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Effect of S.A.Q. training program on explosive leg strength of soccer players

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Abstract

In this Present study researcher has attempt to discover the effect of S.A.Q. Training program on explosive leg strength of soccer players. To check the effect of S.A.Q. Training program on selected physical fitness variables of soccer players, total 25 all India Inter university male soccer players of Choudhary Devi Lal University, Sirsa were selected as subjects. The age of subjects was raging between 20 to 27 years and they were selected through purposive sampling technique. The investigator had selected explosive leg strength as dependent physical fitness variable for the present study. Further six weeks S. A. Q training was elected as independent variable of the study. Paired 't' test was applied to find out the difference or to compare mean, standard deviation and standard error mean was computed to describe each variable statistically. The level of significance was set at.05. The results strongly confirm that, significant differences were observed of male soccer players for their explosive leg strength variable.

Keywords: leg strength, soccer players

Introduction

Soccer is played and in addition delighted in by multitude number of individuals everywhere throughout the globe. This is a standout amongst the most perceived games Soccer has obtained ubiquity among the Indian masses with in a game time frame and is the prevalent and generally played Indian game. Despite the fact that the present day session of football had developed in Britain in its primitive from, it had without a doubt been played for a considerable length of time in different nations. Soccer is a game which calls for strenuous and persistent exciting activity and consequently, appeals to the young the world over. The skills involved in the game are basic, common but are profoundly fortifying and fulfilling to any individual who takes part in the game".

The term S.A.Q. is derived from the 1st letters of together of the provisional Speed, agility & Quickness, by the term speed one usually gets the impression that we are speaking about speed in running events but speed also concerns many body parts and varies from one part to another. Speed refers to quickness of movements and one's ability to execute rapidly successive actions in a particular direction over a short period. According to Barrow and McGee (1971), speed is characterized as "one's capacity to perform progressive development of a similar example at a quick rate". Speed of muscle constriction is an acquired quality yet it can be enormously enhanced through preparing by legitimate procedures and by rehearsing fast developments and their appropriate coordination. Speed is incredibly influenced by one's age, height, weight, muscle viscosity, mechanical and basic components like length of appendages and adaptability of joints.

In this Present study researcher has attempt to discover the effect of S.A.Q. Training program on explosive leg strength of soccer players

Procedure and Methodology

Selection of Subjects: To check the effect of S.A.Q. Training program on explosive leg strength of soccer players, total 25 all India Inter university male soccer players of Choudhary Devi Lal University Sirsa were selected as subjects. The age of subjects was raging between 20 to 27 years and they were selected through purposive sampling technique.

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Selection of Variables: The investigator had selected explosive leg strength as dependent physical fitness variable for the present study. Further six weeks S. A. Q training was elected as independent variable of the study.

Data Collection: To check the explosive leg strength level of subjects Standing Broad Jump was used as tool in this study.

Statistical Analysis: Paired 't' test was applied to find out the difference or to compare mean, standard deviation and standard error mean was computed to describe each variable statistically. The level of significance was set at 0.05

Data Analysis and Results of the Study

Table 1: Mean, SD and t-value for Pre and Post Test of Explosive Leg strength variable of all India Inter university male soccer players

Physical Fitness Variable	Experimental Group	Mean	Standard Deviation	t-value
Explosive Leg strength	Pre-Test	1.76	0.20	2.49*
	Post-Test	3.25	2.98	

*t_{0.05(24)}=1.71

*=Significant at 0.05

Table & figure no. 4.3 statistically illustrates that the Mean and Standard Deviation with regard to Explosive Leg strength variable for pre-test is 1.76 and 0.20 where as in case of post-test is 3.25 and 2.98 respectively. The calculated t value 2.49 for Explosive Leg strength variable is more than the tabulated value that is 1.71. Hence, the value shows significant difference in pre and post-test for Explosive Leg strength variable of all India Inter university male soccer players of Choudhary Devi Lal University, Sirsa.

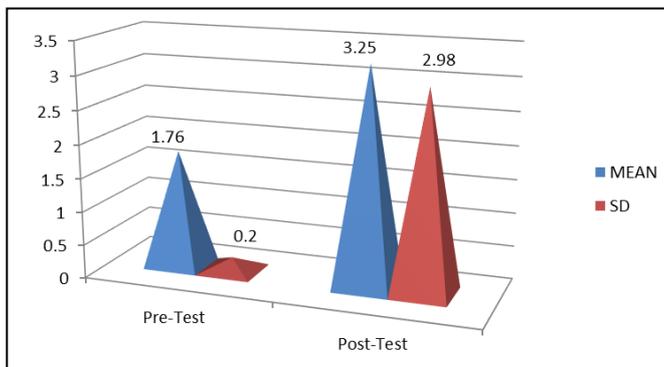


Fig 4.2: Shows Mean and SD values for Pre and Post Test of Explosive Leg strength variable of all India Inter university male soccer players

Conclusion

Based on the results of the study it was concluded that, there was significant effect of S.A.Q training program on explosive leg strength of male soccer players of Choudhary Devi Lal University, Sirsa.

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