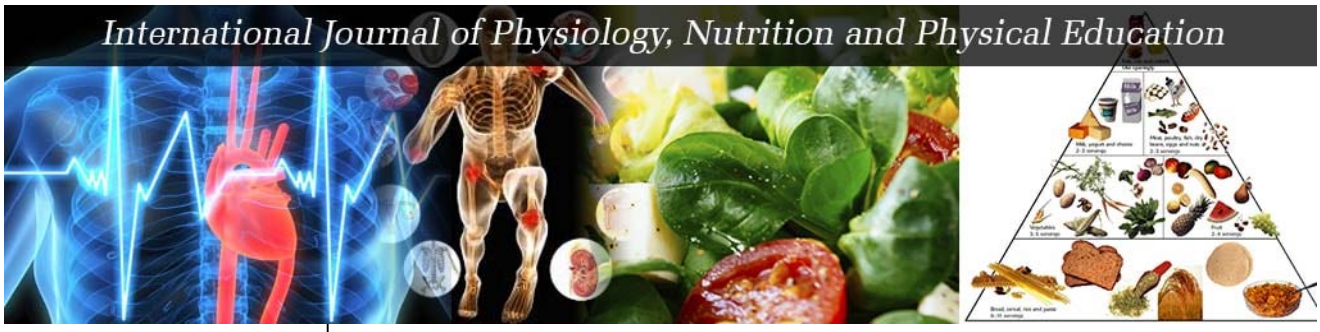

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Impact of imagery skill practice on playing ability among football players

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Abstract
The purpose of this study was fine out the impact of imagery training on passing and shooting among football players. To achieve the purposed of this study the investigator randomly selected 30 college men football players from YMCA College of Physical Education, Nandanam, Chennai-35. The age group of the subject's was between 18- 23 years. They are divided into two equal based on their initial performance in shooting accuracy in soccer. The investigator selected shooting accuracy in soccer as dependent variable and six weeks imagery training as independent variable for this study. Random group design was in this study. The subject was divided into two groups with a number of 15 members in each. The groups were categorised according to their training programme. Group–I underwent imagery training, and group-II served as the control group. Subjects in group II did not undergo any training protocol but they were allowed to do their regular training. The experimental group subjects had their training programme for a period of 6 weeks. An important point to not was that none of the players were practising any other specialized training other than their regular schedule. The result of the study proved that there was significant improvement in passing and shooting accuracy in football due to 6 weeks imagery training for the football players.

Keywords: Imagery Training, Football Players, Passing and Shooting.

Introduction
Sportsman and spectators are very clear about the value and Significance of sports. That is why scientific investigations of the performance of sportsmen are playing a vital role in achieving top class performance. Winning laurels at international sports arena has become a prestige Issue linked with political system and as such nations vie with others to Produce top class sportsman for international competitions. For this, research is systematically conducted to identify the factors that help in achieving level of skill which a player can attain through proper coaching and evaluation. Athletes and sports psychologists alike agree that self-confidence is central to optimal performance. Despite its being a key ingredient to performance, sports psychology have long struggle clearly defining confidences and understanding the antecedents and the mechanism underlying variations in confidence.
Guided imagery is a gentle but powerful technique that focuses and directs the imagination. It can be just as simple as an athlete's 10-second reverie, just before leaping off the diving board, imagining how a perfect dive feels when slicing through the water. Or it can be as complex as imagining the busy. Over the past 25 years, the effectiveness of guided imagery has been increasingly established by research findings that demonstrate its positive impact on health, creativity and performance.

Methodology
The purpose of this study was fine out the impact of imagery training on passing and shooting among football players. To achieve the purposed of this study the investigator randomly selected 30 college men football players from YMCA College of Physical Education, Nandanam, Chennai-35. The age group of the subject's was between 18-23 years. They are divided into two equal based on their initial performance in shooting accuracy in soccer. The investigator selected shooting accuracy in soccer as dependent variable and six weeks imagery training as independent variable for this study. Random group design was in this study.

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Techniques for imagery

- **Step 1:** Lie down in a comfortable position, with no distractions.
- **Step 2:** Visualize on your breath, inhaling relaxation and exhaling tension.
- **Step 3:** Visualize total body relaxation, by gradually progressing upward from the toes to head, feeling all the tension in your body melting away.
- **Step 4:** Now imagine themselves of a football court and imaging warming up inside the court with ball.
- **Step 5:** Get into the feeling of the event through the use of all your senses (hearing, seeing, smelling, and feeling)
- **Step 6:** Now imagine yourself performing (step by step) a ball shooting to the goal.
- **Step 7:** Slowly bring yourself to full consciousness, and feel as though you have been there and done that.

Training procedure

Practicing imagery

Everyone's needs are different, but you might want to start out a couple of times a day for about 15 minutes each time for 6 weeks. First thing in the morning and just before falling asleep at night are usually convenient and especially potent times for imagery.

- It's best to engage all the senses, especially your kinesthetic or feeling sense. Remember, only a little over half of the population is strongly visual.
- Imagery is generally more powerful in a group setting, mainly due to the contagious nature of the altered state. So a support group, special study group or healing group is a nice place to work with it (and try to sit next to a yoga instructor or some other heavy-hitter mediators!)
- Music, when properly chosen, will increase the effects of imagery. You will intuitively know what music is right for what you need. A small percentage of people prefer no music at all.
- Imagery that elicits emotion is generally more effective than imagery that doesn't. Responding with emotion is a good sign that the imagery is working for you in a deep way.
- If you're using self-talk with your imagery, try to avoid the imperative verb form on yourself, so that inadvertently "bossy" language doesn't get your back up and marshal unnecessary resistance.

Statistical procedure

The collected data were analysed statistically through analyze of covariance (ANCOVA) to find the significance difference.

Analysis of data

The data collected prior and after the experimental periods on speed and agility experimental group (SMIT) and control group (CG) were analysed and presented in table-1 and 2.

Table 1: Analysis of Covariance for Pre and Post Data on Dribbling

Test	HIPT	CG	Source variance	Sum of Squares	df	Mean square	F
Pre-test mean	19.40	19.12	Between	0.59	1	0.59	0.63
			Within	26.24	28	0.94	
Post-test mean	16.32	19.00	Between	57.27	1	57.27	99.18*
			Within	16.16	28	0.57	
Adjusted mean	16.26	19.14	Between	60.96	1	60.96	144.22*
			Within	11.41	27	0.42	

*significant.at 0.05 level.

The obtained F value on pre test scores 0.63 was lesser than the required F value of 4.21 to be significant at 0.05 level. This proved that there was no significant difference between the groups at initial stage and the randomization at the initial stage was equal. The post test scores analysis proved that there was significant difference between the groups as the obtained F value at 99.18 was greater than the required F value at 4.21. This proved that the differences between the post-test mean at the subjects were significant. Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value at 144.22 was greater than the required F value at 4.20 to be significant at 0.05 level and hence it was accepted that there was significant difference among the adjusted post-test means on dribbling of the football players.

Table 2: Analysis of covariance for pre and post data on shooting

Test	HIPT	CG	Source variance	Sum of Squares	df	Mean square	F
Pre-test mean	37.73	32.40	Between	213.33	1	213.33	2.9
			Within	2016.53	28	72.02	
Post-test mean	52.67	73.07	Between	3121.20	1	3121.20	41.9*
			Within	2084.27	28	74.44	
Adjusted mean	50.37	75.35	Between	4232.77	1	4232.77	191.7*
			Within	596.19	27	22.08	

*significant.at 0.05 level.

The obtained F value on pre test scores 2.9 was lesser than the required F value of 4.21 to be significant at 0.05 level. This proved that there was no significant difference between the groups at initial stage and the randomization at the initial stage was equal. The post test scores analysis proved that there was significant difference between the groups as the obtained F value at 41.09 was greater than the required F value at 4.21. This proved that the differences between the post-test mean at the subjects were significant. Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value at 191.7 was greater than the required F value at 4.20 to be significant at 0.05 level and hence it was accepted that there was significant difference among the adjusted post-test means on shooting of the football players.

Conclusion

1. The dribbling was significantly increased due to imaginary training among football players while comparing to the control group.
2. The shooting was significantly increased due to imaginary

training among football players while comparing to the control group.

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