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Effect of circuit training for development of speed among football players of Mahabubnagar district in Telangana state

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Abstract

The purpose of the present study to find out the effect of Circuit Training for the development of among Football Players of Mahabubnagar District in Telangana State. The sample for the present study consists of 20 Male Football Players of Mahabubnagar between the age group of 18 to 20 Years out of which 10 are experimental group and 10 are controlled group. Circuit Training were given to experimental group on alternate days *i.e.* three sessions per week and controlled group were given the general training for six weeks. Pre Test and Post Test were conducted in 30 Run to measure the speed among experimental group and controlled group. This study shows that due to the Circuit training there is an improvement of experimental group in Speed and controlled group is decreased in speed.

Keywords: Circuit training, speed, football players etc.

Introduction

Circuit training is method of developing speed an important component of most athletic performances. Coaches and athletes have sought methods and techniques for improving speed and strength combined is power and power is essential in performing most sorts of skills. Circuit Training is developed by the Scientist Morgan R.E. and Adamson GT at University of Leeds in the year 1957. This is Resistance to develop the motor abilities such as strength, Speed and endurance. Circuit training is an exercise "circuit" which consists of prescribed exercises which includes for the upper body, lower back, abdomen and Lower body. It can be done with own body Weight and using the resistance exercises such as Barbells, Medicine Balls etc.

Dr. Praveen Kumar (2021) ^[2] studied Impact of circuit training on selected physical fitness among college level football players. 40 male subjects (20 control & 20 experimental group) from Inter-Collegiate football players of Ch. Charan Singh University Meerut. Age ranged 18-23 year were selected at random sample selection. The subject's 50 yard dash, SEMO agility and 12 minute run walk and their initial performance was recorded. Then the group was administered the programmed of circuit training, for a period of six weeks. Selected exercises were regularly done in the morning, there circuits a day and thrice in a week. At the end of the experimental period of six weeks, again the subjects were asked to do 50 yard dash, SEMO agility and endurance and their final performance was recorded. The level of significance to test the hypothesis in term of 't' ratio obtain was chosen as 0.05 level. Speed ratio 0.07, Agility t-ratio 0.51., and Endurance t-ratio 0.65 there was not significant at 0.05 Significance level.

Dr. G Akhila and Rajesh Kumar (2021) ^[1] studied the effect of plyometric Training for the development of agility among Male Hockey Players of Hyderabad District. The sample for the present study consists of 40 Male Hockey Players of Hyderabad District between the age group of 16 to 20 Years out of which 20 are experimental group and 20 are controlled group. Plyometric Training were given to experimental group on alternate days *i.e.* three sessions per week and controlled group were given the general training for eight weeks. Pre Test and Post Test were conducted in T-Test Agility Run to measure the agility among experimental group and controlled group. This study shows that due to the Plyometric training there is an improvement of experimental group in agility and controlled group is decreased in agility.

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Purpose of Research

The purpose of the present study to find out the effect of Circuit Training for the development of among football players of Mahabubnagar District.

Methodology

The sample for the present study consists of 20 Male Football Players of Mahabubnagar between the age group of 18 to 20 Years out of which 10 are experimental group and 10 are controlled group.

Showing the sample of the study

Sl. No.	Category of the subjects	Number of subjects
1.	Experimental group	10
2.	Control group	10
3.	Foot Ball Players	20

Research Instruments

Circuit Training were given to experimental group on alternate days *i.e.* three sessions per week and controlled group were given the general training for six weeks. Pre Test and Post Test were conducted in 30 Run to measure the speed among experimental group and controlled group.

Circuit Training exercises

Upper-Body: Pull ups, Bench Press, Military Press, Push

Ups, Back Press, Medicine Ball throws, Biceps Curl, Bent over Rowing, Up Right Rowing and Wrist Curl.

Core & Trunk: Good morning Exercise, Sit-ups, Back Extension, V Sit ups and Bridge.

Lower-body: Half Squats, Running on Spot with High Knee action, jumping with Squats, Jumps a Stride, Hopping, Bounding, Heel Raise, Shuttle Running and Jumping on Spot.

Total-body: All body exercise, Cycling, Surya Namaskar and Skipping.

Data Collection

To Measure the Speed the 30 M Run Test will be conducted.

30 Meters Run

Purpose: The aim of this test is to determine acceleration and speed.

Pre Test and Post Test were conducted in Pull ups to measure the upper body muscle strength and 30 M run to measure the speed among experimental group and controlled group.

Research Results

This study shows that due to the Circuit training there is an improvement of experimental group in Speed and controlled group is decreased in speed.

Table I: Showing mean values and independent samples test of 30 m run test between experimental and control groups of football players

Variables	Group	Pre Test Mean \pm SD	Post Test Mean \pm SD	T	P-Value
30 M Run	Experimental	4.38 \pm 0.084	4.10 \pm 0.068	17.014	0.000*
	Control	4.45 \pm 0.056	4.50 \pm 0.049	-4.067	0.001*

*Significant at 0.05 level

The Mean Values of Experimental Group Foot Ball Players is 4.38 in Pre Test and Post Test is 4.10 in 30M Run Speed Test. The Mean Values of Control Group Football Players is 4.45 in Pre Test and Post Test is 4.50 in 30M Run Speed Test. There is a decrease in the performance of control group Sprinters Mean from 4.45 to 4.50 due to the due to the general Training. Hence it is concluded that the Experimental group Football Players has increased in Speed Performance due to the circuit training.

Recommendations for further Research

One of the most important assets to any footballer, improve your aerobic fitness, speed with the football conditioning circuit. Circuit training involves high-intensity aerobics with the main aim of building muscle strength and endurance.

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