Chapter – V

Summary, Conclusions and Recommendations
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SUMMARY

Training is the main component and the basic form of preparing the athlete for higher level of performance. It is a systematically planned preparation with the help of the exercise, which realized the main factors of influencing progress of the athlete. The content of training includes all the basic types of preparation of the sportsman through physical, technical and psychological aspects. Through systematic training the fitness level of an athlete, acquisition of vital knowledge and skills are improved.

Sports training aims to prepare a sportsman for better performance through physical exercises. It is based on the scientific principles of aiming at education and performance enhancement. The improvement of physical fitness includes
improvement of general health and organic functions as well as increasing the strength and stability of the one of muscle-skeletal system. Development of motor skill is also the objectives of sports training. Sports activities consist of motor movement and action and their success depends largely on how correctly they are performed. Techniques of training and improvement of tactical efficiency play a vital role in the training process.

Weight training is used to develop strength of specific areas of the body. It is useful to develop muscular strength and power. It also develops muscular endurance, elasticity and coordination. The primary objective of weight training is not to learn to lift as much as weight as possible, but to increase strength and power for application to some other sports.

Plyometrics are training drills that are designed to the quality in the athlete which bridges the gap between sheer strength and the power required to produce explosive reactive movements shown very clearly in activities like jumping, throwing and sprinting.

In this context the investigator made an attempt to identify the combined weight and plyometric training modalities in series
and parallel methods for improving power related and performance factors among Soccer players.

To achieve the purpose of the resent study, forty five Soccer players were selected randomly from Adhiyamaan Educational and Research Institutions, Hosur, Tamil Nadu, India. The age group of the subjects were ranged between 19 and 22 years as per the college records. The height of the selected subjects ranged from 152 cm to 174 cm and weight ranged from 48 kg to 61 kg respectively. The selected subjects were randomly assigned to two experimental group and a control group of fifteen each. Group I underwent combined weight and plyometric training in series method, group II underwent combined weight and plyometric training in parallel method, and group III acted as control. The following factors such as speed, explosive power, elastic power, shooting, dribbling and passing were selected as dependent variables. All the groups were tested on the selected dependent variables prior to and after the training period of 12 week duration. The collected data were analysed by using the analysis of covariance (ANCOVA). Whenever 'F'-ratio for adjusted post-test mean was found to be significant, the Scheffe's test was applied as post-hoc test to determine the paired mean differences. The
level of significance was fixed at .05 level of confidence for all the cases to test significance.

CONCLUSIONS

From the analyse of the data, the following conclusions were drawn.

1. The combined weight and plyometric training in series method group and combined weight and plyometric training in parallel method group had registered significant improvement on the selected power related factors namely speed, explosive power and elastic power.

2. The combined weight and plyometric training in series method group and combined weight and plyometric training in parallel method group had registered significant improvement on the selected Soccer performance related factors namely shooting, dribbling and passing.

3. The combined weight and plyometric training in series method group and combined weight and plyometric training in parallel method group were found to be better than the control group in developing power
related and performance factors namely speed, explosive power, elastic power, shooting, dribbling and passing.

4. The combined weight and plyometric training in series method group was found to be better than the combined weight and plyometric training in parallel method group in developing power related and performance factors such as speed, explosive power, elastic power, shooting, dribbling and passing.

RECOMMENDATIONS

Based on the results of the study, the following recommendations are suggested.

1. From the present study, it is recommended for the trainers and physical educators to adopt weight and plyometric training in series method rather than adopting parallel method to improve speed, explosive power, elastic power, shooting, dribbling and passing abilities among their Soccer players.

2. A similar study may be conducted by selecting motor ability components, physiological and psychological variables as criterion variables.
3. A similar study may be attempted by extending detraining and retraining effects.

4. A similar study may be conducted on female subjects.

5. A similar study may be conducted to analyze the hematological and biomechanical parameters.

6. A similar study may be initiated using players of different disciplines.