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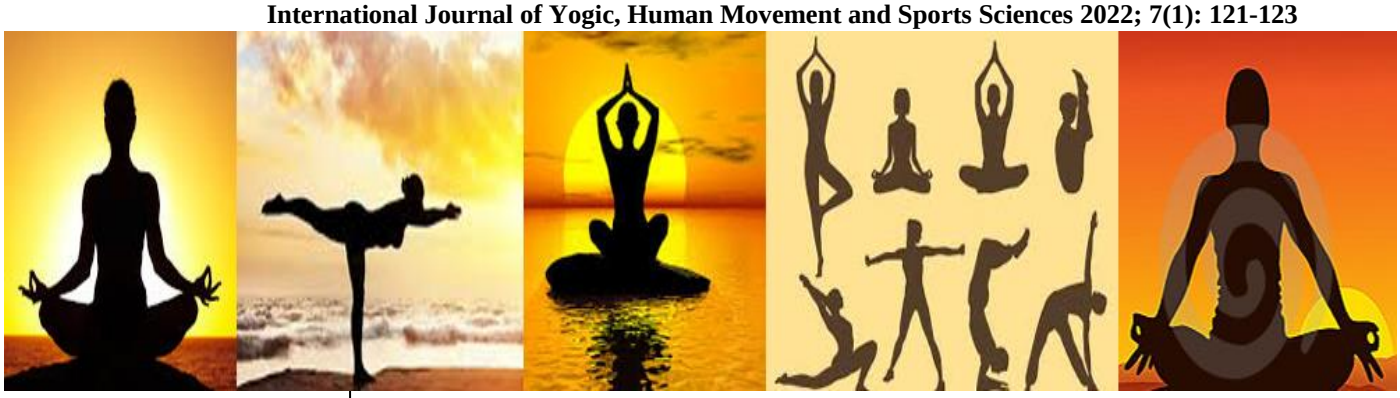

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Dr. T Thangamani
Assistant Professor, Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education, Coimbatore, Tamil Nadu, India

Corresponding Author:
Dr. T Thangamani
Assistant Professor, Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education, Coimbatore, Tamil Nadu, India

Combined effects of circuit based skill training on dribbling and shooting intercollegiate men football players

Dr. T Thangamani

Abstract
To achieve the purpose of the present study thirty men subjects were selected from Maruthi College of Physical Education, Tamil Nadu. Their age ranged from 21 to 23 years. They were assigned to two groups namely group-I circuit based skill training group, (CBSTG) group-II acted as control group (CG). Each group consists of fifteen men subjects. The practice of circuit based training were given for 12 weeks 5 days a week and from 7.30 am to 8.30 am. The experimental training group were tested dribbling and shooting. The selected criterion variables dribbling tested with warner test and shooting accuracy measured with Mor christian test. Before test and after twelve weeks circuit based skill training post test data were collected and treated with ANCOVA. The level of significant was fixed at 0.05. The study results showed that the experimental group had significantly improved selected dribbling and shooting. The control group did not improve on selected criterion variables.

Keywords: Circuit based skill training, dribbling and shooting in accuracy

Introduction
Skill-based exercises are considered to be the most effective training model that allows young, non-specialised players to develop technical skills and more skilled athletes to refine and maximise their skills. High-intensity, intermittent training is considered an effective alternative model to traditional endurance training that can produce similar or even superior effects on a range of skeletal muscle and metabolic adaptations (Kohn *et al*., 2010) [5] Circuit based skill training is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for the next circuit. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise. Circuit based skill training is designed to develop cardio respiratory endurance as well as flexibility, strength and muscular endurance in essential muscle group. It is an efficient training method in terms of gain made in short time. Skill Training is called "A learned ability to bring about the result with maximum certainty and efficiency".

Circuit based skill training is an excellent way that simultaneously assemble strength and stamina. Each skill is performed for a specified number of repetitions, timed in between intervals and long rest period. Circuit based skill efforts will enhance our overall body strength, including the strength and resiliency of muscles, tendons, ligaments and density for bone structure also. In an exercise circuit, all the prescribed exercises are performed for a time duration allotted by the coach to improve a skill which is expected to be significant.

Dribbling creates space in tight situations where the dribbler is marked (closely guarded by a defender), and the dribbler can either score or create scoring chances after a successful dribble. However, dribbling, if poorly mastered and used, may result in the loss of possession either when the ball is intercepted or tackled by a defender.

The shorter level can be moved with less force and so is subject for finer control moreover, because it can be moved more quickly (less inertia to overcome), it can be used to take greater advantage of opportunities to express accuracy.

Methodology

To achieve the purpose of the present study thirty men subjects were selected from Maruthi College of Physical Education, Tamil Nadu. Their age ranged from 21 to 23 years. They were assigned to two groups namely group-I circuit based skill training group, (CBSTG) group-II acted as control group (CG). Each group consists of fifteen men subjects. The practice of circuit based training were given for 12 weeks 5 days a week and from 7.30 am to 8.30 am. The experimental training group were tested dribbling and shooting. The selected criterion variables dribbling tested with warner test and shooting accuracy measured with Mor christian test. Before test and after twelve weeks circuit based skill training post test data were collected and treated with ANCOVA. The level of significant was fixed at 0.05.

Table 1: Training program

Exercise	Repetitions			Sets
	1-4 weeks	5-8 weeks	9-12 weeks	
The Passing Move	4-6	6-8	8-10	4
Throw in	4-6	6-8	8-10	4
Shooting Move	4-6	6-8	8-10	4
Left Flick	4-6	6-8	8-10	4
Half Volley	4-6	6-8	8-10	4
Right Flick	4-6	6-8	8-10	4
Diagonal Run	4-6	6-8	8-10	4
Zig Zag Run	4-6	6-8	8-10	4

Results

Table 2: Analysis of covariance on dribbling of circuit based skill training Group and control group of intercollegiate Men football players

		Circuit Based Skill Training Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	'F' Ratio
Pre-test	$\bar{X}$	16.18	16.12	B	0.021	1	0.021	0.028
	σ	0.85	0.89	W	21.533	28	21.533	
Post-test	$\bar{X}$	15.52	16.31	B	4.641	1	4.641	4.585*
	σ	0.93	1.07	W	28.347	28	1.012	
Adjusted Post-test	$\bar{X}$	15.53	16.3	B	5.212	1	5.212	12.40*
				W	11.347	27	0.420	

(The table value for significance at 0.05 level, with df 1 and 28 and 1 and 27 are 4.20 and 4.21 respectively).

It is clear from the table-I that the pre test (F = 0.028, p> 0.05) showed no significant difference in dribbling. However, post (F = 4.585 p<0.05) and adjusted post test (F = 12.401, p< 0.05) value showed significant difference. The covariate is significant, indicating that dribbling before training no significant improvement and after 12 weeks of combined effects of circuit based skill training various circuit based exercises had significant improvement of dribbling due to training effects as statistically proved. Since, adjusted post test mean also significant.

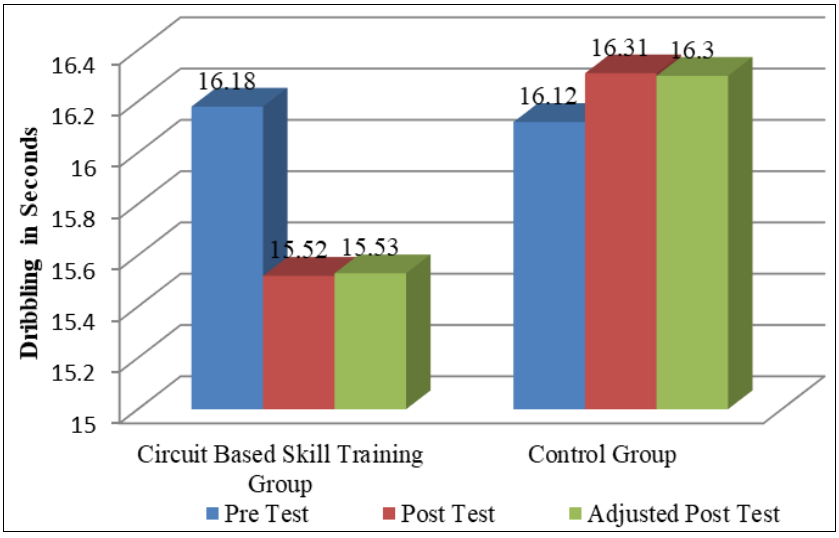

Fig 1: Mean values of circuit based skill training and control group of dribbling of inter collegiate men football players

Table 2: Analysis of covariance on shooting in accuracy of circuit based skill training group and control group of inter collegiate men football players

		Circuit Based Skill Training Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	'F' Ratio
Pre-test	$\bar{X}$	46.88	46.94	B	0.033	1	0.033	0.008
	σ	2.05	1.96	W	112.901	28	4.032	
Post-test	$\bar{X}$	56.83	47.19	B	696.972	1	696.972	228.883*
	σ	1.67	1.81	W	85.263	28	3.045	
Adjusted Post-test	$\bar{X}$	56.84	47.18	B	699.828	1	699.828	255.3*
				W	73.895	27	2.737	

(The table value for significance at 0.05 level, with df 1 and 28 and 1 and 27 are 4.20 and 4.21 respectively)

It is clear from the table-II that the pre test (F = 0.008, p>0.05) showed no significant difference in shooting in accuracy. However, post (F = 228.883 p<0.0) and adjusted post test (F = 255.3, p<0.05) value showed significant difference. The covariate is significant, indicating that shooting in accuracy before training no significant improvement and after 12 weeks of combined effects of circuit based skill training various circuit based exercises had significant improvement of shooting in accuracy due to training effects as statistically proved. Since, adjusted post test mean also significant.

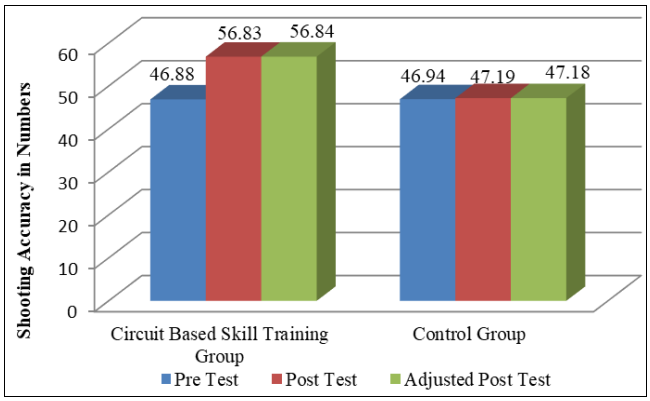

Fig 2: Mean values of circuit based skill training and control group of shooting in accuracy of intercollegiate men football players

Discussion on Findings

The results of the study shows that the combined effects of circuit based skill training of intercollegiate men football players practices of different intensities training on exercises which involved various skill with football exercises, on the inter collegiate men football players for twelve weeks of training had significantly improved on dribbling and shooting in accuracy. The result of the study is in consonance with the results of other studies. Remco Polman *et al*., (2004) [2], Senthilkumar *et al*. (2014) [1], Mustafa Karahan (2020) [4], Mearg Tesfay, Dr. Hasrani. S.S (2007) [6] Although it is considered that the best period for the development of performance variables of dribbling, passing and Shooting Accuracy of football players.

Conclusions

- The circuit based skill training group had significantly the increased the dribbling and shooting in accuracy of intercollegiate men football players
- The control group did not any improve on dribbling and shooting in accuracy of intercollegiate men football players

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