

Effect of Football Lead up Games on Selected Physical fitness Components among Football Players

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ABSTRACT:

The Purpose of the study was to analyze the effect of football lead up games on selected physical fitness components among of football players. In order to achieve this purpose thirty (N=30) football players from Loyola college, Chennai district were selected randomly. Their age was ranged between 18 to 25 years. Football lead up games was taken as a Independent variable and physical fitness variables namely speed and strength endurance were taken as dependent variables. Selected subjects were attended football lead up games programme for a period of six weeks. Tests were conducted and data were collected before and after the six weeks of football lead up games programme. To find the result the collected data were statistically analyzed by computing 't' test. Based on the statistical result it was concluded that the football lead up games will significantly improve the selected physical fitness components variables namely Speed and Strength endurance at the 0.05 level of significant.

Keywords:

speed, strength endurance, physical fitness

1. INTRODUCTION

Football is one of the most beautiful and fastest field games which is very popular in many countries among men and women. The skills of the game are pleasurable. The game of football has become a part of life in modern society. The coach primarily, sought to motivate his players and focus his attention either on physical or technical abilities alone without having to think of a prolonged training based on scientific knowledge. Physical preparation along with techno-tactical abilities combined with mental aspects, were trained regularly by leading coaches.

Football is an anaerobic sport, which requires immense endurance and strength to maintain the performance throughout the game. So the footballers should have both cardiovascular endurance and strength endurance in high level to avoid injuries and play effectively even under the condition of fatigue. Football is a speedy game. Greater teams are those who play the game quickly when they have ball and getting the ball quickly from opponents when they have do not have the ball. In order to improve speed exercising

daily sprints, shuttle run, ladder workouts and for strength endurance exercising for abdomen such as sit ups with the soles of the feet flat on the ground, squats, and lunges are most important to develop muscular endurance. So greater strength endurance allows the footballers to perform to greater extent and decreases the possibilities of injury. Therefore, coaches and practitioners should implement long-term sports training strategies that enhance speed and muscular strength within the required context of every footballer.

Lead up game is a kind of recreation activity which uses to develop the practice of skills related to the football. Mainly the lead up game concentrated on the particular skills, using some activity like minor game with the target or goal to be reached. It is a point of time when each individual would pursue areas of fun that he is specifically interested in or at times even choose what the social construction demands too. Activities of recreation also vary from community to community and from individual to individual. They could either be held outdoors or indoors, remain active or passive and they helps to

improve the various physical and physiological variables.

1.2 Statement of the Problem

The purpose of the study was to find out the “effect of football lead up games on selected physical fitness components among football players”.

1.2 Objectives of the Study

1. To assess the effect of football lead up games on selected physical fitness components among football players.
2. To find out the differences between experimental and control group on improvement in performance of football players.

3. To compare the experimental and control group on selected physical fitness component's performance of football players.

2. METHODOLOGY

The purpose of this research was to study the effect of football lead up games on selected physical fitness components among football players. To achieve this purpose, thirty (N=30) football players were selected as subjects from Loyola college, Chennai district. Their age was ranged between 18 to 25 years. Football lead up games was taken as Independent variable and physical fitness variables namely speed and strength endurance were taken as dependent variables. To collect the physical fitness components performance data standardized tests were conducted.

Table 1. Selection of Variables, Test Items and Its Measuring Units

S. No	Variables	Test Items	Unit Of Measurements
1	Speed	50 meters sprint Test	Times in seconds
2	Strength endurance	Knee bent sit ups	No. of repetitions in one min.

Table 2. Training Intervention

Methods (Procedure, Training, Exercises, Duration, Session)		
1	Duration of training	6 weeks
2	Number of days per week	4 days in week
3	Number of sessions per day	1 sessions in day
4	Minutes per session	60 minutes per session
5	Warming up	10 minutes
6	Lead up game 1	10 minutes
7	Lead up game 2	10 minutes
8	Lead up game cum match	20 minutes
9	Warming down	10 minutes

10	Lead up games	Running around the pole/ cone, Dribbling around the cones relay, Slalom running, Slalom dribbling relay, Shooting without and with goal keeper, 1 vs 1 Attacking, Pass and support play, Over lapping in the wing areas, wall pass, heading the ball without and with goal keeper, Only 2 touch play, Through passes, Counter attacks.
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2.1 Statistical Techniques

In order to find out the effect of football lead up games on selected physical fitness components performance among football players, the experimental group and controlled groups datum were collected during pre test and post test on speed and strength endurance were used for

statistical treatment to find out significant difference between the pre test and post test means by computing 't' test for each variable separately. In all cases O.O5 level of confidence was utilized to test the significance.

3. RESULTS AND DISCUSSION

TABLE I

FINAL MEANS, MEAN DIFFERENCE, STANDARD DEVIATION AND OBTAINED 't' VALUE ON SPEED BETWEEN EXPERIMENTAL AND CONTROL GROUPS

GROUP	MEAN	MD	SD	SDM	't'
Experimental Group	8.07	1.14	.80	.26	4.43*
Control Group	6.93		.71		

* Significant at 0.05 level

The obtained mean value on speed of the experimental group was 8.07 and the control group was 6.93 with mean difference of 1.14. The obtained 't' value 4.43 was greater than the

required table value to be significant at 0.05 level. Hence, it was proved that experimental group was superior to control group.

TABLE II

FINAL MEANS, MEAN DIFFERENCE, STANDARD DEVIATION AND OBTAINED 't' VALUE ON STRENGTH ENDURANCE BETWEEN EXPERIMENTAL AND CONTROL GROUPS

GROUP	MEAN	MD	SD	SDM	't'
Experimental	10.60	2.53	1.19	1.07	9.26*

Group					
Control	8.06		.80		
Group					

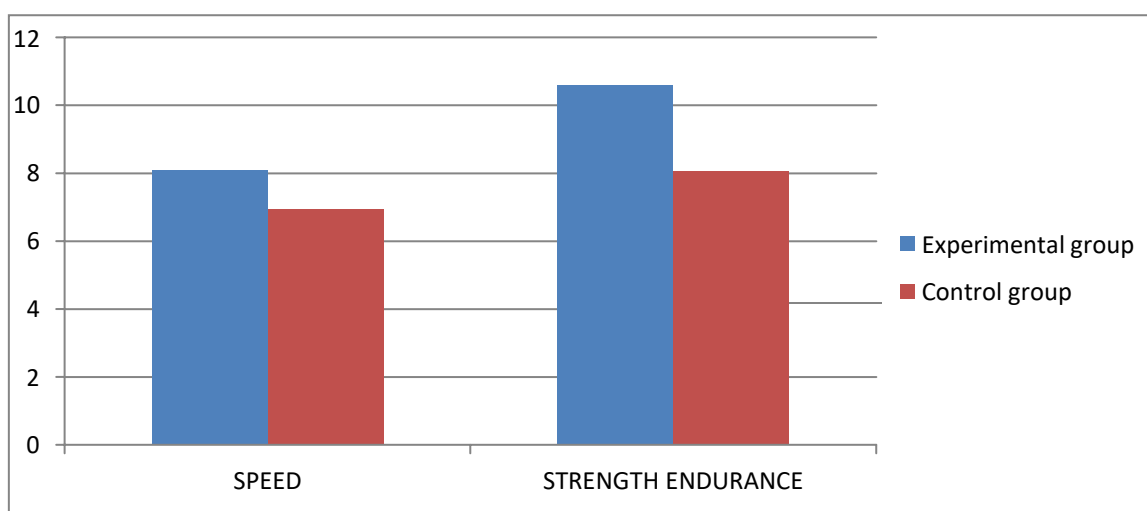
* Significant at 0.05 level

The obtained mean value on strength endurance of the experimental group was 10.60 and the control group was 8.06 with mean difference of 2.53. The obtained 't' value 9.26 was greater than the required table value to be

significant at 0.05 level. Hence, it was proved that experimental group was superior to control group.

The obtained mean values were presented through bar diagram for better understanding of the results of this study.

Bar Diagram Showing the Means of Experimental and Control Group on SPEED and STRENGTH ENDURANCE



DISCUSSIONS

In this study the investigator was interested to find out the effect of football lead up games on selected physical fitness variables among football players.

The results presented in Table I proved that the lead up game training has significantly improved speed of the football players and the formulated hypothesis was accepted at 0.05 level.

The results presented in Table II proved that the lead up game training has significantly improved strength endurance of the football players and the formulated hypothesis was accepted at 0.05 level.

3. CONCLUSIONS

1. It was concluded that, due to six weeks of football lead up games programme improved the selected physical fitness performance namely speed and strength endurance of football players.
2. The control group did not show any significant changes on selected physical fitness component performance variables of football players.
3. The result of the study proved that there were significant differences between experimental and control

group on selected physical fitness component variables of football players.

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