



EFFECT OF TINY TERM INTER UNIVERSITY TRAINING ON SELECTED MUSCULAR ENDURANCE AND THROW IN PERFORMANCES AMONG UNIVERSITY MEN FOOTBALL PLAYERS

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Abstract:

For this research conducted to evaluated "effect of tiny term inter university training programme on selected muscular endurance and throw in performances among pondicherry university men football players" from Pondicherry university men's soccer players were selected who are all recommended for representing the Pondicherry university through Expert committee to south zone inter university soccer tournament 2014-15 academic year. Their age ranged from 17-28 as per their college/ university records The selected soccer players' group was undergone a short term training programme up to 15 days morning as well evening session with minimum 90-150 min per session. The following variables were chosen for this study to evaluate Muscular endurance and Throw-in performances for collecting data Soccer Warner and sit-ups test collecting muscular endurance. The collected data were analysed "Paired 't' test" and the level of significance was fixed at 0.05 level of confidence.

Key Words: Muscular Endurance & Throw - in

Introduction:

Muscular endurance and throw in deviations like (endurance, shoulder strength and playing ability) all make necessary contribution for enhancing as well playing better game in soccer. Compare than other skills muscular endurance is most important one because the soccer players who are all having more muscular endurance they can play more time without getting fatigue because the game soccer is endurance game which having 90 minutes playing time in a match and throw - in performances also will helpful for soccer players to play offensive as well defensive while scoring, defending and so on (Mohamed souhailchelley 2010). Soccer strength, power, speed, agility, balance, stability, flexibility and endurance athletes require a number of steps need to be (Bloomfield et al., 2007; Gorostiaga et al., 2004; Helgerud et al., 2001) Traditional methods to improve the strength, the strength gains and the transfer of technical skills of soccer specific football skills with the aim to ensure the highest degree of resistance training and plyometric exercises that are as close as possible movement patterns. In soccer, as many studies have shown significant improvements in the physical abilities to match the results of weight lifting and plyometric exercises have shown that combining strength training (Kotzamanidis et al., 2005; Maio Alves et al., 2010; Perez-Gomez et al., 2008).

Objective:

The objective for this study is to evaluate "Effect of tiny term inter university training programme on selected muscular endurance and throw in performances among Pondicherry University men football players"

Methodology:

For this research from Pondicherry university men's soccer players were selected who are all recommended for representing the Pondicherry University through Expert committee to south zone inter university soccer tournament 2014-15 academic

year. Their age ranged from 17-28 as per their college/ university records The selected soccer players' group was undergone a short term training programme up to 15 days morning as well evening session with minimum 90-150 min per session. The following variables were chosen for this study to evaluate Muscular endurance and Throw-in performances for collecting data Soccer Warner and sit-ups test collecting muscular endurance. The collected data were analysed "Paired 't' test" and the level of significance was fixed at 0.05 level of confidence.

Training schedule:

Days	Morning session Duration; 1 to 2 ½ hours	Evening session Duration; 1 to 2 ½ hours
1 st	20 mins jogging , jumping exercises cone workouts then analysing of player position, ball control, movements while playing and cool down.	25mins jogging, soccer game specific drills for playing, practice match and correction among selected team players
2 nd	20 mins jogging, long stride, shuttle run, running behind ball after crossing 5 mts away from players and cool down.	25 mins jogging, soccer specific drills, stretching, practice matches in that match using advance ball how to success, cool down and core training
3 rd	30 mins jogging step exercises, ball passing and correction cool down with core training.	20 mins jogging, specific drills, practice match among selected team players with ground passing skill creating open space and gap too, penalty shoot, cool down and core exercises
4 th	35 mins jogging, reaction exercises with co-ordination like receiving fast balls ground /air in minimum possible time, practice in playing situation with correction of movements, cools down and core exercises.	25 mins jogging, soccer specific drills, practice match and correction among selected team players were used more number of ground passes without mistakes with minimum possible time, cool down and core exercises.
5 th	40 mins jogging , launching exercises, long kicking and receiving practice with correction, penalty shootout, cool down with some yoga asana.	30 mins jogging, specific drills of soccer, practice match and correction among selected team players were used more number of long air passes and successful finishing, cool down and core plank exercises.
6 th	45 mins jogging, mobility exercises, practice of trapping the ball in various way for different match situation with and without disturbances , penalty shoot and cool down	30 mins jogging, specific drills for soccer game, practice match with receiving various passes with resistance and success that without error cool down, core exercises.
7 th	45 mins jogging, plyometric (cone) exercises, practice short passing games for developing speed play and confidence of giving passes,	30 mins jogging, specific warming up for soccer game, practice 1vs 1, 3 man, diagonal passes with playing situation how to success, penalty shoot, cool

	penalty shot, cool down.	down and core exercises.
8 th	45 mins jogging, specific warming up for soccer game, long range shooting to post with goal keeper and direct and indirect free kick practice with correction, cool down and core exercises.	Specific warming up, practice match with outside team, cool down, review related match positive and negative movements and correction.
9 th	45 mins jogging, specific drills for soccer game, corner kick practice left and right with goal scoring with and without disturbances, cool down and core exercises.	30 mins jogging, specific drills, practice match and correction among selected team players, penalty shoot, cool down and core exercises.
10 th	30 mins jogging, speed training with collection of ball, dribbling with in cone, tackling opponent, less number of passing in minimum possible time with goal scoring, cool down with passive stretching.	Specific warming up, practice match among selected team players defensive vs offensive players or setting their playing position while defending and attacking playing situation.
11 th	Specific warming up, practice match with outside team, cool down, review related match positive and negative movements and correction.	30 mins jogging, specific drills heading practice defensive and offensive various playing situation cool down and core training.
12 th	50 mins jogging, specific drills in soccer, shooting practice from various ranges to goal post with goal keeper with and without resistance, cool down and core exercises.	30 mins jogging, specific drills, practicing defensive skill position in playing situation with and without offensive player's resistance, wall formation, penalty shoot, cool down and core exercises.
13 th	45 mins jogging, specific drills of soccer game, practice offensive and defensive tactics how to break wall direct and indirect kicking, penalty shoot, cool down and core exercises.	Specific warming up, practice match with outside team, cool down, review related match positive and negative movements and correction/discussion.
14 th	30 mins jogging, specific drills, practice match error correction, penalty shoot-out and core exercises.	35 mins jogging, specific drills, overall playing position checking with ball offensive and defensive players with and with-out opponent disturbances, penalty shoot, cool down and core exercises.
15 th	Specific warming up, practice match with outside team, cool down, review related match positive and negative movements and correction.	20 mins jogging, Specific warm up, practice match error correction, penalty shoot, cool down and core exercises, before real competition one day rest.

Testing Procedure:

Throw In- (in meters) Clark and Clark (1987):

Purpose: To measure throw in distance performance of the football players.
 Equipments: footballs, field markings measuring tape, score sheet and pencil.
 Procedure: The subjects asked to runs and throw the ball from the starting line how much distance covered for that ball that was the performance for that individual. The ball must hold with two hands and throw the ball from behind the head, the player should not make any fouls like cross the line and raise the leg like that, the ball should land within a line which is 40 mts line the distance the ball advances in the air is measured. Three trials are given best performance were taken for the score. Scoring: Measure the distance of the throw to the first bounce. Record the best of 3 kicks measure to the nearest meters.



Muscular Endurance - (Bent Knee Sit-Ups):

Purpose: To measure abdominal muscular endurance. Required equipments: Flat clean surface, Stop watch, Score sheet, Pen/ Pencil and Pad. Method: The subjects were asked to lie down on the floor with bend knees in supine position. The next groups of subjects were holding their bend knees after getting the signal have started their sit-ups, as much as their possible number of sit-ups. And the subject's position was the arms crossed over the chest and the neck and pull forward to reach out in front upper back and should touch the floor. Scoring: The completion of one sit-up (up and down) counted as one, and the sit-ups must be proper one. The maximum number of correct sit-ups was taken as the data for muscular endurance

Table -1

PRE AND POST- TEST MEAN, STANDARD DEVIATION, STANDARD ERROR MEAN AND 'T' RATIO ON THE VARIABLE OF MUSCULAR ENDURANCE (Sit-Ups)

test	Mean	S.D	S.E.M	't' ratio	Table value
Pre test	49.40	10.69	2.76	8.00*	1.746
Post test	55.07	9.34	2.41		

*significant level with confidence 0.05 with degrees of freedom 16 table value is 1.746

Based on the researcher observation the above table-1 showing mean S.D and 't' ratio results of muscular endurance variable. The pre-test mean value 49.40 and post-test value is 55.07 the standard deviation values are 10.69 and 9.34 and the paired 't' ratio value 8.00 is higher than the table value 1.746 at significance level 0.05. Hence it is showing that there is a significant impact between pre-test and post- test performance on the variable of muscular endurance, based on the results of calculated mean and paired 't' ratio values.

The diagram showing the results of pre and post- test mean and standard deviation on the variable of muscular endurance (Num) Figure-1

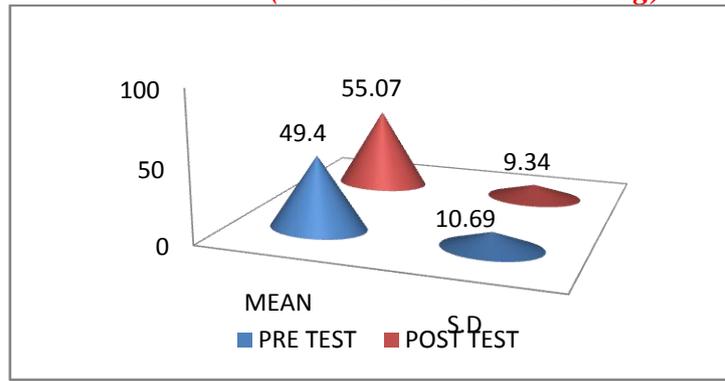


Table -2
PRE AND POST- TEST MEAN, STANDARD DEVIATION, STANDARD ERROR MEAN
AND 't' RATIO ON THE VARIABLE OF THROW-IN

test	Mean	S.D	S.E.M	't' ratio	Table value
Pre test	20.64	3.54	0.91	1.732*	1.746
Post test	21.91	4.28	1.11		

*significant level with confidence 0.05 with degrees of freedom 16 table value is 1.746

Based on the researcher observation the above table-2 showing mean S.D and 't' ratio results of throw-in performance variable. The pre-test mean value 20.64 and post-test value is 21.91 the standard deviation values are 3.54 and 4.28 and the paired 't' ratio value 1.732 is lesser than the table value 1.746 at significance level 0.05. Hence it is showing that there no significant difference between pre-test and post- test performance on the variable of throw-in, based on the results of calculated mean and paired 't' ratio values.

The diagram showing the results of pre and post- test mean and standard deviation on the variable of throw-in (Mts)

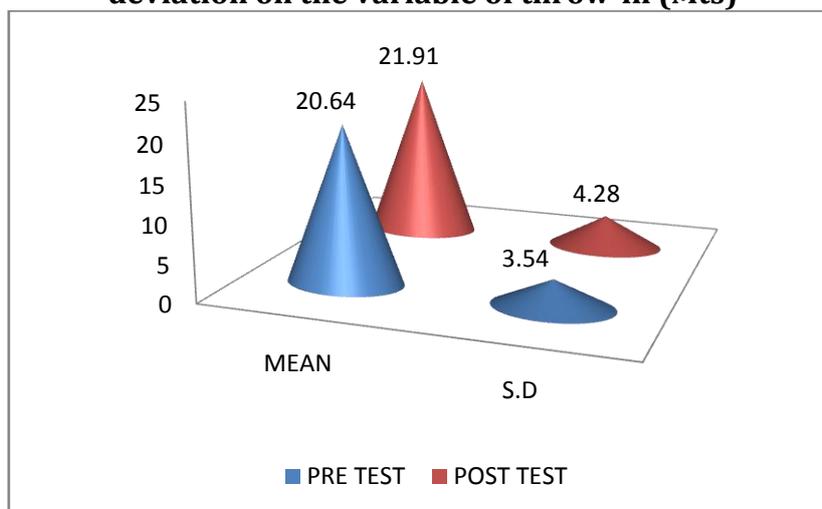


Figure-2

Conclusion:

In this analysis the researcher given the conclusion below, the given short term training programme has been swayed the selected strength endurance and throw-in variables. In strength endurance variable mean and S.D number of sit-ups were increased than the pre-test number and the 't' ratio value also higher than the table value. So it's clearly showing that the given short term training were influenced strength endurance variable positively (MaioAlves et al., 2010; Perez-Gomez et al., 2008). In throw-in variable the mean and S.D values showing minor positive development but the calculated 't' ratio value is lesser than table value so there is no significant difference between pre-test and post-test values. Hence this investigation showing the short term inter university training may not enough to influence throw-in performance.

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