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## Effect of specific soccer drills on dribbling and shooting ability of football players

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### Abstract

The objective of the study was to find out the effect of specific soccer drills on dribbling and shooting ability of football players. To attain this aim, a total of 30 male football players (treatment group-15, control-15) from Lakshmi Bai National Institute of Physical Education, Gwalior, Madhya Pradesh with age ranging from 18 to 24 years were randomly selected. All the subjects having been informed about the objective of the study. It was hypothesized that there will be significant difference in mean of dribbling and shooting abilities between treatment group & control group. For the analysis of the effect of soccer drills dribbling and shooting were selected as a performance variables. The subjects performed the training 5 days a week framed in a schedule. After the completion of 6 week of training data on dribbling (for time) and shooting (for distance) collected. To compare the effect independent t-test was employed at 0.05 level of significance. It was found that a significant effect exists in dribbling as well as in shooting ability. Experimental group was found significantly better than the control group in both dribbling and shooting.

**Keywords:** Specific soccer drills, dribbling, shooting

### Introduction

Football in India is believed to have started in the early 1800s. However, the tradition dates back to the 1880 in West Bengal, when the British Army Introduced organized soccer. The game became popular first in Bengal, before it spread to the other parts of the country. Football refers to a sports that involve, to varying degrees of kicking a ball with the foot to score a goal. The most popular of these sports worldwide is association football, more commonly known as just "soccer".

Football refers to sports that involve, to varying degrees of kicking a ball with the foot to score a goal. Sports science and modern technology has had a major effect on soccer training over the past 10 years. Many teams have become much more analytical about their players' work rate in games, and also in training, by introducing tools such as game analysis and heart rate monitors, in order to gain an accurate understanding of the physical demands of players in games. Soccer incorporates periods of high-intensity efforts interspersed with periods of lower-intensity exercise. The physiological demands of soccer require players to be competent in several aspects of fitness, which include aerobic and anaerobic power, muscle strength, flexibility and agility. The benefit of strength and strength training for soccer players is well supported by research. Reilly (1990) showed that the stronger players outlasted the weaker players in terms of a regular place in the team, and had reduced injury risks. He recommends that leg strength in particular is developed, especially in the quadriceps and hamstrings, to help stabilize the knee joint, which is the most frequently injured joint in soccer. Apron (1998), a Hungarian researcher who has been involved in long-term studies of Hungarian professionals, agrees, saying that knee-extension torque has been associated with success in the game and that strong hamstring muscles in relation to quadriceps are crucial to knee injury prevention.

### Methodology

#### Selection of subjects

To attain this aim, a total of 30 male football players (treatment group-15, control-15) from Lakshmi Bai National Institute of Physical Education, Gwalior, Madhya Pradesh with age ranging from 18 to 24 years were randomly selected.

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**Treatment variables**

For the purpose of administering the training program a training schedule was framed as treatment variable for six week.

Following dependent variables were selected to see the change caused due to training program.

1. Dribbling ability, Test-Dribbling for time test, Criterion measure-Time taken (in seconds) to cover the course.
2. Shooting ability, Test-Shooting for distance, Criterion measure-Distance covered (in meters).

**Administration of the test and collection of data**

All The subjects were randomly classified in to two groups of 15 each (treatment=15, control=15). The training was given to treatment group five days a week on Monday to Friday. The subjects were given various exercises framed in the training schedule. The data was collected on the selected variable after the training of six weeks was over.

**Dribbling for time**

**Administration of test:** Subjects stand on the starting line and a finish line is marked 30yards away from it. Five cones

are placed in the 30 yards course. First cone is placed 5 yard away from the start line and 4 more cones are placed at a regular interval of 5 yards. On the signal to start, the subject starts dribbling the ball in a zigzag manner around the cones. He continues to dribble the ball till the body comes the finish line.

**Scoring-:** Time taken by the subject to cover the 30 yards distance is considered as the score of the subject.

**Shooting for distance**

**Administration of test:** A ball will be placed on a line and subject will stand 3or4mts behind the ball, adjusted individually the subject kicks (High Drive) the ball in air for the distance.

**Scoring:** The distance from the point of kick to the point of first drop of the ball is measured as the score of individual.

**Analysis of data and results of the study**

The statistical analysis of data on dribbling and shooting ability of football players has been described below.

**Table 1:** Descriptive statistics of football players on dribbling ability

	Group	N	Mean	Std. Deviation	Std. Error Mean
Dribbling	Experimental group	15	5.8807	.40747	.10521
	Control group	15	6.3227	.28184	.07277

Table-1 reveals that the means and standard deviation of the football players on dribbling ability among experimental

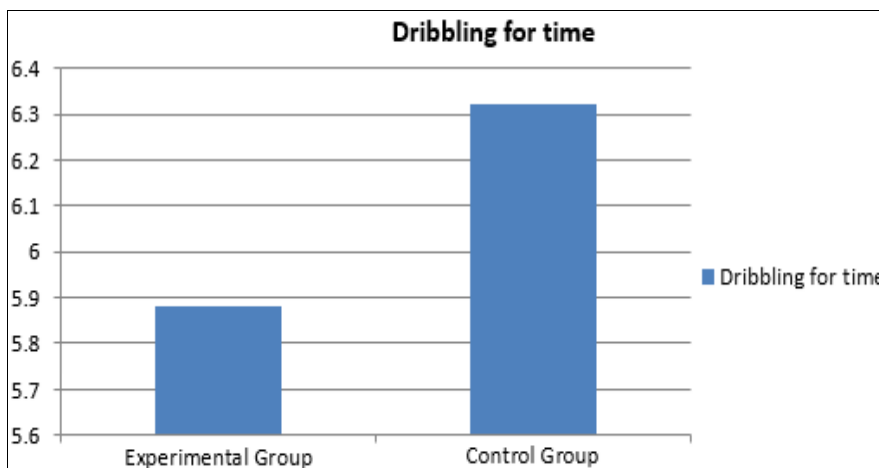
group (5.8807) and control group (6.3227).

**Table 2:** F and t –table for testing the equality of variance and equality of means of experimental and control group

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	DF	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Dribbling	Equal variances assumed	.630	.434	-3.455	28	.002	-.44200	.12792	-.70404	-.17996
	Equal variances not assumed			-3.455	24.901	.002	-.44200	.12792	-.70552	-.17848

Table 2 reveals that the variance of two groups are equal, the F value is 0.630 which is insignificant as the P-value is.434

which is more than 0.05. The value of t statistics (3.455) is significant, as the p-value is 0.002 which is less than 0.05.



**Fig 1:** Graphical representation on the dribbling ability of football players

Fig 1 shows that the mean of experimental group on dribbling for time is 5.88 sec and the mean of control group on

dribbling for time is 6.32 sec.

**Table 3:** Descriptive statistics of football players on kicking ability

	Group	N	Mean	Std. Deviation	Std. Error Mean
Kicking	Experimental group	15	55.2547	4.09110	1.05632
	Control	15	48.5527	5.33040	1.37630

The means and standard deviation of the football players on kicking ability among the experimental group (55.2547) and

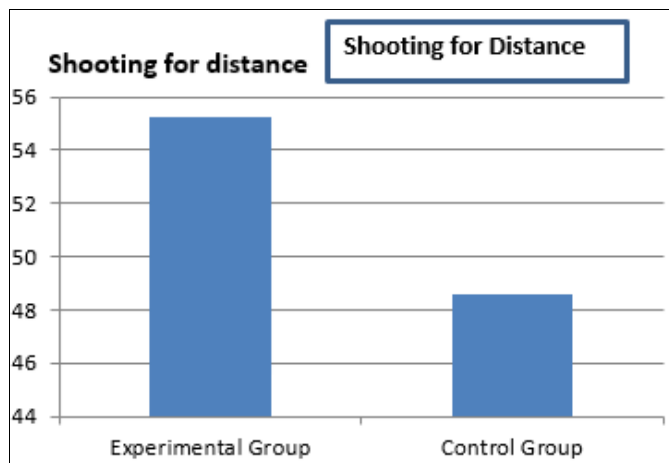
control group (48.5527) are shown in the table 1.

**Table 4:** F and t –table for testing the equality of variance and equality of means of experimental and control group

		Levene's Test for Equality of Variances		t-test for Equality of Means					95% Confidence Interval of the Difference	
		F	Sig.	t	DF	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
Kicking	Equal variances assumed	1.767	.195	3.863	28	.001	6.70200	1.73494	3.14814	10.25586
	Equal variances not assumed			3.863	26.245	.001	6.70200	1.73494	3.13740	10.26660

Table 2 reveals that the variance of two groups are equal, the F value is 1.767 which is insignificant as the P-value is .195 which is more than 0.05. The value of t statistics (3.863) is significant, as the p-value is 0.001 which is less than 0.05

trained to overcome the weight with explosive movements due to the improved neuro-muscular coordination, increased contractile force generation capacity and ability to summate the forces at various joints during whole body movements.



**Fig 2:** Graphical representation on the Shooting ability of football players

Fig 2 shows that the mean of experimental group on Shooting for distance is 55.25mts and the mean of control group on Shooting for distance is 48.55mts.

**Discussion of finding & conclusion**

The analysis of data revealed that there is significant difference in shooting ability of soccer players due to specific soccer drills training. The most important reason for the significant improvement on the Shooting ability may be attributed to the nature of physical qualities required for Shooting and efficiency of specific soccer drills training to fulfill those demands. The training schedule was designed in such a way that it included various movements of limbs which required rapid overcoming of own body weight by flexion and extension muscles of legs. The training enhances the ability of the subjects to apply force to the ball on greater proportion. In dribbling ability also a significant difference was found. This significant improvement may be attributed to better neuro-muscular efficiency developed by the training. In order to sprint with the ball an individual require an ability to adjust the body according to the ball making rapid movement in different direction, this requires overcoming of body weight by the muscles primarily involved in running. During the course of specific soccer drills training, these muscles were

**Recommendations**

Based on the conclusions drawn in this study, following recommendations have been made. Similar Study may be undertaken with large number of performance variables such as jumping and strength, similar study can also be conducted on female soccer players, and similar study may be conducted in different demographical region.

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