IMPACT OF CIRCUIT BASED SKILL TRAINING ON SKILL PERFORMANCE OF MEN FOOTBALLERS

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Abstract

Object: This examine changed into designed to discover the impact of circuit primarily based skill education on skill overall performance of guys soccer gamers. To reap the cause of the observe 30 guys footballers had been decided on from Sree Narayana Guru University, Coimbatore, TamilNadu, India. Strategies: Their age ranged from 18 to twenty-five years and that they had been divided into two same organizations includes 15 every. Institution- I underwent circuit schooling and group - II acted as control institution (CG). The schooling turned into given to the experimental organization for 3 days according to week (Monday, Wednesday and Friday) during 8 weeks. The manage organization changed into no longer given any form of education except their recurring work. end result: The records gathered from the topics turned into statistically analyzed with ‘t’ ratio to discover vast improvement if any at 0.05 level of self assurance.conclusion: The end result speculated that the kicking and passing of the guys footballers progressed significantly because of have an effect on of circuit based talent schooling with the restrictions of ( diet, weather, existence style ) fame and former training the end result of the present have a look at coincide findings of the research carried out via different specialists within the discipline of sports activities sciences.

Key words: Circuit based skill training, kicking and passing.

1. Introduction

Circuit schooling is a good and challenging shape of conditioning, it works well for growing strength, patience (each aerobic and anaerobic), flexibility and coordination, AF enjoy, age, and preceding stage of sports activities participation on those traits. Its versatility has made it popular with most of the people proper via to elite athletes. For sports activities men and guys, regardless of the big use of energy trying out in football gamers. it could be used in the course of the closed season and early pre-season to assist broaden a stable base of health and prepare the body for more worrying next training. Circuit education is an effective organizational form of doing bodily exercises for improving all physical health additives. earlier than and after training, the initial and very last tests have been carried out for the variables which
include speed, agility, energy, co-ordination, static balance and dynamic balance for the experimental and manage agencies, dynamical positioning confirmed extra irregularity while associated with the forwards centroid.\(^3\) Three Circuit schooling is an exercise application that develops typical fitness. Performed regularly, circuit education will concurrently improve muscular energy, staying power, cardiovascular fitness and flexibility. Circuit training effectively reduces the time dedicated to power training while permitting a good enough education extent to be executed.\(^4\) Four Circuit education become invented in 1953 as an efficient manner for coaches to train many athletes in a constrained quantity of time with constrained gadget. Circuit training presents cardiorespiratory and energy blessings in folks.\(^5\) the exerciser moved thru a sequence of weight education or calisthenics arranged consecutively. It changed into a quick-paced workout of 15 to forty five seconds per station with little (15 to 30 seconds) or no rest among stations. Nowadays, this is called “circuit weight schooling”. Research has shown that it may boom muscular power and patience. To provide heading soccer based totally schooling models to improve the accuracy of headings in soccer video games.\(^6\)

2 strategies

To gain the cause of the examine 30 men footballers were decided on from Sree Narayana Guru College, Coimbatore. Their age ranged from 18 to 25 years and that they were divided into two same companies consists of 15 every. Group- I underwent circuit training and group - II acted as manipulate organization (CG). The schooling was given to the experimental institution for three days per week (Monday, Wednesday and Friday) throughout 8 weeks. The control organization changed into not given any form of education except their routine work.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Test item</th>
<th>Unit of measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kicking</td>
<td>Warner soccer test</td>
</tr>
<tr>
<td>2</td>
<td>Passing</td>
<td>Warner soccer test</td>
</tr>
</tbody>
</table>

3 Training programme

The training programme became lasted for 45 minutes for session in an afternoon, three days in per week for a period of eight weeks period. These forty five minutes included 10 mint heat up, 25 minutes circuit based skill training and 10 mins heat down. Every two weeks of education five% of intensity of load changed into multiplied from 55% to eighty% of work load. The volume of circuit based totally talent
schooling is prescribed based totally at the number of sets and repetitions. The circuit training is the period of the time every action is held for and the wide variety action in overall 3 day in line with weeks (Monday, Wednesday and Friday). the selected subjects underwent ordinary physical workout on different three days (Tuesday, Thursday, and Saturday). The accrued information on above stated variables due to the impact of circuit schooling turned into statistically analyzed with ‘t’ test to find out the widespread improvement between pre and post-test. In all cases the criterion for statistical significance turned into set at zero.05 level. (P < 0.05).

4 Procedures

**TABLE-I**
**COMPUTATION OF ‘t’-RATIO BETWEEN PRE AND POST TEST MEANS OF KICKING AND DRIBBLING OF MEN FOOTBALLERS ON EXPERIMENTAL GROUP**

<table>
<thead>
<tr>
<th></th>
<th>Group</th>
<th>Mean</th>
<th>Standard deviation</th>
<th>Mean difference</th>
<th>Standard error mean</th>
<th>t-ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kicking</td>
<td>Pretest</td>
<td>38.19</td>
<td>1.77</td>
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<tr>
<td></td>
<td>Posttest</td>
<td>39.54</td>
<td>1.78</td>
<td>-1.34</td>
<td>.29</td>
<td>4.56*</td>
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<tr>
<td>Dribbling</td>
<td>Pretest</td>
<td>12.81</td>
<td>0.76</td>
<td>0.52</td>
<td>0.71</td>
<td>7.42*</td>
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<tr>
<td></td>
<td>Posttest</td>
<td>12.29</td>
<td>0.78</td>
<td></td>
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</tr>
</tbody>
</table>

*Significant at 0.05 level of confidence (2.145)

Table I reveals the computation of ‘t’ ratio between pretest and posttest on kicking ability and dribbling of men footballers. The mean values for pre and post test of experimental group were 38.19, 39.54, 12.81 and 12.29 respectively. Since the obtained ‘t’ ratio 4.56 and 7.42 was greater than the required table value 2.145, it was found to be significant for the degrees of freedom 1 and 14 at 0.05 level of confidence. The result clearly indicated the kicking ability and dribbling of experimental group had been improved by circuit based skill training. The following bar diagram shows the mean values of pre test and post test on kicking ability and dribbling of experimental group.
FIGURE-I
BAR DIAGRAM SHOWS THE MEAN VALUES OF PRE TEST AND POST TEST ON KICKING ABILITY AND Dribbling OF EXPERIMENTAL GROUP

TABLE-II
COMPUTATION OF ‘t’-RATIO BETWEEN PRE AND POST TEST MEANS OF KICKING ABILITY AND Dribbling OF MEN FOOTBALLERS ON CONTROL GROUP

<table>
<thead>
<tr>
<th>Variables</th>
<th>Group</th>
<th>Mean</th>
<th>Standard deviation</th>
<th>Mean difference</th>
<th>Standard error mean</th>
<th>t-ratio</th>
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</thead>
<tbody>
<tr>
<td>Kicking</td>
<td>Pretest</td>
<td>36.20</td>
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<td>.008</td>
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<tr>
<td></td>
<td>Posttest</td>
<td>36.19</td>
<td>2.37</td>
<td>.004</td>
<td>.008</td>
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<tr>
<td>dribbling</td>
<td>Pretest</td>
<td>13.18</td>
<td>0.60</td>
<td>0.06</td>
<td>0.06</td>
<td>0.93</td>
</tr>
<tr>
<td></td>
<td>Posttest</td>
<td>13.24</td>
<td>0.57</td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>
Insignificant at 0.05 level of confidence (2.045)

Table II reveals the computation of ‘t’ ratio between pretest and posttest on kicking ability and dribbling of men footballs. The mean values for pre and post test of control group were 36.20, 36.19, 13.18 and 13.24 respectively. Since the obtained ‘t’ ratio 0.58 and 0.93 was lesser than the required table value 2.145, it was found to be insignificant for the degrees of freedom 1 and 14 at 0.05 level of confidence. The following bar diagram shows the mean values of pre test and post test on kicking ability and dribbling of control group.

**FIGURE-II**
**BAR DIAGRAM SHOWS THE MEAN VALUES OF PRE TEST AND POST TEST ON KICKING ABILITY AND DRIBBLING OF CONTROL GROUP**

5 CONCLUSION

Based on the result of the study it was concluded that the 8 weeks of circuit based skill training have been significantly improved dribbling and passing skills among men footballers. From the findings it is postulated that circuit based skill training is suitable mode to bring out desirable changes over dribbling and passing among men footballers.
REFERENCE


