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## Effect of specific soccer training on coordination and speed endurance among soccer players

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### Abstract

The purpose of the study was to find out the effect of specific soccer training on coordination and speed endurance among soccer players. To achieve the purpose of the study thirty school soccer players studying from Vels Vidhyshram School, Chennai and Christ wood School, Chennai, Tamil Nadu, India were selected as subjects. The age of subjects ranged from 16 to 19 years. The thirty soccer players were divided into two groups of fifteen subjects each. Group I underwent Specific Soccer Training (SST), group II acted as control. The experimental group was subjected to the specific soccer training for weekly five days for twelve weeks. The specific soccer training was selected as independent variable and the criterion variables coordination and speed endurance selected as dependent variables and the selected dependent variables were assessed by standardized test items. Coordination was assessed by juggling test and speed endurance was assessed by 150 meters run test. The experiment design selected for this study was pre and posttest randomized design. The data were collected from before and after the training period and statistically analyzed by using Dependent 't' test and analysis of covariance (ANCOVA). It was found that there was a significant improvement and significant different exist due to the effect of specific soccer training on coordination and speed endurance compared to control group.

**Keywords:** Specific soccer training, coordination, speed endurance and soccer

### Introduction

Soccer is a game that demands precise coordination of speed, quickness, agility, strength, and direction shift. All of these elements contribute to the difficulty of soccer by wearing players out at some point throughout a game. Playing soccer requires quick reflexes and agility to stay in the game, whether you're in a house league or a representative one. Fast twitch muscle fiber firing patterns can be improved by conditioning the neuro-muscular system through practice in muscle acceleration and firing. Playing soccer demands a great level of speed, quickness, agility, power, and direction change. All of these elements combine to make soccer more challenging as players become tired during a game.

Speed and speed-endurance are frequently the first things that need to be worked on when it comes to young athletes or beginning players. High performance sports in soccer are marked by high demands on participants and trainers in both the professional and the amateur fields. Modern soccer calls for the highest degree of commitment, willingness and concentration on the part of all involved in order to meet fitness and tactical performance demands. In addition players must develop characteristics such as stamina, resilience, fast reactions, sociability and strong nerves. Some of these characteristics are natural; others can be developed with appropriate training. It is therefore the trainer's task to promote and improve not only the physical but also the mental strength of his player. Individual talks but also teamwork is the best methods.

Adequate time should be devoted to the training of tactics in addition to technique, but without over emphasizing complicated moves in theory and practice. Technique and fitness come first so that players can keep up with the fast pace of the game. The rapid development towards again based on speed must be reflected in a corresponding training form. The exact training planning must consider on the one hand the annual rhythm, but also the weekly matches with their varying demands on players. Training such as is a holistic process, marked by a balance of strain and rest.

Many trainers and coaches in amateur soccer do not have enough time to devise their own training plans. These training programs can support the coach in his work, whereby he should always check them for their suitability to his needs and adapt them if necessary. They are therefore just a framework to support the trainer's own ideas, allowing him optimal use of his time and providing him with additional input to realize his own concepts.

### Statement of the problem

The purpose of the study was assess the effect of specific soccer training on coordination and speed endurance among soccer players.

### Methodology

To achieve the purpose of the study, thirty soccer players from Vels Vidhyshram School, Chennai and Christ wood School, Chennai, Tamil Nadu, and India were selected as subjects. The age of subjects ranged from 16 to 19 years. The thirty soccer players were divided into two groups of fifteen (15) subjects each. Group I underwent Specific Soccer Training (SST), group II acted as control. The experimental group was subjected to the specific soccer training during morning hours for five days and group II acted as control. The specific training was selected as independent variable and the criterion variables coordination and speed endurance were selected as dependent variables and the dependent variables were assessed by the standardized test items. Coordination was assessed by juggling test and speed endurance was assessed by 150 meters run test. The experimental design selected for this study was pre and post-test randomized design. The data were collected from each subject before and after the training period and statistically analyzed by using dependent 't' test and analysis of covariance (ANCOVA).

### Analysis of data

The pre and post test data collected from the experimental and control group on coordination and speed endurance were statistically analyzed by ANCOVA and the results are presented in Table 1.

**Table 1:** The pre and post test data collected from the experimental and control group on coordination and speed endurance were statistically analyzed by ANCOVA

Variables	Group Name	Specific Soccer Training	Control Group	F Ratio
Coordination	Pre-test Mean $\pm$ S.D	42.04 $\pm$ 6.74	42.10 $\pm$ 6.57	0.78
	Post-test Mean $\pm$ S.D	45.08 $\pm$ 6.97	42.13 $\pm$ 6.96	11.24*
	Adj. Post-test Mean $\pm$ S.D	54.947	53.197	67.50*
Speed Endurance	Pre-test Mean $\pm$ S.D	21.242 $\pm$ 0.55	21.233 $\pm$ 0.62	0.68
	Post-test Mean $\pm$ S.D	19.057 $\pm$ 0.71	21.241 $\pm$ 0.64	8.11*
	Adj. Post-test Mean $\pm$ S.D	20.145	21.246	75.26

\*The required table value for significance at 0.05 level of confidence with degrees of freedom 1 and 27 is 4.21 and degree of freedom 1 and 28 is 4.20

\* Significant at 0.05 level of confidence

The obtained 'f' ratio value is 11.24\* of coordination was greater than the required table value of 4.21 for the degrees of freedom 1 and 27 at 0.05 level of confidence. Hence it was

concluded that due to the effect of twelve week of specific soccer training improved coordination of the subjects was significantly.

The obtained 'f' ratio value is 8.11 of speed endurance was greater than the required table value of 4.21 for the degrees of freedom 1 and 27 at 0.05 level of confidence. Hence it was concluded that due to the effect of twelve week of specific soccer training improve speed endurance of the subjects was significantly.

### Conclusions

Based on the results of this study the following conclusions were drawn by the investigator

It concluded that the selected criterion variables such as coordination and speed endurance were significant difference between specific soccer training group and control group of men soccer players.

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