Effect of SAQ training on anticipation ability of male football players

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Abstract
The present research aimed to investigate the SAQ training effect on the anticipation ability of football players. Twenty male (N=20) football players were selected based on a pre-test from Bithoriya United Football Club, Haldwani. Their age range between 12-18 years. All subjects were divided into two groups, and ten were in each group. The first group was the experimental group (EG=10), and the second was the control group (CG=10). SAQ training was given to the experimental group for 12 weeks, and the control group was not given any specific training. Paired t-test was used for the statistical analysis at the level of significance set at 0.05 level. The results showed that the SAQ training significantly improved the experimental group anticipation ability but not the control group's effectiveness.

Keywords: SAQ training, anticipation ability, and football players

Introduction
When athletes can accurately predict an event and organize their movements in advance, they can initiate an appropriate response more quickly than if they had waited to react to a stimulus. With experience, they learn how long it takes to coordinate their movements (Effector anticipation) with certain environmental regularities and opponent tendencies in a given situation (Perceptual anticipation). In addition, if athletes can predict which play will be used (Spatial anticipation) and when it will occur (temporal anticipation), they can form an appropriate response before the stimulus is presented.

Athletes who anticipate accurately can gain a considerable competitive advantage over their opponents. Anticipation is possible in nearly all sports. For example, by watching how an opponent pivots or drops the hips, a rugby player can know what direction an opponent is going or what movement he is trying to execute. When a pitcher throws a ball into the dirt, a base runner successfully steals a base due to the pitch's trajectory as the ball is released. (NSCA National Strength & Conditioning Association, 2017) [1].

If we talk about football, anticipation is helpful for the goalkeeper to predict the trajectory of a shot or a center to the area, for the defender to interrupt assistance or block an attack, for midfielders to disrupt possession, and for forwards to predict the defensive movements of their opponents. (Barca Innovation Hub, 2022) [2].

Materials and Methods
Study Design
This study has a pre-post design. Twenty football players were selected as a subject after being divided into two groups of 10 subjects each. First group was experimental, and the second was the control. The experimental group performed 12 weeks of an experimental protocol. The Researcher used ANCOVA for the analysis of data & data were collected based on pre and post-tests. The Independent variable was anticipation ability, and the dependent were football players.

Table I shows that pre and post-experimental group mean and std. deviation is 0.1590±1.0390 and 0.3010±0.6782. Likewise, pre and post-control group mean and std. deviation is 0.1440±0.1570 and .2927±0.28520.
**Table 1:** Shows that pre and post-experimental group mean and std. deviation is 0.1590±1.0390 and 0.30108±0.67828

<table>
<thead>
<tr>
<th>Pair 1</th>
<th>Mean</th>
<th>N</th>
<th>Std. Deviation</th>
<th>Std. Error Mean</th>
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</thead>
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<tr>
<td>Pre-Exp</td>
<td>.1590</td>
<td>11</td>
<td>.30108</td>
<td>.09078</td>
</tr>
<tr>
<td>Post-Exp</td>
<td>1.0390</td>
<td>11</td>
<td>.67828</td>
<td>.20451</td>
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<tr>
<td>Pair 2</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre-Con</td>
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<td>11</td>
<td>.29275</td>
<td>.08827</td>
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<tr>
<td>Post-con</td>
<td>.1570</td>
<td>11</td>
<td>.28520</td>
<td>.08599</td>
</tr>
</tbody>
</table>

**Table 2:** Shows that the control group's (pre-post) significant level is 0.924 this is higher than the 0.05 level of significance

<table>
<thead>
<tr>
<th>Paired Samples Test</th>
<th>Mean</th>
<th>Std. Deviation</th>
<th>Std. Error Mean</th>
<th>95% Confidence interval of the difference</th>
<th>T</th>
<th>DF</th>
<th>Sig. (2-Tailed)</th>
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</thead>
<tbody>
<tr>
<td>Exp. Groups</td>
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<td>.65824</td>
<td>.19847</td>
<td>-.1.32221 - .43779</td>
<td>-.4434</td>
<td>10</td>
<td>.001</td>
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<tr>
<td>Con. Groups</td>
<td>.01300</td>
<td>.43952</td>
<td>.13252</td>
<td>-.3.0828 - .28228</td>
<td>-.098</td>
<td>10</td>
<td>.924</td>
</tr>
</tbody>
</table>

Table II shows that the control group's (pre-post) significant level is 0.924 this is higher than the 0.05 level of significance. Likewise experimental group (pre-post) significant level is 0.001, which is lower than the 0.05 level of significance.

**Graph 1:** Shows that pre and post-experimental group mean and std. deviation

**Results**

This study's results show that 12 weeks training program affects the experimental group but not the control group. SAQ twelve weeks training program significantly improved male football players' anticipation ability.

**Conclusion**

The conclusion of this study is that anticipation ability improved by twelve weeks SAQ (Speed, Agility & Quackness) training program of male football players.

**Reference**

1. NSCA National Strength & Conditioning Association; c2017. https://www.nsca.com/education/articles/kinetic-select/factors-determining-quickness-anticipation/#:~:text=Anticipation%20is%20possible%20in%20nearly,he%20is%20trying%20to%20execute
2. Barca Innovation Hub; c2022. https://barcainnovationhub.fcbcrcelona.com/blog/the-art-of-anticipation/#:~:text=If%20we%20talk%20about%20football,defensive%20movements%20of%20their%20opponents