

Effect of Selected Training on Goal Kicking Ability of Football Players

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Abstract:

Objective of The Study-The purpose of this study was to compare the goal and kicking ability of the football players of experimental group and control group. Selection of the subject- The study was conducted on 30 players of which 15 players are of experimental group and 15 players of control group. Statistical technique- Furthermore to find our significant comparison between the scores of each group, the ‘t’ value employed for testing the hypothesis the level of significance is set at 0.05 level. Result-It is concluded that training given to the football players affects their ability to do goals and experimental group perform significantly better than the control group.

Keywords: Football, Training, etc

Introduction:

Football is the most popular game in world. lot of fitness is needed for the game of football. New situation new roll for each and every one comes at any time and face it during game. The physical fitness is the capacity to carry out our various reasonable well forms of physical activity without being unduly tired and include quality improvement to the individual health and well being, regular participating in vigorous exercise, increase physical fitness is desirable for full productive life sedentary living habits and poor physical fitness have a negative effect on both health and daily living. The fitness for effective living has many interdependent components including intellectual as well as physical factor,. This differ in relative importance from one period of life, depending on the varying individuals roles and responsibility but in

Every part of life, each of these factors is significant sufficient reserve it withstand ordinary stresses without causing harmful strain and mental development and emotional adjustment appropriate to the maturity of the individual. Fitness rest first of all upon solid foundation of good health. be it in the form on the home at the office , in the factory in the military service fitness for effective living implies freedom from disease, enough strength ,agility endurance and skill to meet the demand of daily living .

Objectives:

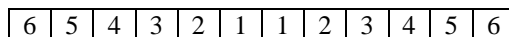
The purpose of present study was to find out whether there exist any significant difference in the goal kicking ability of the football players and whether proper training given to players affect their ability to do goals. It was hypothesized that there is a significant difference in mean score of experimental group and control group.

❖ **Selection of the subject-** Thirty male footballer of s.g.g.s Khalsa College, Mahilpur were selected as subjects. The range of the subjects is 18-25 years.

For initial research the football players were divided in two equal groups with 15-15 players in each group.

1. A specific area is selected for test as below:

- a) A straight line measuring six feet six inch was considered as starting line.
- b) From the mid of starting line in opposite direction marking was done measuring 12 feet in length and 6 feet 6 inch in width.
- c) From goal line, at a distance of 60 feet, an area measuring 34 feet was selected at an angle of 90⁰.
- d) Hockey goal post was divided into 12 equal parts and each part was numbered as below and painted black and white alternatively.



❖ **Methodology :**

Player is standing beyond 34 feet mark. On ready go command, player drivels the ball. When he reaches 34 feet mark, he hits the ball in the goal. Each player is given such three attempts from centre. In similar manner, player hits the ball at 45⁰ marking in left and right directions also.

❖ **Training programme :**

To increase the goal ability of the players, training was conducted for six weeks as per following schedule.

Week	Training	Repetition	Duration
I and II	Hitting through gate	10 times	5 minutes
I and II	Shooting	10 times	5 minutes
I and II	Shooting competition	10 times	5 minutes

In similar manner training was conducted in III, IV, V, VI week.

❖ **DATA ANALYSIS :**

Data obtained from training programmed was analyzed using 't' test .

$$t'_{test} = \frac{M1 - M2}{\sqrt{\frac{SD1^2}{N1} + \frac{SD2^2}{N2}}}$$

Degree of freedom for obtained results was found which comes out to be 28 as follows:

$$\begin{aligned} \text{Degree of freedom} &= N_1 + N_2 - 2 \\ &= 15 + 15 - 2 \\ &= 28 \end{aligned}$$

Significant difference at level 0.05, Tabulated value = 3.30, degree of freedom = 28.

❖ **RESULT:**

The ability of experimental and non experimental group of players to do goals was divided into two categories as follows.

1. Experimental group (pre and post training).
2. Control group (Non experimental group) (pre and post training).

Table 1
Experimental group (pre and post training).

Group	Mean	Standard deviation	Mean deviation	Standard error	't' value
Experimental group (pre training).	30.27	3.97	4.46	1.35	3.30
Experimental group (post training).	34.73	3.43			

Significant difference at level 0.05, Tabulated value = 3.30

Graphical representation of mean score of Experimental group (pre and post training)

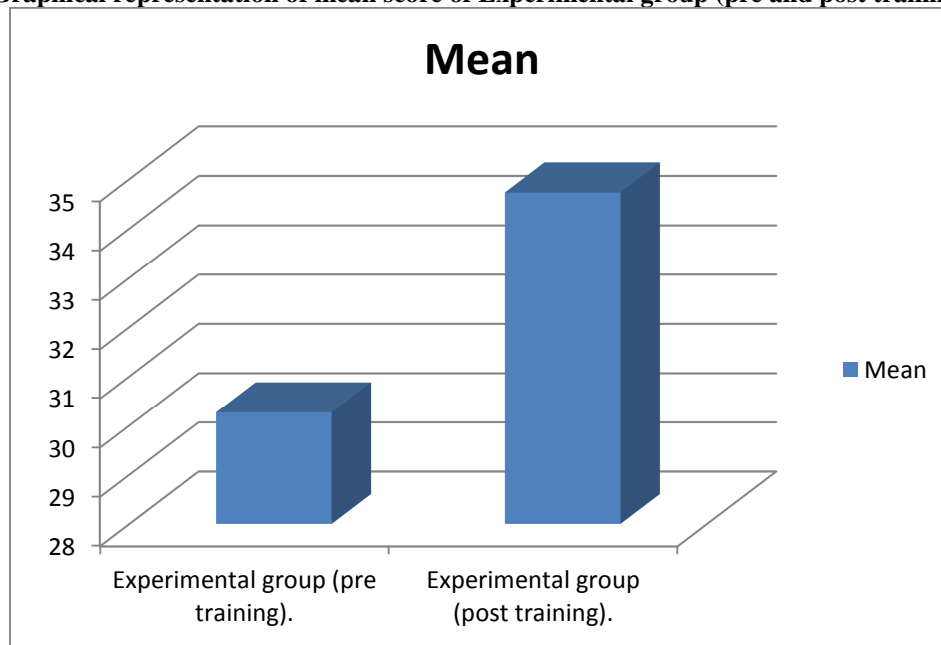
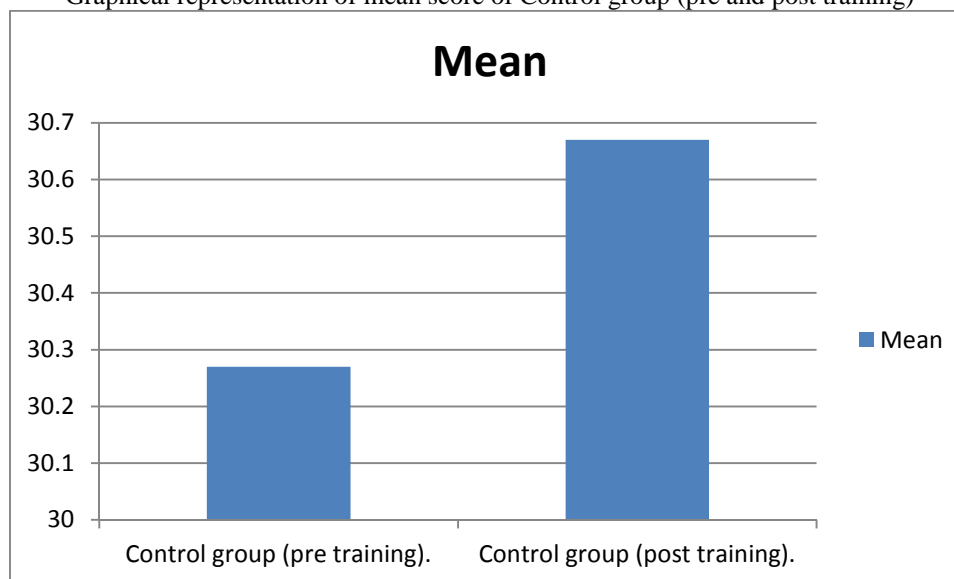


Table 2
Control group (Non experimental group) (pre and post training).

Group	Mean	Standard deviation	Mean deviation	Standard error	't' value
Control group (pre training).	30.27	4.11	0.40	1.499	0.26
Control group (post training).	30.67	4.10			

Significant difference at level 0.05, Tabulated value = 3.30

Graphical representation of mean score of Control group (pre and post training)



❖ **DISCUSSION :**

1) According to the table 1, mean goal ability of experimental group pre test is 30.27 and post test mean of experimental group is 34.73. Tabulated value of 't' ratio is 0.26. Since calculated 't' value (3.30) is greater than tabulated 't' value (0.26), it is concluded that there is a significant difference between pre test and post test mean of goal and shooting ability of experimental group.

2) According to the table 2, mean goal ability of control group pre test is 30.27 and post test mean of control group is 30.67. Tabulated value of 't' ratio is 0.26. Since calculated 't' value (0.26) is less than tabulated 't' value (0.26), it is concluded that there is no significant difference between pre test and post test mean of goal and shooting ability of control group.

❖ **CONCLUSION :**

The significant comparison between the scores of experimental group and control group on the basis of the 't' value employed for testing at the level of significance 0.05 level concludes that training given to the hockey players affect their ability to do goals and experimental group perform significantly better than the control group.

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