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## Effect of specific package drill training on selected physical fitness components among college men football players

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### Abstract

The purpose of the study was to find out the effect of specific package drill training on selected physical fitness components namely speed and agility among college men football players. To achieve this purpose of the study, thirty men football players were selected from Government Boy's Degree College Baramulla, Jammu and Kashmir, India were selected as subjects at random. The selected subjects were divided into two equal groups of fifteen subjects each, such as specific package drill training group and control group. The group I underwent specific package drill training for four days per week for twelve weeks. Group II acted as control group who did not participate any special training programmes apart from their regular routine, as per their curriculum. The following variables namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the training programme. The analysis of covariance (ANCOVA) was used to analyze the significant difference, if any between the groups. The .05 level of confidence was fixed as the level of significance to test the "F" ratio obtained by the analysis of covariance, which was considered as an appropriate. The results of the study revealed that there was a significant difference between specific package drill training group and control group on selected physical fitness components namely speed and agility.

**Keywords:** Specific training, drill, physical fitness, football

### Introduction

Sport has emerged into a highly organised activity of human society. Sports are a highly organised form of play and play is a general innate tendency. Play is very important for preservation, growth and development of the organism. (Kamalesh and Sangral, 1980) [2] Soccer is a game which requires both aerobic and anaerobic fitness for parts of the game. Most commonly this will come in the form of short sprints these periods are followed by longer spells of jogging and walking. There are four physical abilities, which are relevant to an understanding of the nature of football skill they are speed, strength, endurance and mobility. The greater or lesser degree of proficiency is possible within each one of them there is a close relationship between each of them. (Roy and Shrpard, 1994) [3] All footballers, whatever their position, need a certain level of basic fitness. But once this is achieved, each player must connect improving specific areas of their fitness. Football is fast, quick, aggressive and attractive it is considered a strenuous game because the game demands a high degree of fitness as well as intelligence, balance, flexibility are the basic qualities for all the elite players. (Worthington, 1980) [1] The specific drill training package for elite athletic performance is becoming more and important in training individuals of many sports, besides the coming trend to improve performance levels in football or soccer through 'brain-jogging'. Specific drill training is very useful for the players to improve his skills. In this new century "football or soccer nowadays must always start in the head of the players before it is finished with their feet."

### Methodology

The purpose of the study was to find out the effect of specific package drill training on selected physical fitness components namely speed and agility among college men football players.

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**Training Programme**

For experimental group, the specific package of drills had been given for four days per week for twelve weeks. Training was given in the evening session. The training session includes warming up and cooling down. Every day the workout lasted for 45 to 60 minutes approximately. The subjects underwent their training programmes as per the schedules under the strict supervision of the investigator. During experimental period control group did not participate in any of the special training.

**Analysis of the Data**

The influence of specific package drill training programme on each criterion variables analysed separately and presented below.

**Speed**

The ANCOVA on Speed of the pre and post test scores for specific package drill training and control groups have been analyzed and presented in table 1.

**Table 1:** Ancova on Speed for Specific Package Drill Training Programme and Control Groups

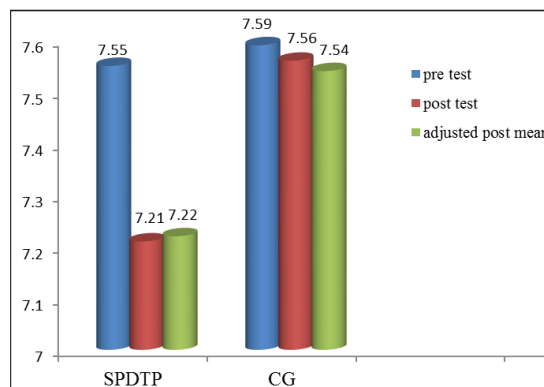
Test		Specific package drill Training group	Control Group	Source of variance	S.S	DF	M.S	"F" ratio
Pre test	Mean	7.55	7.59	Between	0.01	1	0.01	0.35
	S.D	0.16	0.18	Within	0.67	28	0.02	
Post test	Mean	7.21	7.56	Between	0.94	1	0.94	15.78*
	S.D	0.14	0.13	Within	1.66	28	0.06	
Adjusted post test	Mean	7.22	7.54	Between	0.77	1	0.77	128.97*
				Within	0.16	27	0.01	

\*significant at .05 level of confidence.

(The table values required for significance at .05 levels with df 1 and 28 is 4.20 and 1 and 27 is 4.215 respectively).

The table I show’s that the adjusted post-test means on speed of specific package drill training group and control group are 7.22 and 7.54 respectively. the obtained “F” ratio of 128.97 for adjusted post-test means is greater than the table value of 4.215 for df 1 and 27 required for significance at .05 level of

confidence on speed. The results of the study indicated that there was a significant difference between the adjusted post-test means of specific package drill training group and control group on speed.



**Fig 1:** The Pre, Post and Adjusted Post Test Mean of specific package drill training and control groups on speed.

**Agility**

The ANCOVA on agility of the pre and post test scores for

specific package drill training and control groups have been analyzed and presented in table 2.

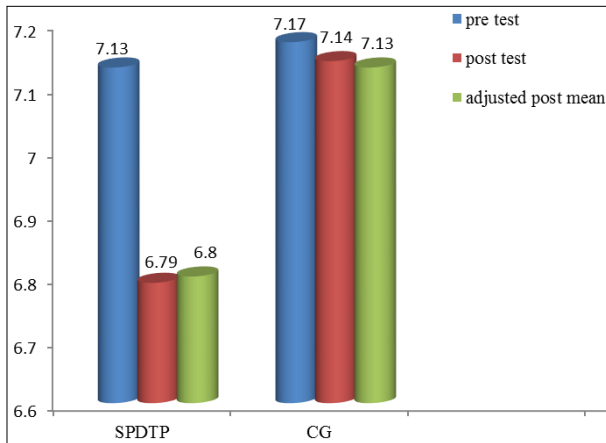
**Table 2:** Ancova on Agility for Specific Package Drill Training Programme and Control Groups

Test		Specific package drill Training group	Control Group	Source of variance	S.S	df	M.S	"F" ratio
Pre test	Mean	7.13	7.17	Between	0.01	1	0.01	1.0
	S.D	0.09	0.08	Within	0.30	28	0.01	
Post test	Mean	6.79	7.14	Between	0.90	1	0.90	22.40*
	S.D	0.11	0.10	Within	1.13	28	0.04	
Adjusted post test	Mean	6.80	7.13	Between	0.76	1	0.76	145.99*
				Within	0.14	27	0.01	

\*significant at .05 level of confidence.

(The table values required for significance at .05 levels with df 1 and 28 is 4.20 and 1 and 27 is 4.215 respectively).

The table 2 show's that the adjusted post-test means on agility of specific package drill training group and control groups are 6.80 and 7.13 respectively. the obtained "F" ratio of 145.99 for adjusted post-test means is greater than the table value of 4.215 for df 1 and 27 required for significance at .05 level of confidence on agility. The results of the study indicated that there was a significant difference between the adjusted post-test means of specific package drill training and control groups on agility.



**Fig 2:** The Pre, Post and Adjusted Post Test Mean of specific package drill training and control groups on agility.

### Conclusions

1. There was a significant difference between specific package drill training and control groups on speed of the football players.
2. There was a significant difference between specific package drill training and control groups on agility of the football players.
3. And it was found that there was a significant improvement on selected criterion variables such as speed and agility due to specific package drill training programme among football players.

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