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Effect of specific drills on skill performance among football players

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Abstract

This study was designed to investigate the effect of specific drills on skill performance among football players. To achieve the purpose of the present study 30 college level male football players were selected from RTM Nagpur University department and K.D. Pawar College of Physical Education, Nagpur, Maharashtra. The subjects were randomly assigned to two equal groups (n=15). Group- I underwent specific drill training and Group - II was acted as control group (CG). The specific drill training was given to the experimental group for 3 days per week (Monday, Wednesday and Friday) for the period of eight weeks. The control group was not given any sort of training except their routine work. A pilot study was conducted to assess the initial capacity of the subjects in order to fix the load. The skill performance shooting accuracy were measured before and after training period. The data collected from the subjects was statistically analyzed with 't' test to find out significant improvement if any at 0.05 level of confidence. The result of the shooting accuracy speculated significant improvement due to influence of specific drills with the limitations of (diet, climate, life style) status and previous training.

Keywords: Specific drills training, shooting accuracy

Introduction

The fundamental skills of football give amateur and professional players the tools they need to compete and win. So, if you want to play like the pros, you need to know the top skills in football and train constantly to take your game to the next level.

Shooting is the most important factor in attacking play. Poor technique or players who are unwilling to shoot often lead to goal scoring opportunities being missed. Even in top level soccer, many shots pass high and wide or players can be seen to hesitate in front of goal. Thus, shooting practice should not only work on acquiring the correct techniques but on developing the right mental attitude. Shooting practice should always resemble a real match environment. Thus, full size goals should be used as well as shooting in all types of conditions. Some coaches may want to use video analysis of players whether in match or training to study their technique. Video based statistical studies in the past have also shown that a team who has ten shots on target very rarely loses, thus showing the need for accurate shooting. A comparative analysis of 100 goal scoring shots and 100 off target shots in top European Football showed distinct differences in mental and technical skills. Poor shooting often involved one or more weaknesses in each of these domains. When giving advice to players, coaches should be concise and simple in their explanations and give positive feedback.

Methodology

To achieve the purpose of the study 30 male football players were selected from RTM Nagpur University department and K.D. Pawar College of Physical Education, Nagpur, Maharashtra. Their age ranged from 18 to 25 years and they were divided into two equal groups consists of 15 each. Group- I underwent Specific Drill Training and Group - II acted as Control Group (CG). The training was given to the experimental group for 3 days per week (Monday, Wednesday and Friday) for the period of eight weeks. The control group was not given any sort of training except their routine work.

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Training Programme

The training programme was lasted for 45 minutes for session in a day, 3 days in a week for a period of 8 weeks. These 45 minutes included 10 minutes warm up, 25 minutes specific drill training and 10 minutes warm down. Every two weeks of training 5% of intensity of load was increased from 55% to 80% of work load. The volume of specific drill training is prescribed based on the number of sets and repetitions. The specific drill training is the length of the time each action is held for and the number action in total 3 day per weeks (Monday, Wednesday and Friday). The selected subjects underwent regular physical exercise on other 3 days (Tuesday, Thursday, and Saturday).The collected data on above said variables due to the impact of specific drill training was statistically analyzed with 't' test to find out the significant improvement between pre and posttest. In all cases the criterion for statistical significance was set at 0.05 level of confidence.

Table 1: Computation of 't' -Ratio Between Pre and Post Test Means on Shooting Accuracy of Football Players among Experimental Group

Groups	Test	Mean	Std. Deviation	Std. Error Mean	't' ratio
Experimental Group	Pre	46.80	7.73	1.99	13.48*
	Post	50.93	7.20	1.86	

Significant level at (0.05)*

Table 1 reveals the reveals of 't' ratio between pre-test and post-test on shooting accuracy of football players the mean values of pre and post-test of experimental group were 46.80 and 50.93 respectively. Since the obtained 't' ratio 13.48* was greater than the required table value 2.145, it was found to be statistically significant at 0.05 level of confidence for degrees of freedom 1 and 14. The result clearly indicated the shooting accuracy of experimental group had been improved due to the influence of specific drills on shooting accuracy.

Table 2: Computation of 't' - Ratio Between Pre and Post Test Means on Shooting Accuracy of Football Players among Control Group

Groups	Test	Mean	Std. Deviation	Std. Error Mean	't' ratio
Control Group	Pre	40.20	2.11	0.54	1.33*
	Post	39.26	1.93	0.49	

Significant level at (0.05)*

Table 2 reveals the reveals of 't' ratio between pre-test and post-test on shooting accuracy of Football players the mean values of pre and post-test of control group were 40.20 and 39.26 respectively. Since the obtained't' ratio 1.33 was less than the required table value 2.145, it was found to be statistically insignificant at level of confidence degrees of freedom 1 and 14. The result clearly indicated the shooting accuracy has shown statistically insignificant.

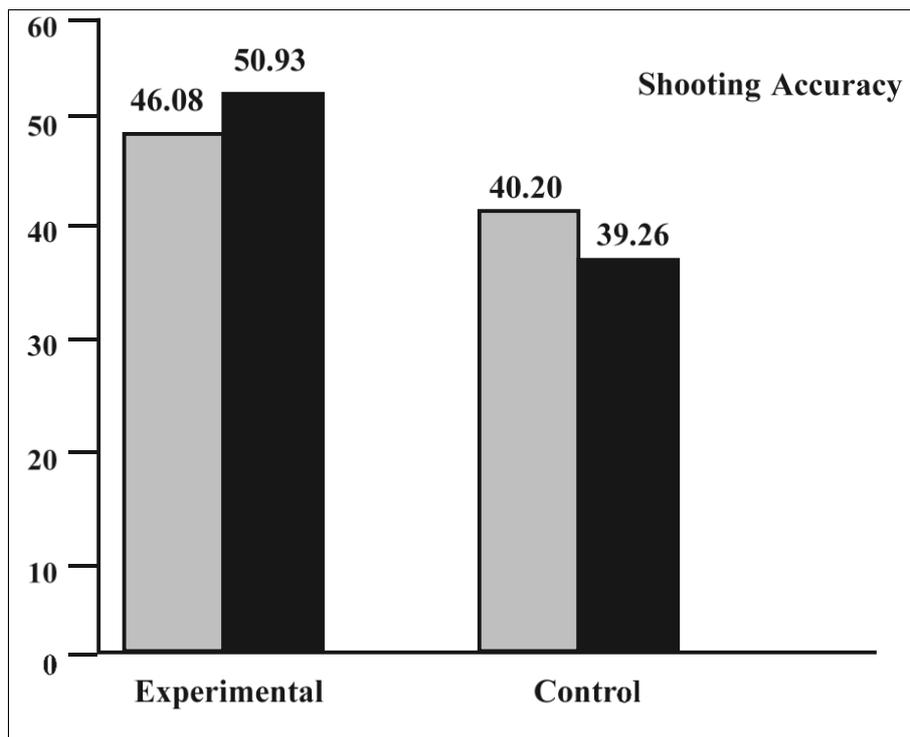


Fig 1: Bar Diagram Shows the Mean Values of Pre Test and Post Test on Shooting Accuracy of Experimental and Control Group

Discussion and Findings

The present study experimented the impact of 8 weeks specific drills training significantly improved shooting accuracy among footballers. The results of this study indicated that specific drills training is more efficient to bring out desirable changes over shooting accuracy among footballers. JT Finnoff (2003) *et al.*, [5] suggest that our method of assessing kicking accuracy is a valid and reliable tool for analysing performance. Greg Wood (2010) [6] *et al.*, suggested that participants were more distracted by a moving

goalkeeper than a stationary one and struggled to disengage from a moving goalkeeper under situations of high threat. Martina Navarro (2013) *et al.* [7]

The findings were consistent with the response activation model that holds that aiming at a target can be biased toward salient visual non-targets. John van der Kamp (2006) *et al.*, concluded that anticipating the goalkeeper's movements may degrade penalty kick performance, mainly due to insufficient time to modify the kicking action.

Conclusions

Based on the result of the study it was concluded that the 8 weeks of specific drills training have been significantly improved shooting accuracy among footballers. From the findings it is postulated that specific drills training is suitable mode to bring out desirable changes over shooting accuracy among football players.

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