



Position wise Specific Skill Training (Midfielder and Defender) on Physical Functional and Performance Variables of Football Players – (A Pilot Study)

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ABSTRACT

Position specific individual training is key to challenge, support and develop players. As we learn from all sports, marginal gains are key at the elite level and giving our players the best chance to be successful by preparing them for the game is vital. The determination of this study was to find out the effect of position wise specific skill Training on physical functional and Performance Variables of School level football players. The research was carried out on a sample of 10 sub junior school students. The pretests were conducted for all subjects on all selected variables to collect data. All subjects were divided randomly in to two groups as experimental group (5). The training program was performed 60 minutes per day, 5 days per week for a period of four weeks. All selected physical and functional variables were assessed by standard tests; speed by 50 meter dash, agility by 4x10meter shuttle run, flexibility through sit and reach test, balance by stroke balance test, leg explosive power through standing broad jump, Vo2 Max by cooper test, resting pulse rate by bio monitor, breath holding time through breath holding test, dribbling by Ronaldo speed dribbling test, passing by sir bobby Christo skill test, shooting by soccer assessment skill test and kicking McDonald soccer test. The four week position wise specific skill training was conducted followed by post-test for all selected variables. The results of paired sample "t" test indicated that the experimental group had shown significant improvement in all selected variables excepted. Hence, the midfielder and defender specific skill training program appears to be an effective way of improving physical physiological and performance variables of school level football players.

Keywords: Physical, Functional, Performance variables, Position wise Specific Skill Training, Football Players.

INTRODUCTION

Football soccer is truly a global game. However, as a topic of scholarly research, the sport is still in its infancy. Its history is often examined and understood in local terms, rather than national or international ones. A game is officiated by a referee, who has "full authority to enforce the laws of the game in connection with the match to which he has been appointed" (Law5), and whose final. The referee is assisted by two assistant referees. In many high level games there is also a fourth official (and in the world cup a fifth officials), who assist (s) the referee and may replace another official should the need arise. (Subash, 2008). Strength deserves considerable attention for soccer players. They need to produce power when kicking a ball for long distance or shooting at the goal. Thomas Reilly (1990) insists that strength in lower limbs is of obvious concern in football. Quadriceps and hamstring muscles are most sued muscles for jumping, kicking, and tackling. Upper body strength employed in throw-in and the strength of the neck flexors is important for heading the ball forcibly. Football players must work with strength training program as it brings about beneficial changes on the adaptation process had proved the implication of the positive relation between leg strength and kick performance. The vertical jump has been employed as measures of explosive strength. As essential for successful performance in many motor activities is speed. In football the lighter team wins because it is the faster team the frequency of sprints in football players 11% of their total movement in full game. The frequency of sprints tends to be greater in strikers and midfielders than on backs. They tend to sprint often to collect the ball or to defend the ball. More energy is required to execute skills for an unskilled or lesser skilled player than it does for a skilled player. Fitness can win or lose soccer games. Football players must manage both his body and the ball with his feet and have to move and have with varied speed and direction.

POSITION WISE SPECIFIC SKILL TRAINING

MIDFIELDERS

The players playing in the middle of the field are the midfielders. They are also known as "halfbacks." Their major task is to possess the ball and pass it to the forwards for scoring goals, thereby allowing the transition from the fullbacks to the forward. They focus on defending and attacking, a good reason for them being in constant motion. A soccer team can have three to six midfielders. The most important skill of midfielders is their tackling abilities. The

coach should help the midfielders enhance this skill so that they can successfully grab the ball from the opposition team. Besides, their ball passing skills should also be polished for greater accuracy.

DEFENDERS

The defenders, also known as “fullbacks,” are the players who prevent the opponent team from scoring goals. For this reason, they are positioned close to their own goalpost. They form the last line of defense before the ball goes to the goalkeeper. Moreover, they also have to take the ball from the goalkeeper and pass it over to the midfielders; thus, they should be superb at kicking really far. As a coach, you need to enhance this skill in the defenders. A team can have three to five defenders. However, some coaches prefer a single defender, known as “sweeper,” who is positioned very close to his own goal behind the fullbacks.

TABLE-1

Characteristics of training groups (N=20) at pre training mean

Variable	MSST	DSST
Age (Y)	14-16	14-16
Height (cm)	156.20	148.60
Weight (kg)	49	50

METHODOLOGY

Ten Physical active and interested school level football players were randomly selected as subjects and their age ranged between 14 and 17 years. The subjects are categorized into three groups namely midfielder specific skill training group (MSSTG) and defender specific skill training group (DSSTG) each group had 5 subjects. The selected criterion variables speed by 50 meter dash, agility by 4x10meter shuttle run, flexibility through sit and reach test, balance by stroke balance test, leg explosive power through standing broad jump, Vo2 Max by cooper test, resting pulse rate by bio monitor, breath holding time through breath holding test, dribbling by Ronaldo speed dribbling test, passing by sir bobby Christo skill test, shooting by soccer assessment skill test and kicking McDonald soccer test. The position wise specific skill training group underwent the experimental treatment for 4 weeks, 5 days/week and a session on each day with 60min duration. The training programme was lasted for 60 minutes for a session in a day, 5 days in a week for a period of 4 weeks duration. These 60 minutes included position wise specific skill training for 40 to 50 minutes and 10 minutes warm-up, and 10 minutes warm down. The volume of position wise specific skill training prescribed based on the number of sets and repetitions. Four weeks of specific skill training was given to the selected subjects. Their training days and hours every week were from Monday to Friday from 6.00 to 7.30 am. The means and standard deviations of position wise specific skill training groups were calculated for physical, functional and performance variables for the pre as well as posttests. Statistical significance was set to a priority at $p < 0.05$. All statistical tests were calculated using the statistical package for the social science (SPSS).

TABLE – III

TRAINING SCHEDULE FOR MIDFIELDERS SPECIFIC SKILL TRAINING

I to II Week	III to IV week	
<ul style="list-style-type: none"> ❖ Four team four goals game ❖ Ground rocket ball ❖ First touch and pass warm-up ❖ Diamond skills box ❖ Skills round up ❖ Dribbling at speed soccer drill 	<ul style="list-style-type: none"> ❖ Dribbling skills drill in square ❖ Sprinting for goal ❖ Midfield dynamic scoring ❖ Two touch shooting game ❖ Long pass control ❖ Passing to a checking sticker 	
Repetition	5-6	6-7
Sets	4	5
Rest in Between sets	90 Seconds	90 Seconds
Rest in between Exercises	45 Seconds	45 Seconds
Total	60 Minutes	60 Minutes

TRAINING DESCRIPTION FOR MIDFIELDERS POSITION GROUP

The total duration of position wise specific skill training. The load is increase six drills training progress and last for 60 minutes. During the training period the subject is treating with skill training for five days (Monday, Tuesday, Wednesday, Thursday and Friday) per week.

Phase- I

During the 1st to 2nd weeks of training, midfield position group skill training the subjects is treating with warm up for 10 minutes. Followed by position wise specific skill training drills namely four teams four goals game, ground rocket ball, first touch and pass warm up, diamond skills box, skills round up and dribbling at speed soccer drill in 5-6 repetition with 4 sets . Further the session ended with warming down for 10 minutes.

Phase-II

During the 3rd to 4th weeks of training, midfield position group skill training the subjects is treating with warm up for 10 minutes. Followed by position wise specific skill training drills namely dribbling skills drill in square, sprinting for goal, midfield dynamic scoring, two touch shooting game, long pass control and passing to a checking sticker in 6-7 repetition with 5 sets . Further the session ended with warming down for 10 minutes.

TABLE – IV**TRAINING SCHEDULE FOR DEFENDERS SPECIFIC SKILL TRAINING**

I to II Week	III to IV week	
<ul style="list-style-type: none"> ❖ Shoulder to shoulder ❖ Breathing room ❖ All-up ❖ Possession with responsibility ❖ Obstacle circuit ❖ Defending 2goals 	<ul style="list-style-type: none"> ❖ Horeshoes ❖ Position exchange ❖ Sweeper clearing ❖ Mark your own player ❖ Supersonik and explosive ❖ Defensive stop 	
Repetition	5-6	6-7
Sets	4	5
Rest in Between sets	90 Seconds	90 Seconds
Rest in between Exercises	45 Seconds	45 Seconds
	60 Minutes	60 Minutes

TRAINING DESCRIPTION FOR DEFENDERS POSITION GROUP

The total duration of position wise specific skill training. The load is increase six drills training progress and last for 60 minutes. During the training period the subject is treating with skill training for five days (Monday, Tuesday, Wednesday, Thursday and Friday) per week.

Phase- I

During the 1st to 2nd weeks of training, Defender position group skill training the subjects is treating with warm up for 10 minutes. Followed by position wise specific skill training drills namely shoulder to shoulder, breathing room, all-up, possession with responsibility, obstacle circuit and defending 2 goals in 5-6 repetition with 4 sets. Further the session ended with warming down for 10 minutes.

Phase-II

During the 3rd to 4th weeks of training, Defender position group skill training the subjects is treating with warm up for 10 minutes. Followed by position wise specific skill training drills namely horseshoes, position exchange, sweeper clearing, mark your own player, supersonic and explosive and defensive stop in 6-7 repetition with 5 sets . Further the session ended with warming down for 10 minutes.

TABLE - V**COMPUTATION OF ‘T’ RATIO ON PHYSICAL FUNCTIONAL AND PERFORMANCE VARIABLES OF FOOTBALL PLAYERS ON MIDFIELDERS SPECIFIC SKILL TRAINING GROUP**

(Scores in beat/min/seconds)

S. No	Test items	Pre	Post	Standard Deviation	T ratio
1	Speed	6.98	6.68	0.12	3.08*
2	Agility	11.40	10.96	0.32	3.40*
3	Flexibility	27.15	29.35	1.27	10.96*

4	Balance	34.20	37.38	1.30	9.70*
5	Leg Explosive power	1.15	1.25	0.052	5.03*
6	Vo2 Max	41.86	45.67	1.20	11.26*
7	Resting Pulse rate	76.46	72.40	0.49	8.77*
8	Breath Holding time	29.33	36.31	1.09	7.27*
9	Dribbling	27.15	26.30	0.65	4.45*
10	Passing	4.22	5.37	.012	16.40*
11	Shooting	82.40	84.60	1.14	4.49*
12	Kicking	22.40	26.00	1.81	5.30*

*significant level 0.05 level (degree of freedom 2.77, 1 and 4)

Table III reveals the computation of mean, standard deviation and 't' ratio on Speed, Agility, Flexibility, Balance, Leg explosive Power, Vo2max, Resting Pulse Rate, Breath Holding Time, Dribbling, Passing, Shooting And Kicking of experimental and control group. The obtained 't' ratio on cardiorespiratory endurance were 3.08, 3.40, 10.96, 9.70, 5.03, 11.26, 8.77, 7.27, 4.45, 16.40, 4.49 and 5.30 respectively. The required table value was 2.77 for the degrees of freedom 1 and 4 at the 0.05 level of significance. Since the experimental group 't' values were greater than the table value of 2.77, it was found to be statistically significant.

TABLE - VI

COMPUTATION OF 'T' RATIO ON PHYSICAL FUNCTIONAL AND PERFORMANCE VARIABLES OF FOOTBALL PLAYERS ON DEFENDERS SPECIFIC SKILL TRAINING GROUP

(Scores in beat/min/seconds)

S. No	Test items	Pre	Post	Standard Deviation	T ratio
1	Speed	7.15	6.92	0.139	6.72*
2	Agility	11.40	11.10	0.18	4.77*
3	Flexibility	26.74	28.52	0.24	5.09*
4	Balance	34.40	38.54	1.16	12.07*
5	Leg Explosive power	1.17	1.35	0.095	4.47*
6	Vo2 Max	41.26	43.24	1.01	9.52*
7	Resting Pulse rate	76.08	73.29	1.03	4.49*
8	Breath Holding time	28.48	34.41	1.33	10.70*
9	Dribbling	28.65	28.03	1.43	4.57*
10	Passing	4.18	5.08	0.067	25.66*
11	Shooting	82.00	83.60	2.07	4.46*
12	Kicking	22.40	27.20	0.83	5.58*

*significant level 0.05 level (degree of freedom 2.77, 1 and 4)

Table II reveals the computation of mean, standard deviation and 't' ratio on Speed, Agility, Flexibility, Balance, Leg explosive Power, Vo2max, Resting Pulse Rate, Breath Holding Time, Dribbling, Passing, Shooting And Kicking of experimental and control group. The obtained 't' ratio on cardiorespiratory endurance were 6.72, 4.77, 5.09, 12.07, 4.47, 9.52, 4.49, 10.70, 4.57, 25.66, 4.46 and 5.58 respectively. The required table value was 2.77 for the degrees of freedom 1 and 4 at the 0.05 level of significance. Since the experimental group 't' values were greater than the table value of 2.77, it was found to be statistically significant.

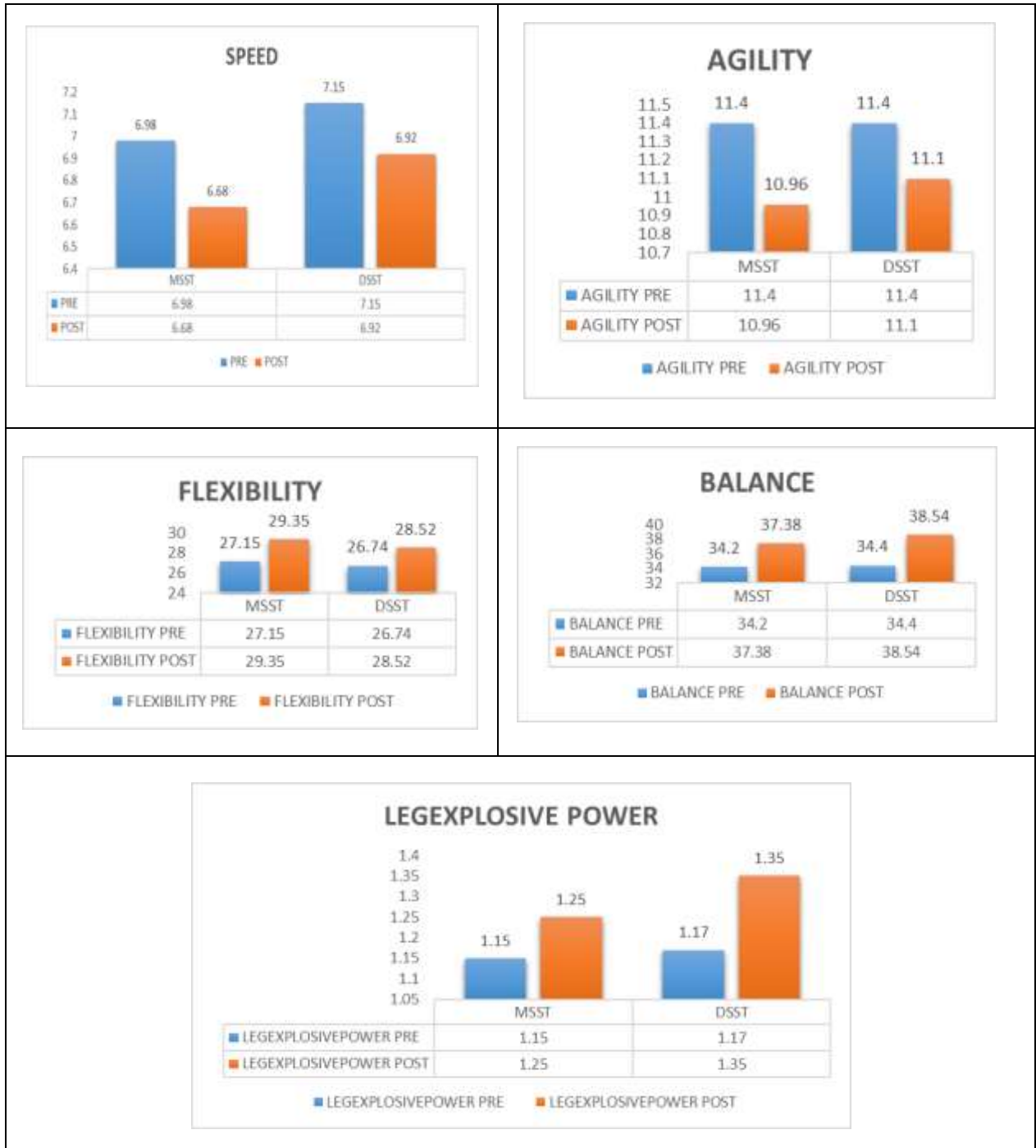


FIGURE- I

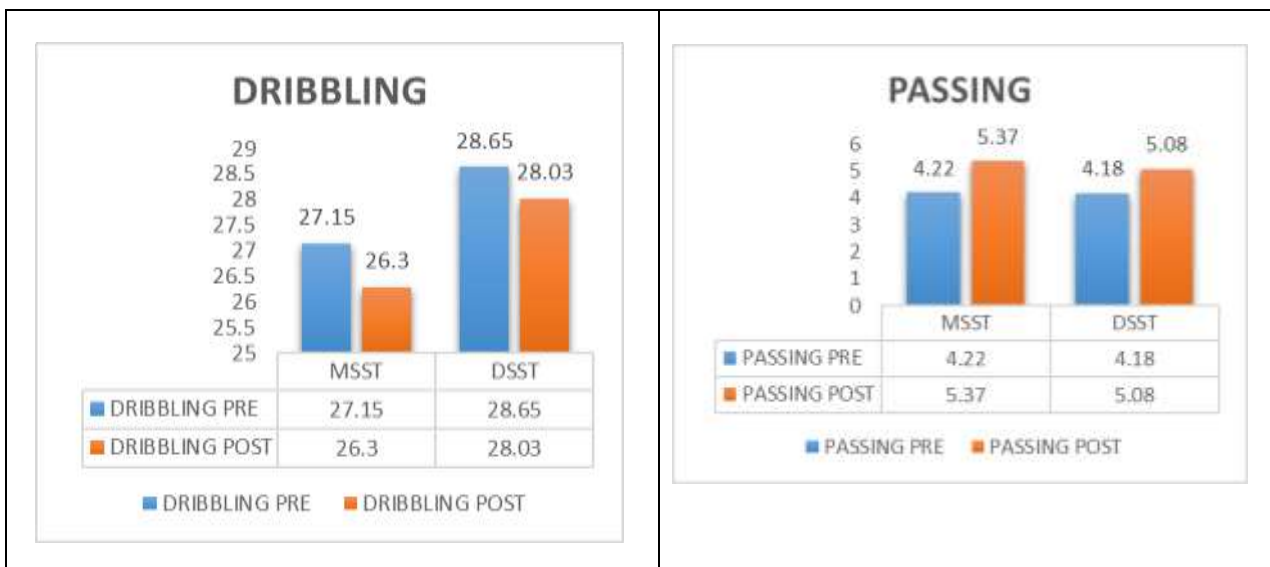
BAR DIAGRAM SHOWING THE MEAN VALUES ON PHYSICAL VARIABLES OF FOOTBALL PLAYERS MIDFIELDERS AND DEFENDERS

SPECIFIC SKILL TRAINING GROUP



FIGURE- II

BAR DIAGRAM SHOWING THE MEAN VALUES ON FUNCTIONAL VARIABLES OF FOOTBALL PLAYERS ON MIDFIELDERS AND DEFENDERS SPECIFIC SKILL TRAINING GROUP



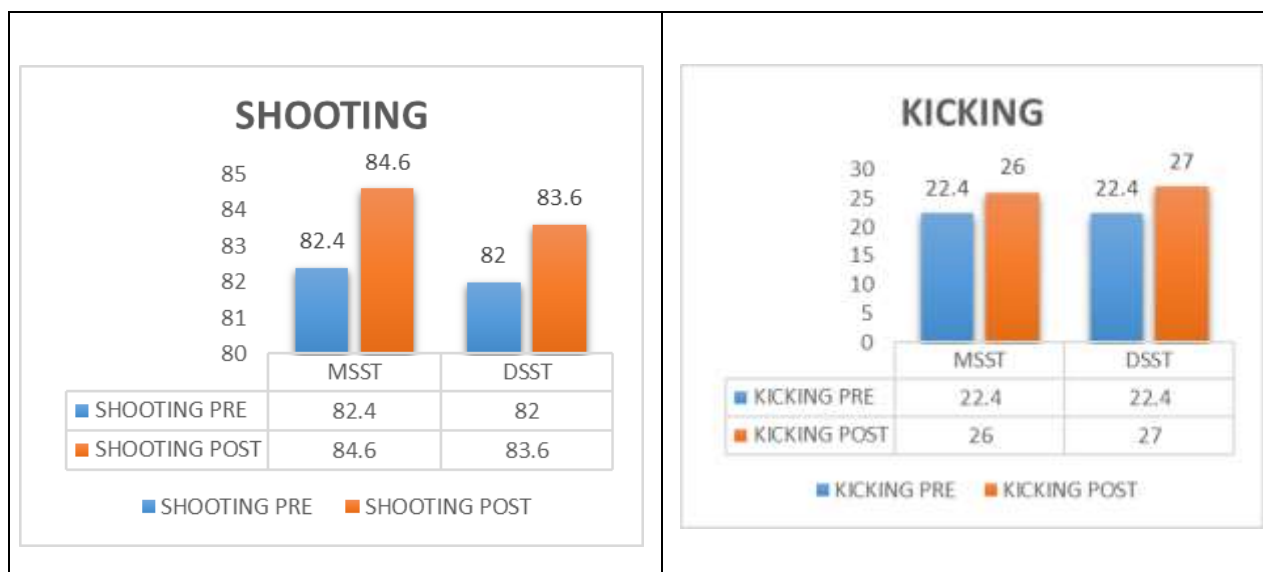


FIGURE- III

BAR DIAGRAM SHOWING THE MEAN VALUES ON PERFORMANCE VARIABLES OF FOOTBALL PLAYERS ON MIDFIELDERS AND DEFENDERS

SPECIFIC SKILL TRAINING GROUP

DISCUSSION ON FINDINGS

The current study measured the influence of four weeks of position wise specific skill training on selected physical, functional and skill performance variables of footballers. The results of this study designated that position wise specific skill training is more efficient to bring out desirable changes over the physical functional and skill performance variables of the footballers. Investigators have extended their interest to consider the speed, agility, balance, flexibility, leg explosive power Vo₂ max, resting pulse rate, breath holding time, dribbling, passing shooting and kicking commencement from the way a footballers approaches the position wise specific skill training.

Baydemir et al., (2018) As a result, it can be said that the inclusion of high-intensity deflection exercises instead of the high-rigidity, flat running conditions applied in soccer-specific training has improved the technical skills of 14-year-old footballers and additionally affects their balance and speed performance positively.

Elovaara (2021) The evidence will be presented as high-level summary in graphic, diagrammatic, and tabular form, accompanied by a narrative summary of the charted results.

Joo et al., (2016) we suggest that middle and high school soccer players should improve aerobic, an- aerobic capacity, and soccer skills irrespective position to achieve high-level soccer performance.

Kishore et al., (2016) From the result of the study it is speculated that skills and drills practice training is more efficient to bring out desirable changes over the kicking ability of High School Level male football players.

Zahoor et al., (2018) The results of the study revealed that there was a significant difference between specific drill training package group and control group on selected physiological variables namely resting pulse rate and breath holding time.

The results of the present study indicates that the Forward players have better speed, agility, dribbling, shooting than midfielders and defenders, Midfielders have better flexibility, Vo₂ max, resting pulse rate and passing than forward players and defenders, Defenders have better balance, leg explosive power and kicking than forward players and midfielders at school level football players.

CONCLUSIONS

Based on the findings and within the limitation of the study it is noticed that practice of midfielders and defenders specific skill training helped to improve physical, functional and performance variables of football players at school level. It was also seen that there is enlightened improvement in the selected criterion variables of midfielders and defenders specific skill training group of football players after four weeks of specific skill training programme.

From the results of the present study, it is very clear that school level football players significantly difference in midfielders and defenders specific skill training of speed, agility, flexibility, balance, leg explosive power, vo2max, resting pulse rate, breath holding time, dribbling, passing, shooting and kicking.

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