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## Effects of specific soccer training programme on playing ability among tribal and non tribal soccer players

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### Abstract

The aim of the study was to investigate the comparative effects of specific soccer training programme on soccer playing ability variables namely soccer playing ability, general soccer ability of tribal and non-tribal school boys. For the purpose of the study 60 tribal school soccer players and 60 non-tribal school soccer players were selected from Purulia district in the state of West Bengal. They were selected randomly. The age of the subjects were varied between 17 to 19 years. Sixty tribal students were sub divided into two groups' i.e. experimental tribal and control tribal. Similarly non-tribal students were sub divided into two groups' i.e. experimental non-tribal and control non-tribal. Each group consist of 30 subjects. The soccer playing ability variables namely soccer playing ability was measured through three experts rating technique, general soccer ability was measured through McDonald soccer test. For the comparison, analysis of covariance was used and the significant level was set at 0.05 level of confidence. The results reveals significant differences of means in both tribal and non-tribal group of experimental category.

**Keywords:** Specific soccer training, soccer playing ability, general soccer ability

### Introduction

Soccer is one of the oldest sports in the world. And also one of the most recognised. Soccer is played at all levels throughout the world from small kids leagues to professional and international teams. Perhaps the most famous soccer tournament is the World Cup. Held every four years, the World Cup is a soccer competition among countries and is one of the most watched events in the world. One of the reasons soccer is so popular is that it really only takes a ball and a flat open area to play.

The aim of football is to score more goals than your opponent in a 90 minute playing time frame. The match is split up into two halves of 45 minutes. After the first 45 minutes players will take a 15 minute rest period called half time. The second 45 minutes will resume and any time deemed fit to be added on by the referee (injury time) will be accordingly.

Soccer as the game is called in some parts of the world has a long history. More than 240 million people around the world play soccer regularly according to the Federation International de Football Association (FIFA). The game has evolved from the sport of kicking a rudimentary animal-hide ball around into the World Cup sport it is today. The contemporary history of the world's favorite game in soccer spans more than 100 years. It all began in 1863 in England. When rugby football and association football branched off on their different courses and the Football Association in England was formed - becoming the sport's first governing body.

Football is a family of team sports involve, to varying degrees, kicking a ball to score a goal. Unqualified, the word football is understood to refer to whichever form of football is the most popular in the regional context in which the word appears. Sports commonly called football in certain places include association football (known as soccer in some countries); gridiron football (specifically American football or Canadian football); Australian rules football; rugby football (either rugby league or rugby union); and Gaelic football. These different variations of football are known as football codes.

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There are a number of references to traditional, ancient, or prehistoric ball games played by indigenous peoples in many different parts of the world. Contemporary codes of football can be traced back to the codification of these games at English public schools during the nineteenth century. The expansion of the British Empire allowed these rules of football to spread to areas of British influence outside the directly controlled Empire. By the end of the nineteenth century, distinct regional codes were already developing: Gaelic football, for example, deliberately incorporated the rules of local traditional football games in order to maintain their heritage. In 1888, The Football League was founded in England, becoming the first of many professional football competitions. During the twentieth century, several of the various kinds of football grew to become some of the most popular team sports in the world.

The major followed occupation of the tribal people was agriculture. But there were also hunter-gatherers or herders. Most often they combined these activities to make full use of the natural resources of the area in which they lived. Some tribes were nomadic moving from one place to another.

A tribal group controlled land and pastures jointly and divided these amongst household as per its own rules. These group of tribal people were found in almost every region of the subcontinent. The Khokhar tribe was influential during the 13<sup>th</sup> and 14<sup>th</sup> centuries, in Punjab.

**Objective of the study**

The objective of the study was to find out the effects of specific soccer training programme on playing ability among tribal and non-tribal soccer players.

**Methodology**

The selection of subjects, selection of soccer playing ability variables, criterion measures, experimental design, procedure for administration of tests, administration of training programme, training schedule, reliability of the data, design

**Table 1:** Ancova table for the data on soccer playing ability for experimental tribal, control tribal, experimental non-tribal and control non-tribal during training.

Source	Sum of squares	Df	Mean square	F	(p-value)Sig
Pre	105.13	1	105.13	33.31	.000
Training	251.59	3	83.86	26.57	.000
Error	362.97	115	3.16		
Corrected total	728.33	119			

Shows the f-value [F(3,115)=26.57] for comparing the adjusted means of the criterion variable in four soccer training groups EXP. TRIBAL, CON. TRIBAL, EXP. NON-TRIBAL, CON. NON-TRIBAL. F statistics computed for aerobic training was significant because p value associated with it was .000 which is less than .05 thus the null hypothesis of no

of the study and statistical procedure employed for analyzing the data have been described.

**Selection of the subjects**

One hundred and twenty boys (60 tribal school soccer players and 60 non-tribal school soccer players) from Purulia district in West Bengal were selected at random, as subjects for the study. Sixty Tribal students were sub divided into two groups i.e. Experimental Tribal and Control Tribal. Similarly Non-tribal students were sub divided into two groups i.e. Experimental Non-tribal and Control Non-tribal. Each group consist of 30 subjects. The age of the subjects were ranged between 17 - 19 years.

**Selection of the Variables**

- Soccer playing ability (Three experts rating technique 50mts. dash)
- General Soccer ability (McDonald Soccer test)

**Criterion measures**

**Physical fitness variables**

- Three experts rating technique was conducted for measuring playing ability of Soccer players, which was recorded in numbers.
- General Soccer ability (volleying skill) was measured by using McDonald Soccer test, which was recorded in successful attempts.

**Statistical procedure**

In order to investigate the comparative effect of specific soccer training on the mean values of each playing ability variables of the tribal and non-tribal subjects, the analysis of covariance statistics was applied. For testing the mean difference among the subjects belonging to the experimental and control group each in tribal and non-tribal category as well as between the tribal and non-tribal subjects in playing ability variables, the label of significance was set at .05.

difference among the adjusted means for the data on criterion variable in four training groups may be rejected at 5% level. Since F-statistics is significant, post-hoc comparison has been made for the adjusted means of the four training groups, which is shown in table -

**Table 2:** Soccer playing ability

Group	Pretest mean	Posttest mean	Adjusted mean
Exp. Tribal	41.4	46.23	46.08
Con. Tribal	41.13	42.8	42.77
Exp. Non-tribal	40.67	44.63	44.83
Con. Non-tribal	41.1	42.63	42.62

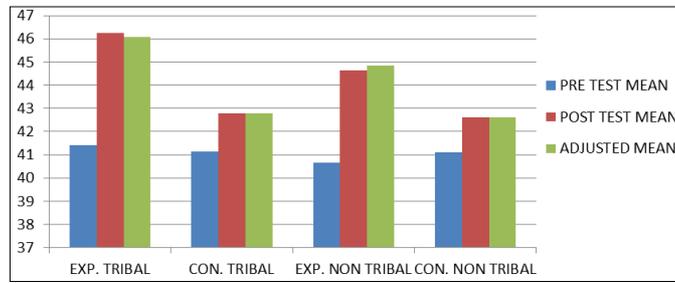


Fig 1: Pre, post and adjusted mean of the experimental tribal, control tribal, experimental non-tribal and control non-tribal

Table 3: Ancova table for the data on general soccer ability for experimental tribal, control tribal, experimental non-tribal and control non-tribal during training.

Source	Sum of squares	Df	Mean square	F	(p-value) Sig
Pre	188.47	1	188.47	87.5	.000
Training	298.99	3	99.66	46.27	.000
Error	247.7	115	2.15		
Corrected total	830.59	119			

Shows the f-value [F(3,115)=46.27] for comparing the adjusted means of the criterion variable in four soccer training groups EXP. TRIBAL, CON. TRIBAL, EXP. NON-TRIBAL, CON. NON-TRIBAL. F statistics computed for aerobic training was significant because p value associated with it was .000 which is less than .05 thus the null hypothesis of no

difference among the adjusted means for the data on criterion variable in four training groups may be rejected at 5% level. Since F-statistics is significant, post-hoc comparison has been made for the adjusted means of the four training groups, which is shown in table –

Table 4: general soccer ability

Group	Pretest mean	Posttest mean	Adjusted mean
Exp. Tribal	17.37	21.23	20.97
Con. Tribal	16.53	17.2	17.39
Exp. Non-tribal	17.17	20	19.85
Con. Non-tribal	16.47	17	17.23

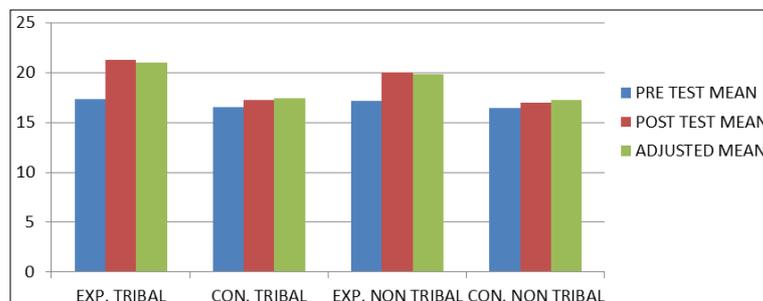


Fig 2: Pre, post and adjusted mean of the experimental tribal, control tribal, experimental non-tribal and control non-tribal

**Discussion of findings**

Table 2 shows the comparison of soccer playing ability for experimental tribal, control tribal, experimental non-tribal and control non-tribal groups involved in specific soccer training programme in pre, post, and adjusted means respectively which reveals significant in experimental tribal and control tribal, experimental tribal and control non-tribal, control tribal and experimental non-tribal, experimental non-tribal and control non-tribal. Whereas the result shows no significant difference between experimental tribal and experimental non-tribal, control tribal and control non-tribal.

Table 4 shows the comparison of general soccer ability for experimental tribal, control tribal, experimental non-tribal and control non-tribal groups involved in specific soccer training programme in pre, post, and adjusted means respectively which reveals significant in experimental tribal and control tribal, experimental tribal and control non-tribal, control tribal and experimental non-tribal, experimental non-tribal and control non-tribal. Whereas the result shows no significant

difference between experimental tribal and experimental non-tribal, control tribal and control non-tribal.

**Conclusions**

The 12 weeks of specific soccer training undertaking for the study showed significant improvement on the training groups. However these effects are significantly higher in case of tribal than non-tribal boys. Thus it may be concluded the specific soccer training programme have distinct advantage in developing the soccer playing ability variables i.e. Soccer Playing Ability and General Soccer ability.

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