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Impact of intensity exercise of anaerobic power and skill performance of football players

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Abstract

The main purpose of the present study is to find out the impact of intensity exercise of anaerobic power and skill performance of football players. For this study 30 boys were selected and divided into two equal groups, consisting of 15 subjects in each group as experimental and control groups. The experimental group underwent eight weeks of varied intensity training, six days (Monday to Saturday) in the week, two hour in a morning session, whereas the control group did not underwent any training. The pre test and post test were conducted for both the experimental and control group on the selected physical fitness variables of power (vertical jump and standing broad jump) and skills performance (30 meters dribbling with the ball test and kicking accuracy). The results revealed that study the selected varied intensity training exercises contributed positively towards the improvement of anaerobic power and skill performance of the football players.

Keywords: anaerobic power, varied intensity, football, explosive power

Introduction

Football is a family of team sports that involve, to varying degrees, kicking a ball to score a goal. Unqualified, the word football is understood to refer to whichever form of football is the most popular in the regional context in which the word appears. Sports commonly called 'football' in certain places include: association football (known as soccer in some countries); gridiron football (specifically American football or Canadian football); Australian rules football; rugby football (either rugby league or rugby union); and Gaelic football. These different variations of football are known as football codes.

Various forms of football can be identified in history, often as popular peasant games. Contemporary codes of football can be traced back to the codification of these games at English public schools during the nineteenth century. The expanse of the British Empire allowed these rules of football to spread to areas of British influence outside of the directly controlled Empire, though by the end of the nineteenth century, distinct regional codes were already developing: Gaelic football, for example, deliberately incorporated the rules of local traditional football games in order to maintain their heritage. In 1888, The Football League was founded in England, becoming the first of many professional football competitions. During the twentieth century, several of the various kinds of football grew to become some of the most popular team sports in the world.

During the early 1860s, there were increasing attempts in England to unify and reconcile the various public school games. In 1862, J. C. Thring, who had been one of the driving forces behind the original Cambridge Rules, was a master at Uppingham School and he issued his own rules of what he called "The Simplest Game" (these are also known as the Uppingham Rules). In early October 1863 another new revised version of the Cambridge Rules was drawn up by a seven member committee representing former pupils from Harrow, Shrewsbury, Eton, Rugby, Marlborough and Westminster.

At the Freemasons' Tavern, Great Queen Street, London on the evening of October 26, 1863, representatives of several football clubs in the London Metropolitan area met for the inaugural meeting of The Football Association (FA). The aim of the Association was to establish a single unifying code and regulate the playing of the game among its members.

High Intensity Training (HIT) is a form of strength training popularized in the 1970s by Arthur

Jones, the founder of Nautilus. The training focuses on performing quality weight training repetitions to the point of momentary muscular failure. The training takes into account the number of repetitions, the amount of weight, and the amount of time the muscle is exposed to tension in order to maximize the amount of muscle fiber recruitment.

A great drill is simply weaving in and out of a set of cones on the dribble. Put about 8 to 10 cones in a line about three yards apart and dribble in and out of the row of cones without touching or knocking over the cones. Also, try not to touch the ball too far away from the line of cones. Keep the ball close to you and don't dribble out away from the row of the cones.

When you have this down you can then vary the way that you dribble through the cones, just with the right foot and then just with the left foot, and then alternating feet, where you touch the ball to the left and then to the right as you weave through the cones, just with the inside of the feet, and so on, you can make up restrictions to put on yourself to try to improve a specific part of your dribbling technique.

If you don't have any cones, then get creative; see if you can dribble in and around the weeds in a soccer field. The aim is to avoid and dribble around any weeds that you see on the pitch.

In pairs, one player with the ball the other 15 to 20 yards away. The player without the ball makes a run away from their teammate, 5 yards at a jog, and then sprints back to the teammate with the ball to receive a pass. The player who passes the ball should play the ball just as the other player turns back to the ball. Do this 10 times and then switch to passing the ball to the other foot.

In a square 30 by 30 divide into three teams of 4. The first two groups will be playing possession in the square while the odd group's members will each stand on one side of the square and act like outlets for the team who has possession in the center.

The team with possession of the ball can use the players standing on the side to keep possession, although the players on the side only have one touch. This is a good drill to practice keeping the ball moving from side to side and spreading the field. You can adjust the size of the square and increase the numbers of the teams playing in the center of the square if you choose. Once the players got the hang of it say that the first team to complete ten passes wins and stays on. Rotate the team on the side into the middle.

Players in groups of three with one ball at their feet dribble up to the half way line, vertically, or from one side of the pitch to

the other, horizontally, by passing the ball from one player to the next and following their pass.

The first player passes the ball out wide and then runs around that player and the second player plays the ball across to the next player and goes around that player, and so on. The ball is played a little bit forward each time so players are moving up the field. Players should break towards the ball and not wait to receive it. Always go to the ball and don't let it bounce, even if it's in the air – this is a good rule to follow for all drills. Start out doing a three man weave by passing the ball and then try dribbling the ball, doing take over or exchanges with the other player as they move the ball up field.

Players should focus on their first touch, controlling the ball out in front of them so they can make their next pass. Also, they should be aware of their body positioning, having the ball on the right foot when they are dribbling so the defender can't take the ball.

Later, play the ball in the air and play the ball at varying speeds. Try to do the three man weave with two or three touches and then just one touch.

Methodology

The subjects for the study were thirty male football players of 9 to 13 years had been selected from Govt. Middle school, Mani Majra, Chandigarh with view to find out the impact of varied intensity exercise on anaerobic power and skill performance of the football players. The main purpose of this study was to examine the short term effects. The 30 selected boys were divided into two equal groups, consisting of 15 subjects in each group as experimental and control groups. The experimental group underwent eight weeks of varied intensity training, six days (Monday to Saturday) in the week, two hour in a morning session. Whereas the control group did not underwent any training. The pre test and post test were conducted for both the experimental and control group on the anaerobic power (vertical jump and standing broad jump) and skills performance (30 meters dribbling with the ball test and kicking accuracy test).

Result and Discussion

The variables explosive power of standing broad jump and vertical jump; and dribbling and kicking accuracy were assessed by standing broad jump, sargent jump, 30 meters dribbling and goal kicking test respectively shown in Table 1.

Table 1: Selection of Tests

Variables	Test Items	Unit of Measurement
Explosive power in terms of horizontal distance	Standing broad jump	Centimetre
Explosive power in terms of vertical distance	Sargent jump	Centimetre
Dribbling	30 meters run	Seconds
Kicking accuracy	Goal kicking Test	Seconds

The collected data were analyzed by using independent sample t-test to compare the impact of varied intensity exercise on anaerobic power and skill performance of the football players.

Table 2: Comparison of mean gain in selected variable between experimental and control groups

Variables	Group Compared	Mean Gain	Mean Diff.	Standard Error Mean Gain	't' Value	Sig*
Explosive power (Standing Broad Jump)	Experimental	0.05	0.03	0.02	2.83	0.01
	Vs Control	0.02				
Explosive power (Vertical Jump)	Experimental	0.03	0.02	0.01	2.49	0.01
	Vs Control	0.01				
Football skill (30 mt. Dribble)	Experimental	1.13	1.44	0.50	2.68	0.02
	Vs Control	-0.31				
Football skill (Kicking Accuracy)	Experimental	0.98	1.27	0.48	2.13	0.01
	Vs Control	-0.29				

* (p<0.05)

Comparison of mean gain in the explosive power of standing broad jump between the experimental group and control group: It is seen from the Table 2 that, in explosive power of standing broad jump test, the mean gain of the experimental and controlled groups is 0.05 and 0.02 respectively, whereas the difference in the mean gain of both group is 0.05 which is in favour of experimental group whereas the 't' value of is 2.83 which is significant at 0.05 level. This reveals that varied intensity training improved the explosive power of experimental group significantly.

Comparison of mean gain in the explosive power of vertical jump between experimental and control group: It is seen from the Table 2 that, in case of explosive power of vertical jump test, the mean gain of the Experimental Group and Control Group is 0.03 and 0.01 respectively, whereas the difference in the mean gain of both group is .02 which is in favour of experimental group whereas the 't' value is 2.49 which is significant at 0.05 level. This reveals that varied intensity training has improved the Explosive power of experimental group significantly.

Comparison of mean gain in football skill (30 meters dribble) between the experimental and control group: It is seen from the Table 2 that, in case of skill performance, 30 meters run with the ball (dribble) test, the mean gain of the experimental group and control group is 1.13 and -0.31 respectively, whereas the difference in the mean gain of both group is 1.50 which is in favour of experimental group where as the 't' value is 2.68 which is significant at 0.05 level. This reveals that varied intensity training has improved the football skill performance of experimental group significantly.

Comparison of mean gain in football skill of kicking accuracy between the experimental and control group: It is seen from the Table 2 that, in case of skill performance of kicking accuracy test, the mean gain of the experimental and control group is 0.98 and -0.29 respectively, whereas the difference in the mean gain of both group is 1.35 which is favour of experimental group where as the 't' value is 2.13 which is significant at 0.05 level. This reveals that varied intensity training has improved the football skill performance (kicking accuracy) of experimental group significantly.

Conclusion

It is concluded that the basis of the following findings of the pre test and post test were conducted for both the experimental and control group on the selected physical fitness variables of power (vertical jump and standing broad jump) and skills performance (30 meters dribbling with the ball test and kicking accuracy test):

- The selected varied intensity training contributed positively towards the improvement of anaerobic power of standing broad jump and vertical jump of football players.
- The selected varied intensity training contributed positively towards the improvement of skill performance of kicking accuracy and 30 meters dribbling of football players.

The results revealed that study the selected varied intensity training exercises contributed positively towards the improvement of anaerobic power and skill performance of the football players.

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