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## Effects of skill related fitness training on the development muscular strength endurance of collegiate football players

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### Abstract

The primary motivation behind the examination is to discover the impacts of particular wellness preparing on touchy energy of university football players. Approach: To accomplish the motivation behind the examination 30 understudies from 17 years to 21 years in C.B.R. National School of Law, Shivamogga are chosen as a subject. The subject are clarified plainly on the reason and nature of the examination and also asked to be the volunteer for the investigation. In this investigation dangerous power is chosen as factor and it is measured by sit up test. They are physically dynamic and ready to keep up their movement level. The investigation is defined as pre and post test. The Random Group design, in which thirty subjects are partitioned into two equivalent gatherings. The Experimental Group-I (n=15, SFTG gathering) experiences Skill Relater Fitness Training and control gathering (n=15; CG) does not under a particular preparing program. All the chosen subjects are dissected by utilizing t test. Result: The outcome demonstrates that the games particular preparing enhanced the touchy energy of university level football players.

**Keywords:** Muscular strength endurance, skill relater fitness training, plyometric

### Introduction

Football is the most pervasive games on the planet. Football is portrayed as vivacious, high force, discontinuous, ball and physical games. The attributes of Football alongside the require practical exercises clearly puts extraordinary requests on the specialized and physical abilities of the individual players. The contemporary history of football traverses over 100 years. Everything started in 1863 in England, when rugby on their distinctive courses and the world's first football affiliation was established in England. The two types of football originated from a typical root and both have a long and complicatedly spread familial tree. Their initial history uncovers in any event about six unique amusements, fluctuating to various degrees and to which the chronicled improvement of football is connected and has really been followed back. Regardless of whether this can be legitimized in a few occasions is questionable. By and by, the reality remains that playing a ball with the feet has been continuing for a huge number of years and there is positively no motivation to trust that it is a variation of the more "normal" type of playing a ball with the hands. In actuality, aside from the total need to utilize the legs and feet in with no laws for security, uncertainty perceived comfortable start that the specialty of controlling the ball with the feet is to a great degree troublesome and, thusly it is the most punctual type of the diversion for which there is logical proof was an activity of definitely this skilful method going back to the second and third hundreds of years B.C in China. A military manual dating from the time of the Han Dynasty incorporates among the physical training works out, the "Tsu' Chu". This comprised opening, measuring just 30- 40 cm in width, into a little net settled onto long bamboo sticks – an accomplishment which clearly requested awesome aptitude and brilliant procedure. A variety of this activity additionally existed, whereby the player is not allowed to go for his objective unrestricted, but rather needed to utilize his feet, chest, and back and bears while endeavoring to withstand the assaults of his adversaries. Utilization of the hands is not allowed. The ball aestheticness of the present best players is in a way not exactly as new as a few people may expect.

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Reviews of Related Literature Rahman Rahimi *et al.* (2005) led an examination on the impact of plyometric, weight and plyometric weight preparing on anaerobic power and solid quality. The impact of three distinctive preparing conventions plyometric preparing, weight preparing, and their blend on the vertical bounce execution, anaerobic power and strong quality. In light of their preparation, 48 male undergrads were isolated 4 gatherings. Plyometric preparing group (n=13), Weight preparing gathering (Original Article ISSN: 2349 - 4891 International Journal of Recent Research and Applied Studies (Multidisciplinary Open Access Refereed e-Journal) Kanthraj s *et al.* 2018 ISSN: 2349 – 4891 2 International Journal of Recent Research and Applied Studies, Volume 5, Issue 5 (1) May 2018 n=11), plyometric in addition to weight preparing group (n=14) and a control gathering (n=10)

### Methodology

The essential purpose behind the examination was to find the effects of specific health planning on perilous vitality of college football players. Theory: To fulfill the explanation behind the examination 30 understudies from 17 years to 21 years from C.B.R. National school of Law, Shivamogga were picked as a subject. The subject were cleared up about the reason and nature of the examination clearly and requested to be the volunteer for the examination. In this examination flimsy power was picked as factor and it was measured by vertical bob test. They were physically unique and prepared to keep up their development level. The examination was point by point as pre and post test unpredictable get-together arrangement, in which thirty subjects were isolated into two equal social events. The Experimental Group-I (n=15, SFTG)

experienced Skill Relater Fitness Training and control gathering (n=15; CG) did not undergo a specific getting ready program. The entire picked subject was researched by using t test. Twelve week of preparing plan was connected. Analyses and the Result of the Study Table 1 Paired samples statistics values on pre and post test mean values of skill related training group of male football players Variable Test Mean N Std. Deviation.

### Sit Ups

Toward gauge the stamina of the stomach with hip-flexor strength euro fit sit-ups experiment is finished. The point of the experiment is toward executing the greatest number of sit-ups since single preserve within 30 seconds. The topic lied lying on the tangle by the knee bowed on correct points, by the foot level on top of the ground with detained around an accomplice. On the order set out, the topic was requested toward elevate the trunk with the goal to the abdominal area appears within situated similar to perpendicular, with afterward requested to come back toward the ground. In a similar system topic be approached toward proceed used for 30 seconds. Intended for every sit up the rear be requested toward contact the ground. The most extreme quantity of effectively perform sit ups in 30 seconds be record. The sit up be not tallied but the topic neglected toward achieve the perpendicular place ,but rear not contacting the floor, curve before bend inside the rear toward elevate the posterior sour the floor toward raise the abdominal area, otherwise but the knee surpassed 90-degree point.

### Analyses and the Result of the Study

**Table 1:** Paired samples statistics values on pre and post test mean values of skill related training group of male football players

Variable	Test	Mean	N	Std. Deviation		Std. Error Mean	
Muscular Strength Endurance	Pre-Test	12.7340	15		.61585	.15901	
	Post-Test	11.8560	15		.76082	.19644	
				Paired Differences			
				t	df	Sig. (2- tailed)	
Mean	Std.	Std. Error	95% Confidence Interval of the				
	Deviation	Mean	Difference				
			Lower	Upper			
.87800	.62729	.16196	.53062	1.22538	5.42*	14	.000

0.05 level of significance (2.14)

They got t - proportion an incentive for the Muscular Strength Endurance is more noteworthy than the table estimation of 2.14, it demonstrates that there is a huge contrast among the

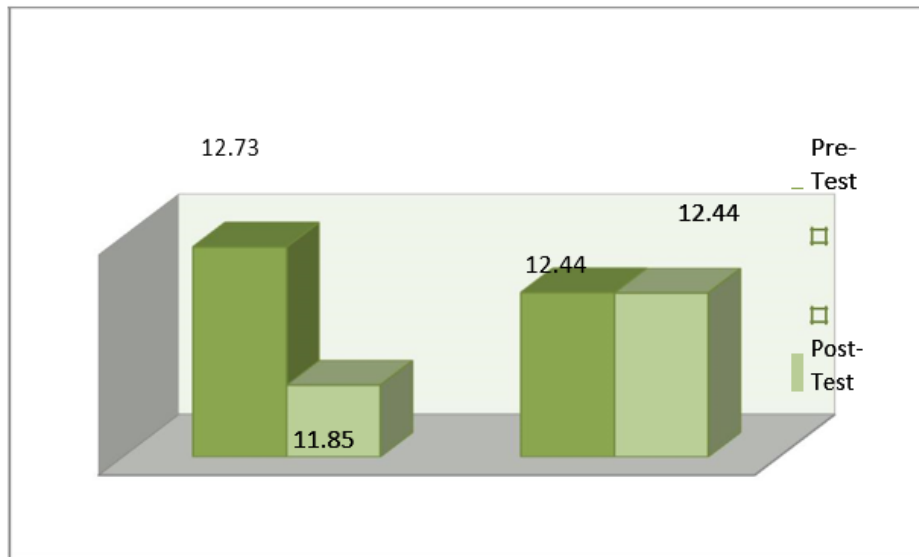
pre-test and post-test methods for the games particularly in preparing gathering.

**Table 2:** Paired samples statistics values on pre and post test mean values of control group of male football players

Variable/ Test	Test	Mean	N	Std. Deviation		Std. Error Mean	
Muscular Strength Endurance	Pre-Test	12.4440	15		.68915	.17794	
	Post-Test	12.4413	15		.68877	.17784	
				Paired Differences			
				t	df	Sig. (2 tailed)	
Mean	Std.	Std. Error	95% Confidence Interval of the				
	Deviation	Mean	Difference				
			Lower	Upper			
.00267	.00799	.00206	-.00176	.00709	1.293	14	.217

The obtained t - ratio value for the Muscular Strength Endurance is failed to reach the table value of 2.14, it

indicates that there is no significant difference among the pre-test to post-test means of control group.



The bar Diagram showing the Muscular Strength Endurance mean values of SPTG And CG of collegiate football players

### Result of the Study

The present examination has uncovered that the games particular in preparing altogether enhanced the touchy energy of university male football players. Changes in quality confirm the initial couple of long stretches of protection preparing which are more connected with neural adjustments (Moritani and DeVries, 1979), which include the improvement of more proficient neural pathways along the course to the muscle. Long haul changes in quality will probably be inferable from hypertrophy of the muscle strands or muscle gathering (Sale, 1988). Consolidating both protection quality preparing and plyometric hazardous power preparing is to utilize the mix of protection and plyometric activities to greatly draw in the sensory system and actuate more filaments.

(Beachle and Earle (1994). (A Comparative Study of Motor Fitness and Anthropometric Variables amongst the Highly and Less-exceptionally Performing Football Players). S. Suthakar, H.K. Kiran Kumar, M. and Shivarama Reddy (2017) say sports specific training improves the Muscular Strength Endurance. This study reveals that the skill related training improves the Muscular Strength Endurance for male football players.

### Conclusion

It was concluded that the skill related training improved the Muscular Strength Endurance of male football players and control group did not show any improvement on the explosive power.

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