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## EFFECT OF PRE SEASON TRAINING ON SELECTED PHYSICAL AND PERFORMANCE VARIABLESE AMONG STATE LEVEL SCHOOL FOOT BALL PLAYERS

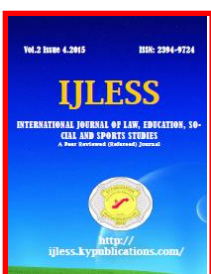
RESEARCH ARTICLE

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### ABSTRACT

The purpose of this study was to find out the effect of pre-season training on selected physical fitness and performance variables among school football players. To achieve the purpose pf this study, 40 football players, who represented St. John's International School, Chennai were selected as subjects. The selected subject's age group was ranging from 14 to 17 years. The selected subjects were divided into two groups, experimental group and control group consisting twenty each. The physical and performance variables selected are agility, kicking for distance; randomized pre-test and post-test experimental design was followed for this study. Randomly selected school level football players (n=40) were divided into two groups, namely experimental group 1 and control group consisting of twenty subjects in each. Experimental group1 was subjected to pre-season training using selected physical activities. The investigator in collection with the guide and experts designed a set of physical exercises to be imparted to the subjects as pre-season training. The level of selected physical fitness and performance levels were recorded prior to the experimental period for both the groups which were considered as initial scores of the subjects. post test scores were obtained after the completion of pre-season training on selected variables. The difference between initial and final scores was considered as the effect of pre-season training on selected variables. The statistical significance of the data was tested through, ANCOVA. In all cases, 0.05 levels were fixed as confidence level the results proved that the pre-season training significantly improved physical fitness variables, agility and performance variables, kicking for distance among school level football players.

### INTRODUCTION

Sports play a very prominent role in the modern society. It is important to individuals, a group, a nation and indeed the world. Throughout the world, sport has a popular appeal among people of all ages and both sexes. Much of the attraction of sport comes from the wide variety of experience and feeling that result from participation such as success, failure, exhaustion pain, relief and feeling of belonging. Sport can bring money, glory, status and goodwill. However, sport can also bring tragedy, grief and even death. (Coakly, Jay J., 9998)

### TRAINING

Training is not a recent discovery. In ancient times, people systematically trained for military and Olympic endeavors. Today athletes prepare themselves for a goal through training.

**METHODOLOGY**

The purpose of the study was to find out the effects of pre-season training on selected physical fitness and performance variables of school football players.

To achieve the purpose of this study, forty school football players, who represented St.John's International School, Chennai were selected as subjects. The selected subjects' age group was ranging from 14 to 17 years. Physical fitness variables Agility, performance variable Kicking for accuracy over a long distance. Randomized per and post test experimental design was followed for this study. Randomly selected school level football players (n=20) were subjected to guide and experts designed a set of physical exercises to be imparted to the subjects as per season training. The level of selected physical exercises to be impartment to the subjects as per prior to the experimental period which was considered as initial scores of the subjects. Post test scores were obtained after the completion of pre season training on the selected variables. The difference between initial and final scores was considered as the effect of pre season training on selected variables. The statistical significance of the data were tested through, ANCOVA. In all cases 0.05 level was fixed as the confidence level.

**COMPUTATION OF ANALYSIS OF COVARIANCE****RESULTS ON AGILITY**

The initial and final means on pre season training group and control group on Agility through Analysis of Covariance (ANCOVA) is presented in Table I.

**Table I: COMPUTATION OF ANALYSIS OF COVARIANCE ON AGILITY**

|                         | Experimental Group | Control | Source of variance | Sum of Squares | Df | Mean Squares | Obtained f |
|-------------------------|--------------------|---------|--------------------|----------------|----|--------------|------------|
| Pre test Mean           | 10.78              | 10.97   | Between            | 0.37           | 1  | 0.37         | 2.08       |
|                         |                    |         | Within             | 6.78           | 38 | 0.18         |            |
| Post test Mean          | 10.48              | 10.93   | Between            | 2.08           | 1  | 2.08         | 18.08*     |
|                         |                    |         | Within             | 4.38           | 38 | 0.12         |            |
| Adjusted Post Test Mean | 10.54              | 10.88   | Between            | 1.10           | 1  | 1.10         | 21.06*     |
|                         |                    |         | Within             | 1.94           | 37 | 0.05         |            |
| Mean Diff               | -0.30              | -0.03   |                    |                |    |              |            |

Table F-ratio t 0.05 level of confidence for 1 and 38 (df) = 4.08, 1 and 37 (df) = 4.08

The pre test mean on experimental group was 10.78, and control group was 10.97 and the obtained F value was 2.08, which was less than the required F value of 4.08 to be significant. Hence, it was not significant and the groups were equal at initial stage. The comparison of post test means, experimental group 10.48 and control group 10.93 proved to be significant at 0.05 level as the obtained f value 18.08 was greater than the required table F value of 4.08 to be significant at 0.05 level. Taking into consideration the initial and final mean values adjusted post test means were calculated and the obtained F value of 21.06 was greater than then the required f value to be significant 4.01 and hence, there was significant difference. Thus, it was proved that pre-season training group gained mean difference of -0.30 which was due to pre-season training given to soccer players, and the difference was found to be significant at 0.05 level. Thus, the formulated hypothesis that pre season would be significant in improving Agility is accepted at 0.05 level.

**RESULTS ON KICKING FOR ACCURACY OVER A LONG DISTNACE**

The initial and final means on pre season training group and control group on Kicking for accuracy over a long Distance through Analysis of Covariance (ANCOVA) is presented in Table II

**Table II: COMPUTATION OF ANALYSIS OF COVARIANCE ON KICKING FOR ACCURACY OVER A LONG DISTANCE**

|               | Experimental Group | Control | Source of variance | Sum of Squares | Df | Mean Squares | Obtained f |
|---------------|--------------------|---------|--------------------|----------------|----|--------------|------------|
| Pre test Mean | 3.75               | 4.20    | Between            | 2.02           | 1  | 2.02         | 1.26       |
|               |                    |         | Within             | 60.95          | 38 | 1.60         |            |

|                         |      |      |         |       |    |       |        |
|-------------------------|------|------|---------|-------|----|-------|--------|
| Post test Mean          | 5.10 | 4.25 | Between | 7.23  | 1  | 7.23  | 8.08*  |
|                         |      |      | Within  | 33.55 | 38 | 0.88  |        |
| Adjusted Post Test Mean | 5.25 | 4.10 | Between | 12.61 | 1  | 12.61 | 58.70* |
|                         |      |      | Within  | 7.95  | 37 | 0.21  |        |
| Mean Diff               | 1.35 | 0.05 |         |       |    |       |        |

Table F-ratio at 0.05 level of confidence for 1 and 38 (df) = 4.08, 1 and 37 (df) = 4.08.

The per-test mean on experimental group was 3.75, and control group was 4.20 and the obtained *f*-value was 1.26, which was less than the required F value of 4.08 to be significant. Hence, it was not significant and the groups were equal at initial stage.

The comparison of post test means, experimental group 5.10 and control group 4.25 proved to be significant at 0.05 level as the obtained *f* value 8.18 was greater than the required table F value of 4.08 to be significant at 0.05 level.

Taking into consideration the initial and final mean values adjusted post test means were calculated and the obtained F value of 58.70 was greater than the required F value to be significant 4.01 and hence, there was significant difference.

Thus, it was proved that pre-season training group gained mean difference of 1.35 which was due to pre-season training given to soccer players, and the difference was found to be significant at 0.05 level. Thus, the formulated hypothesis that pre season would be significant in improving Kicking of Distance is accepted at 0.05 level.

#### CONCLUSIONS:

1. It was concluded that pre season training significantly improved selected physical fitness variables of agility of the school level football players.
2. It was concluded that pre season training significantly improved selected performance variables of kicking for accuracy over a long distance of the school level football players.

#### REFERENCE

Coakley, Jay J. (1998), Sport in Society: Issues and Controversies, 6 Edn, Boston, McGraw Hill.