccer ball is that the player learns the correct technique to approach the soccer ball and follow through with the shot. Players that you see on TV hitting the back of the net many times throughout the season have spent countless hours on the practice field to get to where they are practicing. The wrong technique will make you a worse shooter, passer, header. In order to practice to pay off, every player needs to incorporate the right technique that the brain will remember from practice and turn into a habit during a live game. When shooting, your plant foot, follow through and where you contact the ball are all important. You will want to place your non-shooting foot just outside the ball, with your toe pointing at the direction you are aiming to shoot. Swing your leg through the ball, aiming higher on the ball if you want to keep it low or lower on the ball if you want to send it through the air. Follow through with your shooting leg, in a hopping motion that brings your plant foot off the ground, and land on the foot you shot with the most power. Coggin (2002).

The skill of shooting can be described as "passing the ball past the goalkeeper and into the net". Therefore, the techniques of shooting are simply an extension of good passing techniques. Whatever technique is used in shooting, resisting the "opportunity to shoot" is a common problem amongst players and so, before working on technique, the coach must affect the "attitude" of the players. This will bring about the quickest improvement in performance. Shooting techniques can be improved through correct, unopposed practice, but these practices must be developed to incorporate opposition. The inclusion of opposition provides the element of "realism" into the practice and therefore creates "game situations" for the player. The coach must then observe whether the player has elected the correct technique for the given situation. A server rolls the ball gently towards the forward who runs forward and tries to score by shooting first time. The server should vary the place and the angle of the serve. This can be repeated from both sides of the players, working either foot. Armfield, (2014.)

The hypothesis argued in this paper is that shooting accuracy can significantly improve in intercollegiate football players by the specific package of shooting drills over a consecutive twelve-week period. To date, no study has been conducted on the effect of a specific package of shooting drills on the performance of shooting accuracy of male intercollegiate football players. The present study was designed to examine such effects and explore the possibility of offering an effective training package to intercollegiate male football players.

METHODS

Experimental Approach to the Problem

We selected 30 male intercollegiate football players from Bharathiar University Department team and Sri Ramakrishna Mission Vidyala College team. Their age ranged between 18 and 15 years. The selected subjects (N=30) were divided into two equal groups consisting of 15 each (n=15) of which group I was assigned as experimental group and group II was considered as control group (CG). The

experimental group underwent specific package of shooting drills for one and a half hour per day in the morning session 5 days in a week for a period of twelve weeks. The control group was not given any sort of training except their routine.

DESIGN

The shooting accuracy was assessed by Mro. Christian, Shooting test and the unit of measurement was in the scores. The shooting accuracy was measured at the baseline after 6 weeks of specific package of shooting drills. The collected data on shooting accuracy was analyzed by using 't' test to find out the significant improvement if any at 0.05 level of confidence.

Training programme

The training programme was lasted for 90 minutes for the session in a day, 5 days in a week for the period of twelve weeks duration. These 90 includes 10 minutes warm up, 70 minutes specific package of shooting drills and 10 minutes warm down. Every two weeks of training 5% of intensity of load was increased from 65% to 75% of work load. The volume of specific package of shooting drills is prescribed based on the number of sets and repetitions. The selected subjects underwent the specific package of shooting drills such as 65% 70% 75%. Dribble and shoot, The Diagonal shoot, Shoot between Cones, The Square shoot, Collect the ball and shoot, Receive the ball and shoot and long range shooting.

STATISTICAL ANALYSIS

The collected data on shooting accuracy due to the specific package of shooting drills was statistically analyzed with 't' test to find out the significant improvement between pre and post test, statistical significance was set at 0.05 level of confidence.

TABLE I
COMPUTATION OF 't' RATIO BETWEEN PRE AND POST TEST MEANS OF EXPERIMENTAL GROUP ON SHOOTING ACCURACY

Groups	Test	df	Mean	Std. Deviation	Std. Error Mean	't' ratio
Experimental Group	pre	2	32.93	10.63	2.74	2.90*
	post	28	44.26	10.74	2.77	

*Significant level at 0.05

Table I reveals the computation of 't' ratio between pretest and posttest means on shooting accuracy of male inter collegiate football players due to effect of specific package. The mean values of pre and posttest of experimental group were 32.93 and 44.26 respectively. Since the obtained 't' ratio 2.90 was greater than the required table value 2.145, it was found to be statistically significant at 0.05 level of confidence for degrees of freedom 2 and 28. The result clearly indicated the shooting accuracy of experimental group had been improved, due to the influence of specific package of twelve weeks shooting drills.

TABLE II
COMPUTATION OF 't' RATIO BETWEEN PRE AND POST TEST MEANS OF CONTROL GROUP ON SHOOTING ACCURACY

Groups	Test	Df	Mean	Std. Deviation	Std. Error Mean	't' ratio
Control Group	pre	2	41.46	2.87	.742	1.15
	post	28	43.60	6.55	1.69	

*Significant level at 0.05 2.145 (2,28)

Table II reveals that the 't' ratio between pre and posttest means of shooting accuracy on male inter collegiate football players of control group. The mean values were 41.46 and 43.60 respectively. Since the obtained 't' ratio 1.15 was less than the required table value 2.145, it was found statistically not significant at 0.05 level of confidence degree of freedom 2 and 28. The result clearly indicated the shooting accuracy of control group was not improved.



BAR DIAGRAM SHOWS THE PRE AND POST TEST MEANS OF EXPERIMENTAL GROUP AND CONTROL GROUP ON SHOOTING ACCURACY

DISCUSSION ON FINDINGS

The present study experimented the twelve weeks of specific package of shooting drills on the performance of shooting accuracy of male inter collegiate football players. The result of the study speculated that the specific package of shooting drills on shooting accuracy is more efficient to bring out desirable changes on male inter collegiate football players. Wood(2010) evaluated the six weeks of specific package of shooting drills on the performance of shooting accuracy of male inter collegiate football players. Joanna Scurr (2009) increase in thigh abduction at impact, enabling the kicking foot to be placed further under the ball, which may improve ball contact. EdgardMorya (2003) study is meant as groundwork for experiments in more ecological conditions applicable to kickers and goalkeepers. Tjerk Moll(2010) enhancing future team performance and that emotional contagion is an important

process in the context of elite sport performance. Lopes (2008) conclude by discussing the implications of ecological dynamics to advance research and practice in the penalty kick. John van der Kamp(2006) concluded that anticipating the goalkeeper's movements may degrade penalty kick performance, mainly due to insufficient time to modify the kicking action. Zhou Peiyong (2012) adopts a strategy of relying on situational probabilities in situations where the speed of response is critical. GeirJordet (2007) recommend that practitioners work with players to reduce the perceived importance of each kick. DejanMilenkovic (2013) indicated the indisputable influence of motor abilities of young football players on the majority of specific accuracy tests.

CONCLUSIONS

It was concluded that six weeks of specific package of shooting drills significantly improved the shooting accuracy of inter collegiate male football players and specific package shooting drills may include as a component in the training schedule for inter collegiate footballers.

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