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Effects of different specific drill training packages on selected dribbling ability among college men football players

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Abstract

The purpose of the study was to find out the effects of specific drill training packages on selected dribbling ability among college men football players. To achieve this purpose of the study, forty five men football players were selected from Government boy's degree college Baramulla, Jammu and Kashmir, India were selected as subjects at random. The selected subjects were divided into three equal groups of fifteen subjects each, such as specific package drill training package I, specific drill training package II and control group. The group first underwent specific package drill training package I and group II underwent specific drill training package II for four days per week for twelve weeks. Group III acted as control group who did not participate any special training programmes apart from their regular routine. The following variable namely dribbling ability was selected as criterion variable. All the subjects of three groups were tested on selected dependent variables at prior to and immediately after the training programme. The analysis of covariance (ANCOVA) was used to analyze the significant difference, if any among the groups. The 0.5 level of confidence was fixed as the level of significance to test the "F" ratio obtained by the analysis of covariance, which was considered as an appropriate. The results of the study revealed that there was a significant difference of specific package drill packages on experimental groups.

Keywords: Specific training, drill, dribbling ability, football

Introduction

Soccer is a game which requires both aerobic and anaerobic fitness for parts of the game. Most commonly this will come in the form of short sprints these periods are followed by longer spells of jogging and walking. There are four physical abilities, which are relevant to an understanding of the nature of football skill they are speed, strength, endurance and mobility. The greater or lesser degree of proficiency is possible within each one of them there is a close relationship between each of them.

Specific drill training is the specific training which is given to the sportsman's related any specific skills for example dribbling, shooting, kicking etc. Sports specific drill training is simply performance or fitness training designed specifically for athletic performance enhancement could include such areas as strength, speed, power, endurance, flexibility, mobility, agility, mental preparedness, including goal setting, sleep, recovery, regeneration techniques and strategies, nutrition, rehabilitation, prehabilitation and injury risk reduction.

Dribbling is the ability to run with the ball at your feet. (Scott Murray, 2010). Dribbling means to attack the defender using the dribble as a way of advancing toward your opponent's goal. Players should attack the open space behind the defender in a manner that takes them directly toward the opponent's goal by being creative and using different dribbling feints to beat the defender. Emphasize the importance of exploding, or accelerating, into the open space that was created by the feint. This change of pace allows the player with the ball to leave the defender behind and penetrate toward the goal.

Dribbling is the art where in the player keeps possession of the ball and at the same time keeping the ball near about the toe is essential for a good dribble. Dribbling is the art of carrying the ball on one's own under control, in order to beat the opponent in dribbling, the ball is moved forward by the use of the inside and outside foot, while keeping the ball as close

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to the body as possible. Dribbling is one of the categories of techniques with in the principles of penetration in attack.

Methodology

The purpose of the study was to find out the effect of specific drill training packages on selected dribbling ability among college men football players. To achieve this purpose of the study, forty five men football players were selected from Government boys degree college Baramulla, Jammu and Kashmir, India were selected as subjects at random. The selected subjects were divided into three equal groups of fifteen subjects each, such as specific package drill training package I, specific drill training package II and control group. The group first underwent specific package drill training package I and group II underwent specific drill training package II for four days per week for twelve weeks. Group III acted as control group who did not participate any special training programmes apart from their regular routine. The following variable namely dribbling ability was selected as criterion variable. All the subjects of three groups were tested on selected dependent variables at prior to and immediately after the training programme. The analysis of covariance (ANCOVA) was used to analyze the significant difference, if any among the groups. The 0.5 level of confidence was fixed as the level of significance to test the ‘‘F’’ ratio obtained by the

analysis of covariance, which was considered as an appropriate.

Training Programme

For experimental groups specific drill package I and specific drill training package II has given for four days per week for twelve weeks. Training was given in the evening session. The training session includes warming up and cooling down. Every day the workout lasted for 45 to 60 minutes approximately. The subjects underwent their training programmes as per the schedules under the strict supervision of the investigator. During experimental period control group did not participate in any of the special training.

Analysis of the Data

The influence of specific drill training package I and specific drill training package II on criterion variable were analysed and presented below.

Dribbling Ability

The analysis of covariance of the data obtained for pre and post test scores on dribbling ability of specific drill training package I, specific drill training package II and control groups have been presented in Table I

Table 1: Analysis of Covariance for The Pre And Post Test on Dribbling Ability of Specific Drill Training Package I And Specific Drill Training Package II and Control Groups

test	SDTP-I	SDTP-II	Control group	SOV	SOS	df	Mean Squares	F-Ratio
Pre-Test								
Mean	32.80	31.80	31.47	Between	14.44	2	7.22	0.31
S.D.	4.29	4.92	4.57	Within	952.53	42	22.68	
Post-Test								
Mean	27.20	28.07	32.67	Between	258.98	2	129.49	6.45*
S.D.	4.31	4.19	4.48	Within	842.67	42	20.06	
Adjusted Post-Test								
Mean	26.56	28.25	33.12	Between	344.01	2	172.01	34.07*
				Within	207.00	41	5.05	

* Significant at.05 level of confidence.

(The table values required for significance at.05 level of confidence for 2 and 42 and 2 and 41 are 3.222 and 3.226 respectively).

Table I shows that the pre-test mean values on dribbling ability of specific drill training package I, specific drill training package II and control groups were 32.80, 31.80 and 31.47 respectively. The obtained ‘F’ ratio of 0.31 for pre test scores was lesser than the table value of 3.222 for DF 2 and 42 required for significance at.05 level of confidence on dribbling ability. The post-test mean values on dribbling ability of specific drill training package I, specific drill training package II and control groups were 27.20, 28.07 and 32.67 respectively. The obtained ‘F’ ratio value of 6.45 for post test score was greater than the table value of 3.222 for DF 2 and 42 required for significance at.05 level of confidence on dribbling ability.

The adjusted post-test mean values on dribbling ability of specific drill training package I, specific drill training package II and control groups were 26.56, 28.25 and 33.12 respectively. The obtained ‘F’ ratio value of 34.07 for adjusted post test scores was greater than the table value of 3.226 for DF 2 and 41 required for significance at.05 level of confidence on dribbling ability.

The results of the study indicated that there was a significant difference among the adjusted post-test means of specific drill training package I, specific drill training package II and control groups on dribbling ability. To determine the significance difference among the three paired means, the

scheffe’s test was applied as post hoc test and the results are presented in table II.

Table 2: The Scheffe’ s test for the difference between paired means on dribbling ability

SDTP-I	SDTP-II	Control group	Mean Differences	Confidence Interval Value
26.56	28.25	-	1.68	2.08
26.56	-	33.12	6.56*	2.08
-	28.25	33.12	4.87*	2.08

*Significant at.05 level of confidence.

The table II shows that the mean difference values between specific drill training package I and control group, specific drill training package II and control group are 6.56 and 4.87 respectively on dribbling ability which were greater than the required confidence interval value 2.08 at.05 level of confidence. Further, the table II shows that the mean difference values between specific drill training package I and specific drill training package II 1.68 on dribbling ability which was less than the required confidence interval value 2.08 at.05 level of confidence. The results of this study showed that specific drill training package I and Specific drill training package II were significantly differed on dribbling ability when compared to control group. No significant

difference were found between specific drill training package I and specific drill training package II on dribbling ability. The adjusted post-test mean values of specific drill training

package I group, specific drill training package II group, and control groups on dribbling ability were graphically represented to figure I.

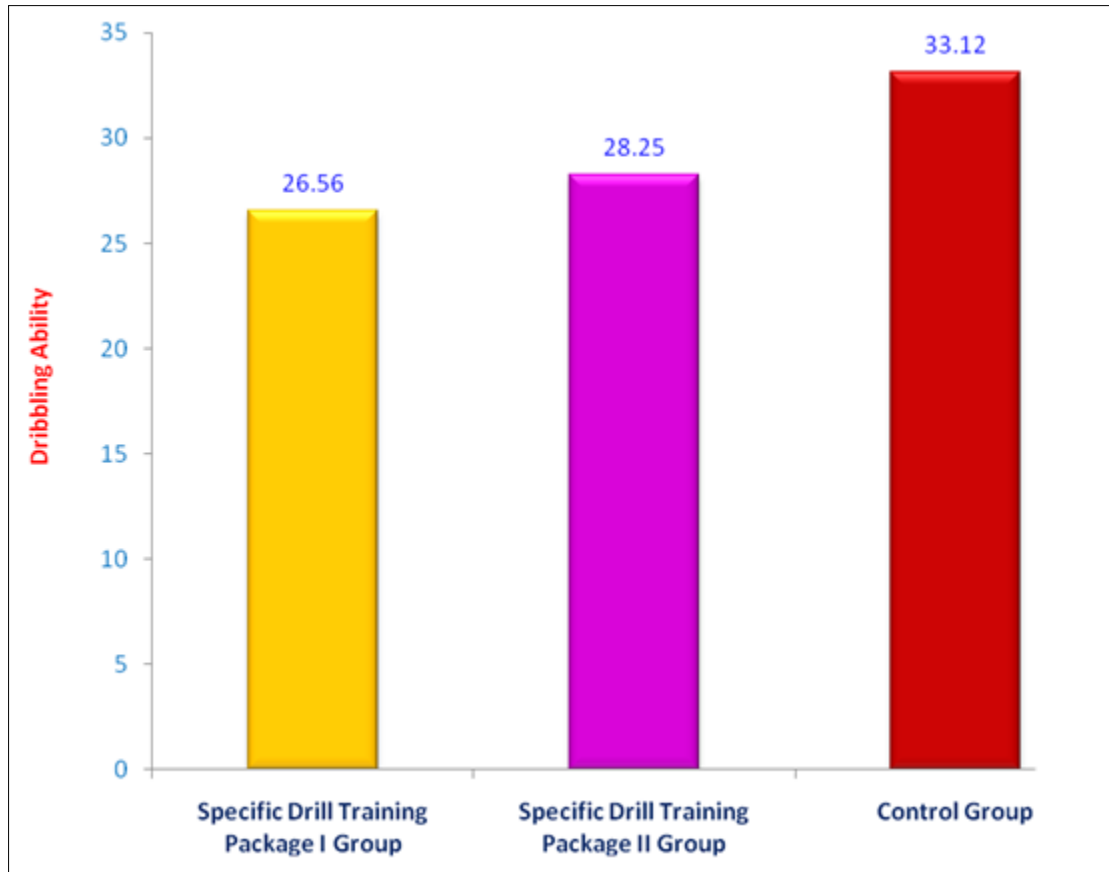


Fig 1: The Adjusted post-test mean values of specific drill training package i, specific drill training package ii and control groups on dribbling ability

Conclusion

1. There was a significant difference among specific drill training package I, specific drill training package II and control groups on selected dribbling ability among college men football players.
2. Specific drill training package I has significantly differed on dribbling ability when compared to specific drill training package II and control groups. Specific drill training package II was not significant on dribbling ability when compared to control group.
3. it was found that there was a significant improvement on selected criterion variable such as dribbling ability due to specific package drill training packages on football players.

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