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Dr. N Savitha
Director of Physical Education, Chikkaiah Naicker College, Erode, Tamil Nadu, India

Dr. A Dhanalakshmi
Director of Physical Education, Erode Arts and Science, Erode, Tamil Nadu, India

Corresponding Author:
Dr. N Savitha
Director of Physical Education, Chikkaiah Naicker College, Erode, Tamil Nadu, India

Influence of fartlek training on skill performance variables of football players

Dr. N Savitha and Dr. A Dhanalakshmi

Abstract
Fartlek training is also known as resistance or strength training, can help you tone your muscles, improve your appearance and fight age-related muscle loss. From the results of their hard work toned muscles and an overall improved physique. The purpose of the study was to investigate the effect of Fartlek training skill performance variables of football players. Thirty out of players were randomly selected from Sri Ramakrishna Mission Vidyalaya College of Arts and Science, Coimbatore the selected players were divided into two groups consisting of 15 players. No attempt was made equate the groups. The age of the subjects ranged between 18 to 25 years. The influence of the Fartlek training was assessed on selected variables. The training load was increased from the maximum working capacity of the subject doing pilot study. The duration of the training period was restricted to eight weeks and the number of sessions per week was confined to three. The data obtained from all the groups before and after the experimental period were statistically analyzed by dependent't' test to find out the significant improvement if any, 0.05 level of confidence was fixed to the level of significance between pre and posttest means of all groups. Pre and post test was conducted on separate days with warm up. Dribbling measured by sir bobby Charlton soccer school of Australia test in seconds and shooting measured by sir bobby Charlton soccer school of Australia test in seconds. Further, the findings confirmed the Fartlek training is suitable protocol to bring out the desirable changes over the skill performance variables of football players.

Keywords: Fartlek, training, footballers, dribbling and shooting

Introduction
Fartlek, which means "speed play" in Swedish, is continuous training with interval training. Fartlek runs are a very simple form of a long-distance run. Fartlek training "is simply defined as periods of fast running intermixed with periods of slower running." For some people, this could be a mix of jogging and sprinting, but for beginners it could be walking with jogging sections added in when possible. Fartlek training is a kind of running training which involves random variations in speed and intensity, alternating between bursts of sprinting and slower 'recovery' jogging. Unlike interval training, which involves sprinting over specific distances, then recovering for specific amounts of time, fartlek training is much looser, leaving the runner to decide when and how long they will sprint or jog for example, you could sprint for 85 metres, jog slowly for another 40, run at race pace for 100 metres, then surge to full sprint again for another 50 metres, before dropping to a walk. A simple example of what a runner would do during a fartlek run is "sprint all out from one light pole to the next, jog to the corner, give a medium effort for a couple of blocks, jog between four light poles and sprint to a stop sign, and so on, for a set total time or distance. The variable intensity and continuous nature of the exercise places stress on both the aerobic and anaerobic systems. It differs from traditional interval training in that it is unstructured; intensity and/or speed varies, as the athlete wishes. Fartlek training is generally associated with running, where it is also called "wind sprints," but can include almost any kind of exercise. Fartlek training is a great workout any runner from beginner through to advanced level, as it is versatile and easily adapted to suit fitness level. Use it to improve performance for 5K's or marathons. Fartlek is essentially a (more fun) version of interval training, so you'll especially enjoy it if you have artistic, creative and philosophical leanings or if you just like to have fun working out.

Methodology

In order to address the hypothesis presented herein, we selected 30 Footballers from Ramakrishna Mission Vidyalaya College of Arts and Science, Coimbatore District. Their age ranged from 18 to 25 years. The subjects were randomly assigned in to two equal groups namely, Fartlek training Group (FTG) (n=15) and Control group (CG) (n=15). The respective training was given to the experimental group the 6 days of the weeks for the training period of eight weeks. The control group was not given any sort of training except their routine. The evaluated fitness variables were Dribbling measured by sir bobby Charlton soccer school of Australia test in seconds and shooting measured by sir bobby Charlton soccer school of Australia test in seconds. The parameters were measured at baseline and after 8 weeks of fartlek training were examined. The intensity was increased once in two weeks based on the variation of the exercises. The training programme was lasted for 30 minutes for session in a day, 6 days in a week for a period of 8 weeks duration. These 30 minutes included warm up for 5 minutes, 20 minutes fartlek training and 5 minutes warm down. The equivalent in fartlek training with pranayama is the length of the time each action in total 6 day per weeks.

Table 1: Computation of 'T' Ratio on Shooting on Experimental Group and Control Group (Scores in Numbers/seconds)

Groups	Pre Test	Post test	Numbers	SEM	"T" Ratio
Experimental Group	17.30	20.40	15	5.80	14.01*
Control group	17.10	16.90	15	6.25	1.79

*significant level 0.05 level (degree of freedom 2.14, 1 and 14)

Table I reveals the computation of mean, standard deviation and't' ratio on selected variables namely shooting of experimental group. The obtained't' ratio on shooting were 14.01 respectively. The required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained't' values were greater than the table value it was found to be statistically significant.

Further the computation of mean, standard deviation and't' ratio on selected variables parameters namely shooting of control group. The obtained't' ratio on shooting were 1.79 respectively. The required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained't' values were lesser than the table value it was found to be statistically not significant.

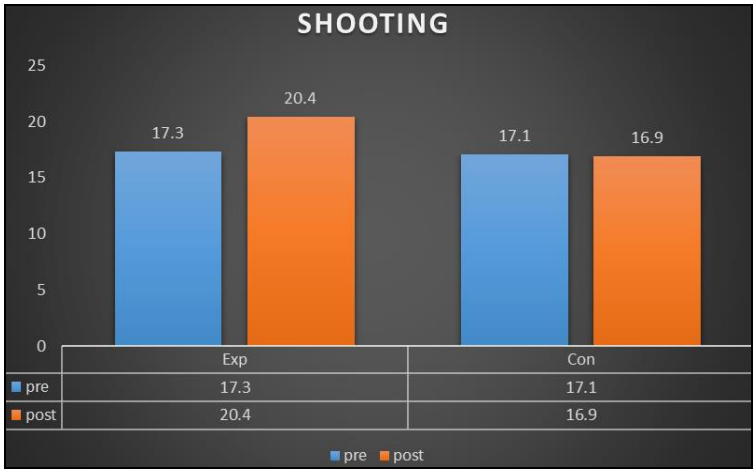

Fig 3: Bar Diagram Showing the Mean Value on Shooting of Football Players on Experimental and Control Group

Table 2: Computation of 'T' Ratio on Dribbling on Experimental Group And Control Group (Scores in Numbers/seconds)

Groups	Pre Test	Post Test	Numbers	Sem	"T" Ratio
Experimental Group	18.55	17.68	15	0.28	19.00*
Control group	18.51	18.52	15	0.06	1.02

*significant level 0.05 level (degree of freedom 2.14, 1 and 14)

Table I reveals the computation of mean, standard deviation and't' ratio on selected variables namely dribbling of experimental group. The obtained't' ratio on dribbling were 19.00 respectively. The required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained't' values were greater than the table value it was found to be statistically significant.

Further the computation of mean, standard deviation and't' ratio on selected variables parameters namely dribbling of control group. The obtained't' ratio on dribbling were 1.02 respectively. The required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained't' values were lesser than the table value it was found to be statistically not significant.

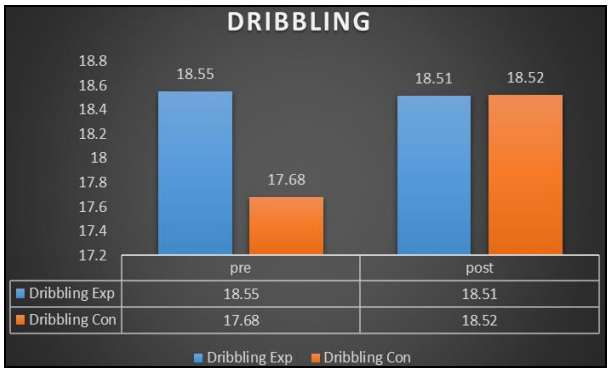

Fig 3: Bar Diagram Showing the Mean Value on Dribbling of Football Players on Experimental and Control Group

Discussion and Findings

The present study experimented the influence of eight week's fartlek training on the selected the variables of footballers. The results of this study indicated that fartlek training is more efficient to bring out desirable changes over the ability of footballers.

Saran, *et al.,* (2019) [17]. Isolated and combined effect of plyometric and weight training on selected physical fitness and hematological variables of football players. Stout, *et al.,* (1999) [20]. Effects of 8 weeks of creatine supplementation on exercise performance and fat-free weight in football players during training. Márquez, *et al.,* (2015) [5]. Effects of combined resistance training and plyometrics on physical performance in young soccer players. Draganidis, *et al.,*(2013) [4]. The time-frame of acute resistance exercise effects on football skill performance: The impact of exercise intensity. Paramanandam, *et al.,*(2019) [13]. Effects of skill training with and without pranayama practices on speed and agility among soccer players. . Das, A. K., *et al.,*(2014). Effect of continuous running fartlek training and interval training on selected motor ability and physiological variables among male football players. Periadurai, V. A study of the effects of intensive interval training and fartlek training on selected physical and physiological variables of football players. Paramanandam, *et al.,* (2019) [13]. Effects of skill training with and without pranayama practices on speed and agility among soccer players.

Hence, it was concluded that for fitness components of improvement on fartlek training of footballers.

Conclusions

From the results of the study and discussion the following conclusions were drawn.

- Based on the result of the study it was concluded that the 8 weeks of fartlek training have been significantly improved dribbling of football players.
- The 8 weeks of fartlek training have been significantly improved shooting of football players.

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