



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Effect Of Visual Skill Fitness Training Programme On Speed And Agility Of University Football Players

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ABSTRACT

Purpose: To achieve this purpose, 30 Andhra University Football players were selected randomly as subjects for this present study. The subjects selected (N=30), were assigned randomly into two groups namely experimental group-1 and control group, consisting of 15 each. Thus they were named experimental group-1 as Visual Skills Fitness Training of Group (VSFTG), and Control Group (CG). Their age was fixed in the range of 18 – 26 years. VSFTG underwent visual skill fitness training programme for two days a week for about twelve weeks. Subjects in the control group were not engaged in any activity. Before and after the training period data will be taken to all the subjects. The collected data were processed with Paired t-test was used. The obtained result was tested at 0.05 level of significance. The results of the study show that experimental group shows better improvement on selected Speed and Agility when compared to control group.

Keywords: visual skills, Football, Speed and Agility.

INTRODUCTION

To participate in a competitive sport, such as football players, one of the main aspects any coach should always keep in mind is that it is vital to achieve the best possible performance from the whole body – including the visual system. All aspects of football training and preparation are designed to maximize ability. Regardless of whether or not a cricket player has been genetically gifted with strong speed and agility traits, a player can dramatically improve his speed and agility by treating quick movements as a skill and training as such. Fitness is often thought of in terms of strength, endurance, flexibility and body conditioning. According to Barnes and Attaway (1996), cited in Roper (1998) agility has been defined as the ability of the player to change direction quickly and easily. Some objectives of agility training are enhanced power, balance, speed, and co-ordination (Barnes & Attaway, 1996).

STATEMENT OF THE PROBLEM:

The purpose of the study was to find out the effect of visual skill fitness training programme on selected visual skills and skill related fitness variables of Andhra University male football players

HYPOTHESIS:

The hypotheses formulated in the present study as follows. In studying the individualized effect, it was hypothesized that visual skill fitness training would significantly develop the speed and agility of Andhra University male football players from the base line to post treatment.

SIGNIFICANCE OF THE STUDY:

The present study has significance in the following aspects. The present study helps the players to identify their level of performance on speed and agility. The results of the present study bring out the importance of visual skill fitness training towards development of skill in sports among the physical education teachers, training and coaches.

SELECTION OF SUBJECTS:

The purpose of the present study was to find out the effect of visual skill fitness training on selected visual skills and skill related fitness variables of Andhra university male football players. To achieve this purpose, as subjects, One Hundred and Twenty university football players were selected as subjects. The selected subjects were the players pertained to teams qualified for quarterfinals in inter-collegiate level tournament. The subjects selected for this study were hailed from various socio-economic conditions.

Selection of Variables and Tests:

Table - 1

S.No	Variables	Tests	Unit of measurements
1	SPEED	50 Yards Dash	In seconds
2	AGILITY	Illinois agility test	In seconds

METHODOLOGY:

training procedure:

The procedure used for the visual skill fitness training (VSFT) is as follows. The total duration of VSFT was 12 weeks. These twelve weeks VSFT was segmented into three phases. The duration of training programme for each phase was four week. Thus the Phase – 1 was executed in first four weeks (1st, 2nd, 3rd & 4th), Phase – 2 was executed in the second four weeks (5th, 6th, 7th & 8th) and the Phase – 3 was executed in the third four weeks (9th, 10th, 11th & 12th). Visual skill fitness training programme administered for subjects for two days a week for about 12 weeks. The duration of training for a day was 60 - 75 minutes. Of this 10 minutes used for warm – up, 5 minutes used for cool down. The subjects of VSFT were treated with running drills and visual skills station for 45 – 60 minutes. Subjects of this VSFT group were started with first running station after completion of running drills which they moved into visual skill training stations. In these training program nine exercises was fixed. 3 sets for Phase –I, 4 sets for Phase –II, 5 sets for Phase –III, were fixed for 12 week training programme. Duration of exercise in station was fixed for 30 seconds, the rest in between the station was fixed for 30 seconds and rest in between sets was fixed for 3 minutes.

STATISTICAL ANALYSIS:

Statistical Technique The following statistical procedures were employed in the present study to achieve its purposes. To test the individualized effect of both combination of VSFTG and CG on speed and agility, Paired t-test was used. The level of confidence was fixed at 0.05 level.

Results and Discussion:

Significance of mean gains / losses between pre and post test Visual Skill Fitness training Group (VSFTG) and Control Group (CG) on speed and agility of Andhra university male Football players.

Variables	Pre Test (Mean and \pm SD)	POST Test (Mean and \pm SD)	MD	SE	't' ratio
Visual Skill Fitness Training Group (VSFTG)					
Speed	7.43 \pm 0.39	6.68 \pm 0.39	0.75	0.08	8.89*
Agility	18.02 \pm 0.65	16.1 \pm 0.62	1.92	0.15	13.09*
Control Group (CG)					
Speed	7.3 \pm 0.45	7.11 \pm 0.32	0.19	0.09	1.99
Agility	18.29 \pm 0.57	18.13 \pm 0.42	0.16	0.09	1.77

*Significant at 0.05 level: 2.14

Figure no.1 (a) showing Visual Skill Fitness Training Group the pre-test and post-test for speed and agility performance.

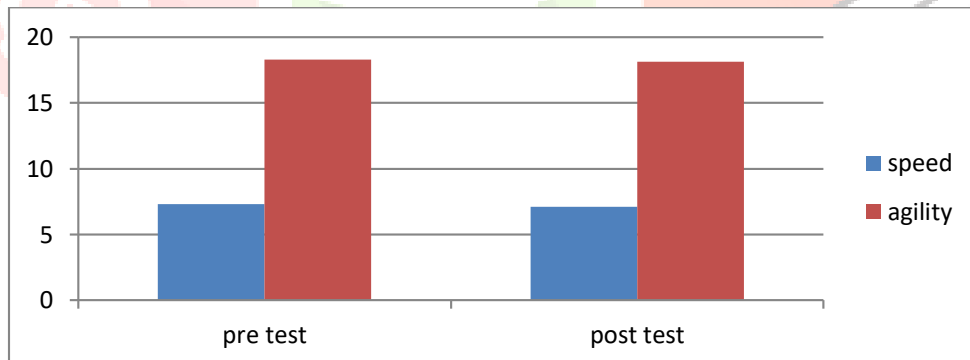
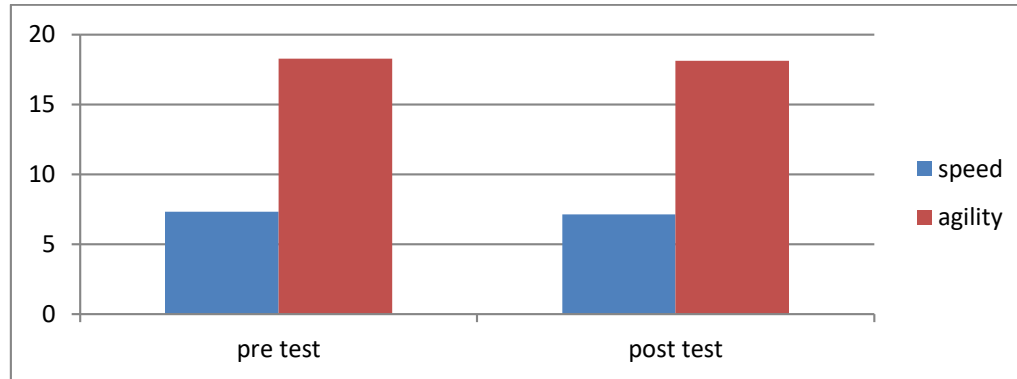


Figure no.2 (a) showing Control Group (CG) the pre-test and post–test for speed and agility performance.



CONCLUSIONS:

Based on the result following conclusions have been made. In the present study speed and agility were significantly better as compared to players practiced with conventional training. In analyzing significant effect of VSFT, it was observed that the combined effect of visual skills, and running drills as they help to develop the speed and agility when compared to control group (conventional group).

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