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A detailed study of footballer's agility by specific game training programme

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Abstract

With the help of physical activity one can only develop the factors like speed, strength, coordination, flexibility and agility. So, this study was mainly concerned about what would be the effect of some specific kind of training on the agility of the footballers. For the purpose of the study a total of 30 players were randomly selected out of 50 football players from the colleges of Vidyasagar University. Hypothesis was "There would be certain increase in the level of endurance and the speed of the subject after training program and skills of Football. For measurement of agility Shuttle Run that was used. There were two groups, one is experimental and other is control. The experimental group was given practical training. They were given training of six weeks for development of game and skills of Football. The purpose was to increase agility and control group was not given any kind of practical training. The groups had similarly 20 subjects in them to test the concept of study, agility was tested through after training, and the result of this test was favour of Experimental group.

Keywords: footballer's agility, specific game training programme, physical activity

Introduction

Here are people who debate what the most popular sport in the world is. Most people may argue that American football or basketball is the most popular sport.

However, those who try to make arguments for those sports will be highly opposed by the fans of world football. World football is a global game that connects almost every single person on the planet.

No matter where you watch a football match, one thing never changes. That one thing is the passion that everyone around the game contains for football. Regardless of what part of the world you are in, the passion for the sport remains the same.

Agility is one of the key components of fitness and is valuable in many sports and physical activities. Think of the sports where you have to use agility. In team sports such as football, soccer, basketball, hockey, volleyball, and rugby you must quickly respond to movements of the other players and of the ball.

Methods

For the purpose of the study, 30 players of Football, Arts and Commerce College, were selected out of 50 on random basis from the colleges of Vidyasagar University. Hypothesis is "There would be certain increase in the level of endurance and the speed of the subject after training program and skills of Football Shuttle run test was used for measurement of agility. There were two groups, one is experimental and other is control. The experimental group was given practical training. They were given training of six weeks for development of game and skills of Football endurance and speed. The purpose was to increase agility and control group was not given any kind of practical training. Both the groups had similarly 15 subjects in them.

Analysis of data and Conclusion

Table 1: Pre-test comparison of experimental and control group

Group	N	Mean	SD	t	Sig.
Experimental	15	0.384	1.074	.0317	.05
Control	15	2.032	1.542		

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Table 2: Post-test comparison of experimental group and control group

Group	N	Mean	SD	t	Sig.
Experimental	15	11.548	0.654	13.241	.05
Control	15	14.235	1.68		

Table 3: Comparison between pre and post-test of experimental group and control group

Group	N	Mean	SD	t	Sig.
Experimental	15	13.74	1.325	0.23	.05
Control	15	11.25	0.154		

Conclusion

So after giving the specific training in the game of football the skills like agility can be enhanced but it was also seen that there was no development in the players of control group as no training was given to them like the experimental group.

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