

Short Term Training Programme's Impact on the Variables of Dribbling and Kicking Performance among University Men Soccer Players

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Abstract: *In this analysis was conducted to find out the "short term training programme's impact on the variables of dribbling and kicking performance among Pondicherry university men soccer players". Pondicherry University in the academic year of 2014-15 and their age ranged from 17 – 28 years as per their college records. subjects has been under gone 15 days training camp the training were given morning as well as evening session minimum 90-150 mins per session with various kind of physical exercise/training including warming up warm down and resting time between and set of exercises . In this investigation data were collected from the selected group before and after the training periodover and following variables has been taken such as dribbling and kicking variables "Paired't test" was used for evaluate the data and the level of significance was fixed at 0.05 level of confidence. The result of this study showing, the given short term training programme influenced selected performance variables such as dribbling and kicking to Pondicherry university men football players.*

Keywords: *Plyometric, dribbling and kicking*

1. INTRODUCTION

A high aerobic capacity by the effect of sit amet90 minute soccer game (Stolen et al., 2005). However, the explosive single bout of study (i.e. sprinting, jumping, changing direction) the thing is as important as the aerobic capacity of soccer(Faude et al., 2012; Stolen et al., 2005).Requires players to perform numerous actions of the soccer , that require strength, power , speed, and agility , balance , stability, flexibility and endurance (Bloomfield et al., 2007; orostiaga.et al., 2004; Helgerud et al., 2001)Media useful to improve the quality of sports activities Unknown However, the number of athletes tragic life and life expectancythe deaths of the field, they were produced in recent years, attracting people wide spread media attention. A significant amount of these cases Elite professional soccer name actors involved. Soccer is still strong; Hence, a comparison of power, and the might, and the their derivatives (acceleration, printing, and jumping together) to be beneficial in many game conditions (Hoff and Helgerud, 2004). Therefore, conditioning coaches feel the need to include ancillary strength training sessions as part ofroutine football training program. In this study involves in which way the short term training is helpful for develop to their soccer players' game performances in various skills effectively.

2. OBJECTIVE

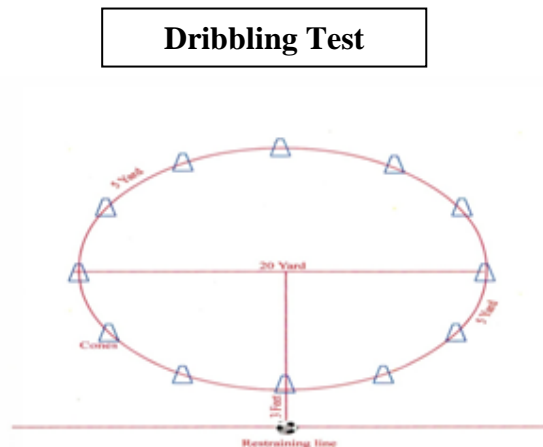
The objective of this study is to evaluate "short term training programme's impact on the variables of dribbling and kicking performance among Pondicherry university men soccer players"

3. METHODOLOGY

In this investigation subjects were taken from Pondicherry University in the academic year 2014-15 their age range between 17 - 28 years based on their college records. The selected subjects under gone fifteen days training camp at Pondicherry unicersity in the morning session as well as evening had the least 90-150 min per session different kind of exercises / training including heating and warm down trodden period and set of practices. Soccer Warner and Morchristien test were used for collecting their skill performances data such as dribbling and kicking the collected data were analysed with "Paired't test" and the level of significance was fixed at 0.05 level of confidence.

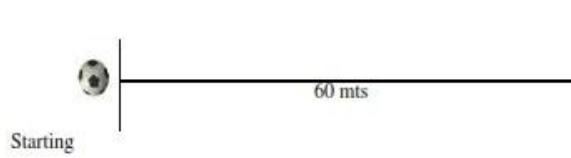
4. DRIBBLING (MOR-CHRISTIAN TEST)

Purpose: To evaluate the ability of dribbling football. Equipment: Football, measuring tape, cones, signs 17, timer, hand pencils and score cards. Methods: As shown in the figure is set to test the dribbling skill test. - Surround the courtyard at intervals for 12 cones placed around the yards in diameter, measured and marked with a twenty = I observe around. A - 3 of the first vertical line marked on the outside of the circle. Directions: "Go" signal, which has been placed on the course around the starting line of a ball, dribbles. Come back to the starting line quickly dribbles between cones in the subjects, and the subjects of the three tests, the final choice of the second counter-clockwise on the right were the first trial. Scoring: The data was added to two times out of three of the best trails.



5. FOOTBALL KICKING PERFORMANCE – (IN METERS)(CLARK AND CLARK 1987)

Purpose: Soccer players' kicking performance measure. Facilities and equipments; Soccer balls, tape, score sheet and pencil lines on the measuring field. Practical; that purport to show that the ball is covered individual how far to kick the ball and run with a fixed starting sequence. 60 m Air-ball line, which advances the ball, measured the distance to stay in a line. Provided the best performance of the three tests were run. Getting; Measure the distance from the kick bounce. Nearest meter 3 best recorded kicks into action.



This above image should be insert in page number two middle of the page kicking performance test image

6. TRAINING SCHEDULE

Days	Morning session Duration; 1 to 2 ½ hours	Evening session Duration; 1 to 2 ½ hours
1 st	20 mins jogging, jumping exercises cone workouts then analysing of player position, ball control, movements while playing and cool down.	25mins jogging, soccer game specific drills for playing, practice match and correction among selected team players
2 nd	20 mins jogging, long stride, shuttle run, running behind ball after crossing 5 mts away from players and cool down.	25 mins jogging, soccer specific drills, stretching, practice matches in that match using advance ball how to success, cool down and core training
3 rd	30 mins jogging step exercises, ball passing and correction cool down with core training.	20 mins jogging, specific drills, practice match among selected team players with ground passing skill creating open space and gap too, penalty shoot, cool down and core exercises
4 th	35 mins jogging, reaction exercises with co-ordination like receiving fast balls ground /air in minimum possible time, practice in playing situation with correction of movements, cool	25 mins jogging, soccer specific drills, practice match and correction among selected team players were used more number of ground passes without mistakes with minimum possible time,

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	down and core exercises.	cool down and core exercises.
5 th	40 mins jogging, launching exercises, long kicking and receiving practice with correction, penalty shootout, cool down with some yoga asana.	30 mins jogging, specific drills of soccer, practice match and correction among selected team players were used more number of long air passes and successful finishing, cool down and core plank exercises.
6 th	45 mins jogging, mobility exercises, practice of trapping the ball in various way for different match situation with and without disturbances , penalty shoot and cool down	30 mins jogging, specific drills for soccer game, practice match with receiving various passes with resistance and success that without error, cool down, core exercises.
7 th	45 mins jogging, plyometric (cone) exercises, practice short passing games for developing speed play and confidence of giving passes, penalty shot, cool down.	30 mins jogging, specific warming up for soccer game, practice 1vs 1, 3 man, diagonal passes with playing situation how to success, penalty shoot, cool down and core exercises.
8 th	45 mins jogging, specific warming up for soccer game, long range shooting to post with goal keeper and direct and indirect free kick practice with correction, cool down and core exercises.	Specific warming up, practice match with outside team, cool down, review related match positive and negative movements and correction.
9 th	45 mins jogging, specific drills for soccer game, corner kick practice left and right with goal scoring with and without disturbances, cool down and core exercises.	30 mins jogging, specific drills, practice match and correction among selected team players, penalty shoot, cool down and core exercises.
10 th	30 mins jogging, speed training with collection of ball, dribbling with in cone, tackling opponent, less number of passing in minimum possible time with goal scoring, cool down with passive stretching.	Specific warming up, practice match among selected team players defensive vs offensive players or setting their playing position while defending and attacking playing situation.
11 th	Specific warming up, practice match with outside team, cool down, review related match positive and negative movements and correction.	30 mins jogging, specific drills heading practice defensive and offensive various playing situation cool down and core training.
12 th	50 mins jogging, specific drills in soccer, shooting practice from various ranges to goal post with goal keeper with and without resistance, cool down and core exercises.	30 mins jogging, specific drills, practicing defensive skill position in playing situation with and without offensive players resistance, wall formation, penalty shoot, cool down and core exercises.
13 th	45 mins jogging, specific drills of soccer game, practice offensive and defensive tactics how to break wall direct and indirect kicking, penalty shoot, cool down and core exercises.	Specific warming up, practice match with outside team, cool down, review related match positive and negative movements and correction/discussion.
14 th	30 mins jogging, specific drills, practice match error correction, penalty shoot-out and core exercises.	35 mins jogging, specific drills, overall playing position checking with ball offensive and defensive players with and with-out opponent disturbances, penalty shoot, cool down and core exercises.
15 th	Specific warming up, practice match with outside team, cool down, review related match positive and negative movements and correction.	20 mins jogging, Specific warm up, practice match error correction, penalty shoot, cool down and core exercises, before real competition one day rest.

Table1. Pre and Post- Test Mean Standard Deviation, Standard Error Mean and 'T' Ratio on the Variable of Dribbling

test	Mean	S.D	S.E.M	't' ratio	Table value
Pre test	17.11	2.36	0.572	2.791*	1.746
Post test	15.83	1.38	0.334		

Significant* value at 0.05 level with degrees of freedom 16 't' table value is= 1.746 respectively.

Based on the above table-1 showing results mean, S.D, standard error mean and 't' ratio values on the variable of dribbling pre-test mean value 17.11, post- test mean value is 15.83 and S.D values are 2.36, 1.38 moreover the 't' ratio value 2.791 is higher than the table value 1.746. Hence it is showing that there is a positive significant change between pre-test and post- test values on the variable of dribbling,

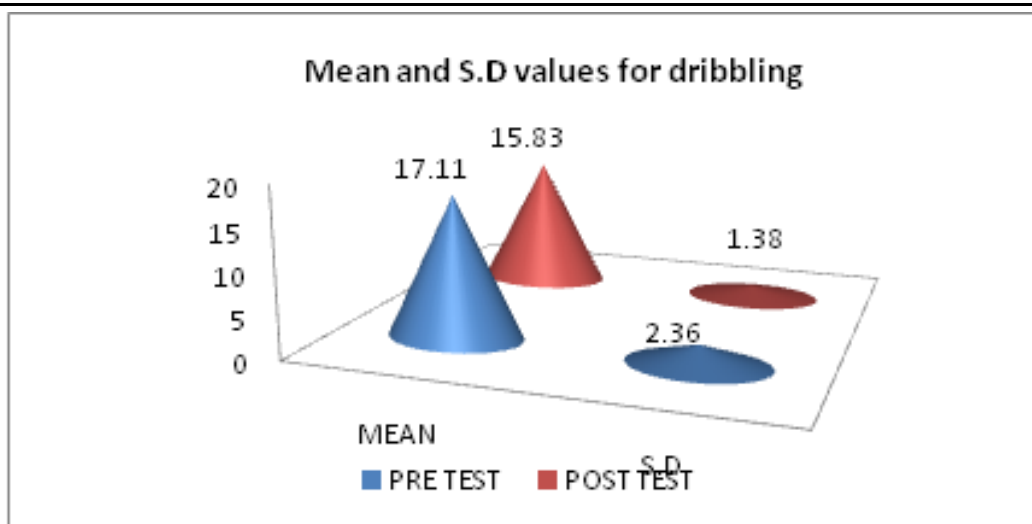


Fig1. The diagram showing the results of pre and post- test mean and standard deviation on the variable of Dribbling

Table2. Pre and Post- Test Mean, Standard Deviation, Standard Error Mean and 'T' Ratio on the Variable of Kicking

test	Mean	S.D	S.E.M	't' ratio	Table value
Pre test	40.54	5.74	1.39	1.722	1.746
Post test	41.57	5.77	1.40		

Significant* value at 0.05 level with degrees of freedom 16 't' table value is= 1.746 respectively.

Based on the above table-2 showing results mean, S.D, standard error mean and 't' ratio values on the variable of kicking pre-test mean value 40.54, post- test mean value is 41.57 and S.D values are 5.74, 5.77 moreover the 't' ratio value 1.722 is lesser than the table value 1.746. Hence it is showing that there is no significant difference between pre-test and post- test performance on the variable of kicking.

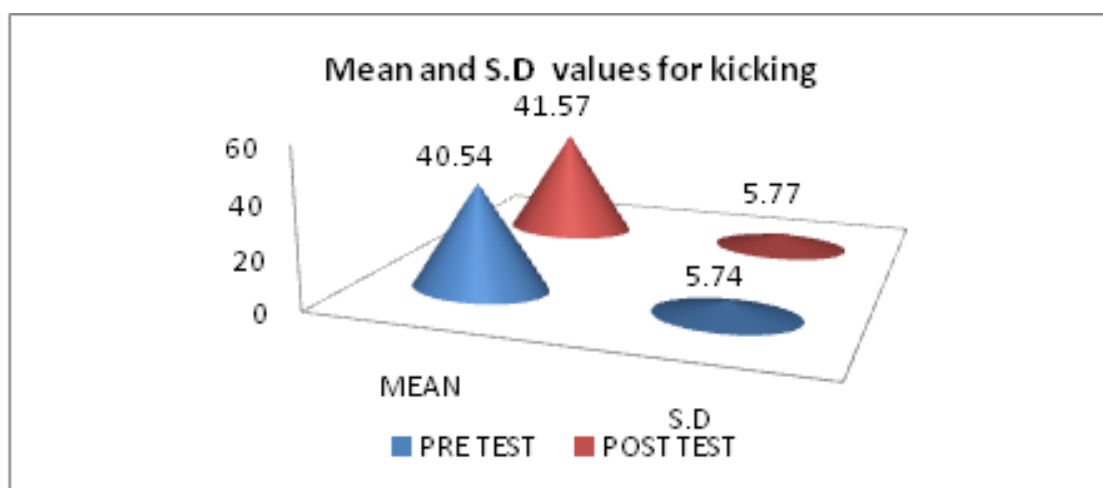


Fig2 The diagram showing the results of pre and post- test mean and standard deviation on the variable of Kicking

7. CONCLUSION

Based on the investigation the researcher given the conclusion below, the given 15 days training programme has been influenced the selected performance variables dribbling and kicking. In dribbling variable mean and S.D timings were reduced than the pre-test timings and the 't' ratio value also higher than the table value. So it's clearly showing that the given short term training were affected dribbling variable positively. In kicking variable the mean and S.D values showing slight positive development but the calculated 't' ratio value is lesser than table value so there is no significant difference between pre-test and post-test values. Hence this investigation showing 15 days short term inters university training may not enough to influence kicking performance.

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Dr. S. Binthu Mathavan, I was awarded my doctorate in the year May 2014 from Dept. of Physical Education and Sports, Pondichery University, Puducherry, India. My research work involves studies on the “Effect of Plyometric and Core Training on Selected Physical Physiological and Skill Related Performance Variables among Men Football Players”. I was an Assistant Coach of Pondicherry University Men and Women Football Team during the academic Year 2011-15 for the Tournament of South Zone Inter University competition. I have received **BHARATHA RATHNA Dr. B.R. AMBEDKAR gold medal** for the degree of (Master of Philosophy in physical education), an award received from President of India for outstanding performance in the best SC/ST student among M.PHIL courses in Pondicherry University in the year 2013. And former president of India **Shri. K.R.NARAYANAN gold medal** received for outstanding performance in best SC student among P.G. Courses in the year- may 2010 in Pondicherry University