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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. 30108±0.67828. Likewise, pre and post-control group mean and std. deviation is 0.1440±0.1570 and .29275±0.28520.

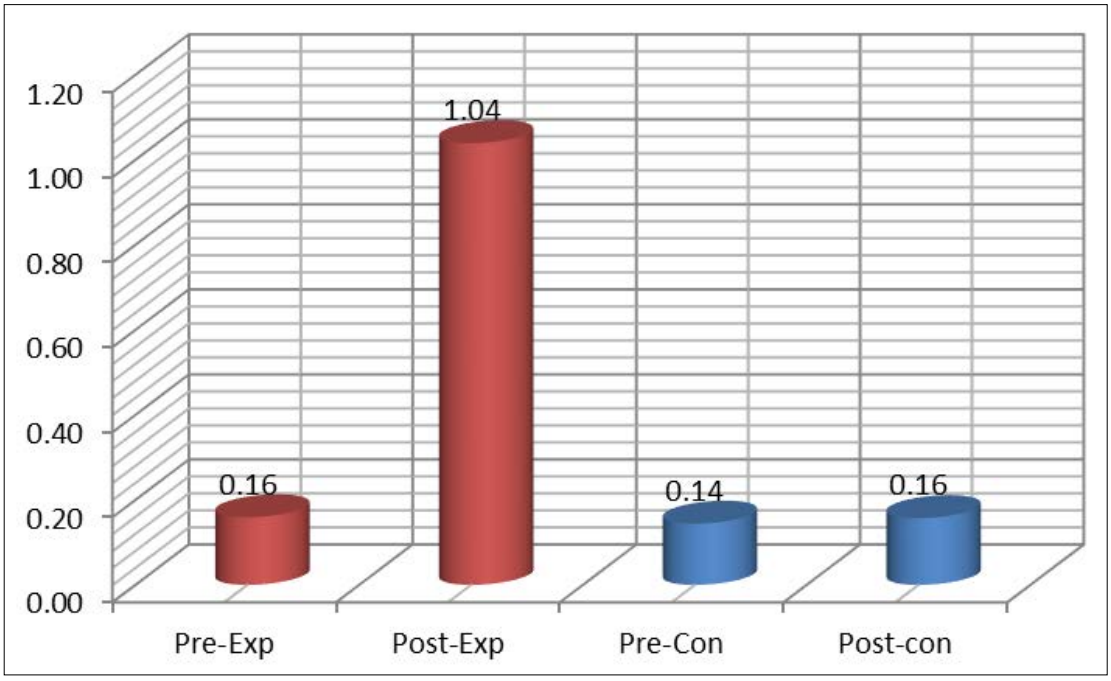
Table 1: Shows that pre and post-experimental group mean and std. deviation is 0.1590±1.0390 and 0. 30108±0.67828

Paired Samples Statistics					
		Mean	**N**	**Std. Deviation**	**Std. Error Mean**
Pair 1	Pre-Exp	.1590	11	.30108	.09078
	Post-Exp	1.0390	11	.67828	.20451
Pair 2	Pre-Con	.1440	11	.29275	.08827
	Post-con	.1570	11	.28520	.08599

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

Paired Samples Test								
	Paired Differences					T	DF	Sig. (2-Tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence interval of the difference				
				Lower	Upper			
Exp. Groups	-.88000	.65824	.19847	-1.32221	-.43779	-4.434	10	.001
Con. Groups	-.01300	.43952	.13252	-.30828	.28228	-.098	10	.924

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 & Quackniss) training program of male football players.

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