



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2016; 2(7): 591-594
www.allresearchjournal.com
Received: 16-05-2016
Accepted: 23-06-2016

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Impact of skills and drills practice training on positional requirements of defenders midfielders and forwards on kicking ability of high school level football players

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Abstract

This study was designed to determine impacts of skills and drills practice training on positional requirements of defenders midfielders and forwards on kicking ability of High School Level male football players. To achieve the purpose of the study (N=114) High School Level male football players was selected from Coimbatore District namely PSG, PSBB, Lesiux, CSI, SSV and Dr.NGP Schools. The subjects will be randomly assigned to two equal groups (n=57). Group- I Skills and drills practice training group (SDPTG) and Group - II was act as a control group (CG). The respective training was given to the experimental group 3 days per week alternate days the subjects for a training period of twelve weeks. The control group was not be given any sort of training except their routine. The kicking ability was assessed by Warner soccer skill test. The data collected from the subjects was statistically analyzed with 't' ratio to find out significant improvement if any at 0.05 level of confidence. From the result of the study it is speculated that skills and drills practice training is more efficient to bring out desirable changes over the kicking ability of High School Level male football players.

Keywords: Skills and drill practice training and Kicking Ability

Introduction

1. Football is among the most popular sports in the world. An estimated 100 million registered players exist worldwide in men's, women's youth and veteran competitions, with many millions more playing non-organized football (Reilly 1997) [6]. The FIFA World Cup, played every four years, is widely considered the world's biggest sporting event, with a following that out ranks the summer Olympic Games. Football's growth in popularity over the past 20 years has seen a similar increase in the amount of research conducted in all fields of sports science (Reilly & Gilbourne 2003) [7]. After practicing the skill and drills participants will understand what football skills and which four dimensions make up football skills. Participants will also have a solid foundation for good skills development in practice with special emphasis on the individual skills dimension. Football training drills are an important part of mastering the sport of football. The term "Drill" it is an exercise intended to train people. It is a rehearsal of duties or procedures can be creative and try different things of skills. However, if the players are carrying out the chosen football training drill and are using incorrect technique, the football players will actually be using the football training drill to practice and enhance their incorrect technique. So in this case, "Practice does not make perfect." Instead, the coach should involved and make sure to demonstrated and explained. So that the players can then become better at the specific skills involved leading to "Perfect practice makes perfect."

Players and Positional Requirements

A football side comprises of eleven on-field players, ten outfield players and one goalkeeper in a team. The ten outfield players can be divided into defenders, midfielders and strikers, or forwards.

The number of players in each position will vary slightly depending on the team’s tactical approach. As a result, the general physiological characteristics of different positions when observed will vary from team to team. Some generalizations can be drawn from collected data on positional differences in football.

Defenders

Defenders is to prevent opposition play getting too close to the goal area and to prevent goals being conceded. When in possession of the ball, defenders are required to commence the attacking build up. Defenders tend to be the tallest and heaviest players in the team (Al Haaza *et al.* 2001) [7]. The one exception to this is the goalkeepers who are a similar height to the central defenders (Bangsbo, 1994) [2]. Defenders are subsequently, often used in “set piece” situations in which they try to use their height to out jump opponents and head the ball toward goal. Defenders tend to make more jumping and tackling movements than other players (Reilly & Thomas, 1976, Ekblom, 1986) [6, 4]. Due to the important task of jogging or directly marking an attacking player with the ball, defenders tend to spend a lot of time moving backwards compared with players in other positions (Drust, Reilly & Rienzi, 1998) [3].

Midfielders

Midfielders are required to create play and move the ball up the field. They are generally expected to help out in both attack and defence and as a result are often referred to as “link players” (Drust *et al.* 1998) [3]. Midfielders are generally considered the workers, as they are constantly involved in helping the defence, creating attacking opportunities and supporting the strikers in the attacking goal area in an effort to score. Midfielders will often take up more specific defensive, attacking or wide positions. The overwhelming majority of studies on positional differences report midfielders cover the greatest distance in a 90-minute game (Stolen *et al.* 2005) [10]. However, players in other positions, usually 13fullbacks, will sometimes undertake a similar or greater amount of high intensity running than midfielders (Mohr *et al.* 2003, Bangsbo, 1994) [5, 2]. Subsequently, midfielders cover a greater distance at low to moderate intensities. The link role midfielders undertake, that requires them to take up positions in both attack and defence would help explain the greater distances covered at these intensities, compared with other positions on the field.

Forwards

Forwards, usually referred to as strikers, are primarily responsible for creating and scoring goals. The number of strikers or attacking players has changed regularly with differing tactics. Strikers have higher aerobic power than central defenders and goalkeepers, but marginally lower aerobic power than fullbacks and midfielders (Bangsbo & Michalak, 1998). Strikers will normally cover lower distances per game than midfielders and fullbacks (Van Gool *et al.* 1988, Ekblom, 1986) [11, 4] but cover slightly greater distances than central defenders (Mohr *et al.* 2003, Reilly & Thomas, 1976) [5, 8]. Despite the lower total distance covered, strikers will tend to cover a higher percentage of the distance at higher intensities than other positions (Reinzi, Drust, Reilly, Carter & Martin, 2000, Withers *et al.* 1982) [9, 12]. Strikers are rarely required to become involved in play at the other end of the field in a defensive capacity.

Kicking Ability

Time-motion analysis of football has often focused on the total distance covered. This is based on the assumption that total energy expenditure is directly related to total work output (Drust *et al.* 1998) [3]. Numerous studies have been undertaken over several decades to determine the distances covered in professional football (Stolen *et al.* 2005) [10].

Statement of the problem

To achieve the purpose of the study impact of skills and drills practice training on positional requirements of defenders midfielders and forwards on kicking ability of high school level male football players.

Hypothesis

It was hypothesized that the skills and drills practice training on positional requirements of defenders midfielders and forwards on kicking ability of high school level male football players.

Methodology

This study was designed to determine impacts of skills and drills practice training on positional requirements of defenders midfielders and forwards on kicking ability of High School Level football players. To achieve the purpose of the study (N=114) High School Level boys football players was selected from Coimbatore District namely PSG, PSBB, Lesiux, CSI, SSVM and Dr. NGP Schools. The subjects will be randomly assigned to two equal groups (n=57).

Table 1

Randomly Assigned		
Group- I Skills and drills practice training group (SDPTG) namely PSG, PSBB and Lesiux		
Group - II was act as a control group (CG) namely CSI, SSVM and Dr.NGP.		
6 High School selected from Coimbatore District		
Total -120, Group –I = 20 + 20 + 20 = (N=60) (60-3) (N= 57) and Group –II = 20 + 20 + 20 = (N=60 (60-3) (N= 57), 6 Goal Keeper Not Engaged in group		
Full backs- 6+6+6=18	For wads- 7+7+7 =21	Midfielders- 6+6+6=18
Total selected subject for study = 57+57= (N= 114)		

The respective training was given to the experimental groups 3 days per week alternate days the subjects for a

training period of twelve weeks. The control group was not be given any sort of training except their routine.

Criterion measures

Kicking ability was measured by Warner soccer skill test unit of measurements in Meters by Harold M, Barrow & Rosemary McGee (1950) [16].

Training Protocol on skills and drills practices on football players

The training programme was lasted for 45 minutes for session in a day, 3 days in a week for a period of 12 weeks duration. These 45 minutes included 10 minutes warm up and regular physical exercise, skills and drills practice training 25 minutes and 10 minutes warm down allotted for a training programme. Every three weeks of training small side game was played in the skills and drill practice time for 15 minutes after 10 minutes of skills and drill practice of work load. Volume of small side game is prescribed based on the skills. The equivalent in skills and drills is the length of the time each action is held for and the number action in total 3 sessions per weeks. Training and developing

individual players in the themes first touch (ball receiver), direction control (ball receiver), passing (passing player), controlling ball (player in possession), feinting / dribbling with ball (moving player) finishing on goal (striker). Pressure on player in possession (individual defending) turning with ball (player in possession), first touch as attacker with back to goal (receiving player), first touch as forward facing attacker (receiving player), pressuring forward facing players at high speed (individual defending) pressuring forward facing players (individual defending) pressuring attacker with back to goal (individual defending) dueling against opponents (individual defending. Drills themes are defending, shooting, passing, dribbling, heading, throwing, tackling and 1 vs 1.

Statistical Techniques

The data collected from the subjects was statistically analyzed with paired ‘t’ sample test to find out significant improvement if any at 0.05 level of confidence.

Table 2: Computation of analysis of t ratio on skills and drills practice training on positional requirements of defenders midfielders and forwards on kicking ability of football players.

Experimental Group							
		Mean	N	Std. Deviation	Std. Error Mean	MD	T ratio
Kicking Ability Right	Pre test	54.43	57	5.36	0.71	1.94	3.53*
	Post test	56.37	57	5.51	0.73		
Kicking Ability Left	Pre test	54.33	57	5.41	0.71	1.85	3.26*
	Post test	56.18	57	5.55	0.73		
Control Group							
Kicking Ability Right	Pre test	52.83	57	5.89	0.78	1.10	1.21
	Post test	53.93	57	6.52	0.86		
Kicking Ability Left	Pre test	53.65	57	6.11	0.81	1.48	1.80
	Post test	55.13	57	6.59	0.87		

*significant level 0.05 level (degree of freedom 2.01,1 and 56)

Table I reveals the computation of mean, standard deviation and ‘t’ ratio on kicking ability right and left variables of skills and drills practice training group (SDPTG). The obtained ‘t’ ratio on kicking ability were 3.53 and 3.26 respectively. The required table value was 2.01 for the degrees of freedom 56 at the 0.05 level of significance. Since the obtained ‘t’ values were greater than the table value it was found statistically significant.

Table I reveals the computation of mean, standard deviation and ‘t’ ratio on kicking ability right and left variables of control group(CG). The obtained ‘t’ ratio on kicking ability were 1.21 and 1.80 respectively. The required table value was 2.01 for the degrees of freedom 56 at the 0.05 level of significance. Since the obtained ‘t’ values were lesser than the table value it was found statistically insignificant.

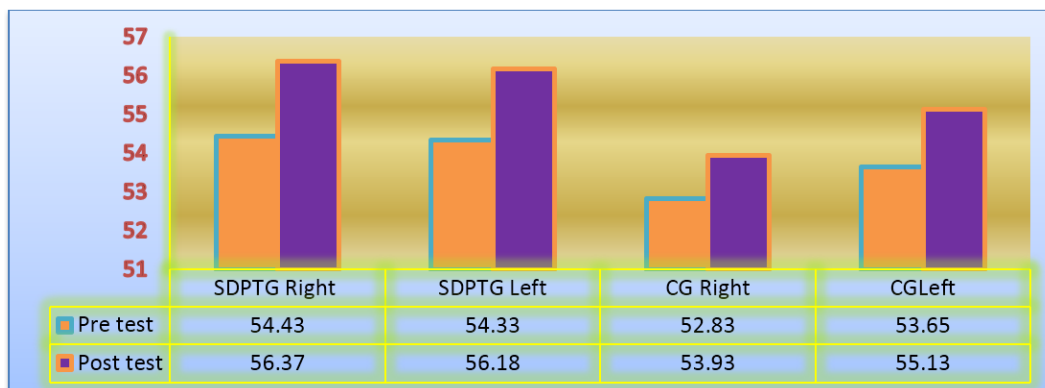


Fig 1: Bar diagram showing the mean value on skills and drills practice training on positional requirements of defenders midfielders and forwards on kicking ability of football players

Discussion on findings

The findings of the study confirmed that the 12 weeks skills and drills practice training (SDPTG) significantly improved on kicking ability of High School Level male football players than the control group (CG). From the result of the

study it is speculated that skills and drills practice training is more efficient to bring out desirable changes over the kicking ability of High School Level male football players. However, mechanisms that cause deterioration in skill during football - specific exercise remain to be fully

elucidated and strategies to optimize technical performance throughout match-play are warranted (Russell and Kingsley, 2011) ^[15]. Further the skills and drills training also give the better performance on kicking ability for the young football players.

Conclusion

It was concluded that 12 weeks skills and drills practice training significantly improved on kicking ability of High School Level male football players on (SDPTG) Skill and Drill practice training group and (CG) control group could be incorporated as a components in the training schedule for football players.

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