Chapter – V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Summary

The game of Football demands a high level of fitness that will enable the players to run strongly, to move quickly off the mark in any direction to control, to pass accurately and to tackle efficiently throughout the game. Football requires a fairly high standard of physical fitness along with skills. Since the game of Football is played for 90 minutes (if necessary an extra period of 30 minutes in the match ends in a draw in knock out tournament) it demands a high level of physical fitness and the training programme should be planned accordingly. Hence speed, power, strength, endurance, agility, cardio respiratory endurance are essential qualities required to developed by all players. For good performance in any sports the standard of fitness is basic requirement. The motor fitness variables are highly important in the achievement of outstanding results in sports performance. Though one of the motor fitness variable like speed as an innate quality, proper and scientific training tends to improve most of the motor fitness variables. The majority of sports events and competitions requires the performance of the motor fitness variables such as speed, power, strength, endurance, agility and cardio respiratory endurance, that often decide the fate of the event. High level performance of a Football player may be depending upon his physical capabilities supported by other factors. In most of the advanced and developed countries the awareness of the fitness, motor learning and skill development among children in yearly age itself are very much scientific to realize their dreams of high achievements in sports.

High level of general fitness with motor abilities like speed, power, strength, endurance, agility, cardio respiratory endurance, jumping activity and balance etc., are essential qualities to require to be developed by Football performance. The purpose of
the study was to find out the “Efficacy of circuit resistance training and football skill based drill training on motor fitness and skill performance variables among college football players”. To achieve this purpose, sixty men football players from SRM University, Chennai, India were selected at random as subjects. The age of the players ranged from 18 to 25 years. The selected sixty players were categorized into two experimental groups and a control group. For the purpose of the study, the experimental group -1, allocate for circuit resistance training (n=20, CRT) the experimental group-2, allocate for (n=20, FSBDT) for Football skill based drill training and group 3 serve up as control (n=20, CG) did not undergo any specific training. The following motor fitness and skill performance variables such as speed, explosive power, agility, muscular endurance, cardio respiratory endurance, passing ability, dribbling ability and shooting ability were selected as dependent variables. The data were collected for all the groups on selected criterion variables such as speed (50 meters run/seconds), explosive power (standing broad jump/meters), agility (shuttle run/seconds), muscular endurance (sit-ups test/numbers), cardio respiratory endurance (cooper 12 minutes run/meters), passing ability (points),dribbling ability (seconds) and shooting ability (points) by using standardized test items respectively. The analysis of covariance (ANCOVA) was used to analyze the significant difference, if any among the groups. Since, three groups were compared, whenever they obtained ‘F’ ratio for adjusted post test was found to be significant, the Scheffe’s test was applied to find out the paired mean differences, if any.

The 0.05 level of confidence was fixed as the level of significance to test the ‘F’ ratio obtained by the analysis of covariance, which was considered as appropriate.
5.2.2 Conclusion

In the light of above findings of the present study the following conclusion have been drawn:

1. The nature of the speed was greater, when compared with control group; however the improvement between the training groups favour circuit resistance training.

2. The excellence of the explosive power was superior owing to, two training groups, when compared to control group; however the improvement between the training groups favour on circuit resistance training.

3. The nature of the agility was greater due to two training groups, when compared with control group; however the improvement between the training group favor on football skill based drill training.

4. The capacity of the muscular endurance was superior owing to, two training groups, when compared with control group; however the improvement between the training groups favour on circuit resistance training.

5. The competence of the cardio respiratory endurance was better owing to, two training groups, when compared with control group; however the improvement between the training groups favour on circuit resistance training.

6. The ability of the passing skill was better owing to, two training groups, when compared with control group; however the improvement between the training groups favor on football skill based drill training.

7. The ability of the dribbling skill was better owing to, two training groups, when compared with control group; however the improvement between the training groups favour on football skill based drill training.
8. The ability of the shooting skill was better owing to, two training groups, when compared with control group; however the improvement between the training groups favour on football skill based drill training.

5. 3 Recommendations

Based on the results of the study, the following recommendations were made:

1. In the present study, the effect of both circuit resistance and football skill based drill training have greater influence on speed, explosive power, agility, muscular endurance, cardio respiratory endurance, passing, dribbling and shooting ability owing to, twelve weeks interventions. Hence, these training methods are recommended for achieving high level performance in the game of football.

2. The circuit resistance training is recommended for developing aerobic qualities.

3. The same study can be conducted with reducing training volumes for school level football players.

4. The similar study may be attempted for state and national level football players with increasing the training volumes.

5. The football skill based drill trainings are suggested for players at gross root level.

6. The football skill based drill training is recommended for elite level players along with circuit resistance training.