CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

Better performances can be the product of a number of factors. This product is primarily the outcome of efficient technique, the progression of speed and the maturing competitive attitude on a sound basis of general endurance, all round strength and general mobility. Coaching and training for young athletes’ is very interesting but at the same time it must be based on some standard procedures and specific scientific principles. Physical and physiological variables are major concern for coaches and athletes. Understanding these variables helps coaches and athletes prevent injury and overtraining while trying to maximize their physical ability, and analyze the strengths and weaknesses related to their specific training programmes. If we failed to establish correct training patterns for young athletes, unfortunately, goes way back.

A football field is called a gridiron because the markings on the field resemble that type of grill that can be used to cook food over a fire. Besides the yard markings every five yards on the field; during the early days following the introduction of the forward pass, longitudinal lines were added so that the field became a series of rectangles or squares. The football fathers
of that time thought the forward pass was just a little too much of a good thing and so in an effort to limit the impact one could only pass the ball from the square to an adjoining one. The additional lines truly made the field appear to be a gridiron.

Functional training involves training or practicing the specific demands of a position or a role. This can be for an individual player, or for a unit (i.e. defense). For example, a soccer coach may run a functional training session for forward play, dealing specifically how two forwards work together in the attacking third. Functional training should take place in the area of the field where that scenario would occur in a real game.

Most of the techniques and methods being used in football originated in track and field. Functional training and Grid trainings in football are specific types of facilitation and overload. They are concepts that are widely used in other types of training such as whole body vibration (facilitation) and weight lifting (overload). Although functional training and grid training has been around for many years, there is very little scientific research that has been conducted in this area. Football requires unique movement skills, taps exclusive energy mechanisms and necessitates training methods that will enhance multi-directional proficiency.

Hence an experiment of these methods of training, namely functional training, grid training and combined (Functional and Grid Training) on
selected performance related variables such as, speed, agility, leg explosive power, flexibility, endurance, upper body explosive power and playing ability among inter school football players of West Bengal was undertaken in this research.

The purpose of the study was to find out the effect of functional training, grid training and combined training on selected performance related fitness components, and play performance among interschool football players among West Bengal. To achieve the purpose of the study, the investigator randomly selected 120 football players who had represented their schools in inter school level competitions in football from different schools in West Bengal. The age of subjects for the study was between 14 to 16 years. The selected subjects were divided into four groups, three experimental groups and control group consisting of 30 subjects in each group. The subjects were oriented on the purpose of the study and the usefulness in improving performance related fitness variables. All the subjects voluntarily participated in the study. The performance related fitness variables selected were speed, agility, leg explosive power, flexibility, endurance, upper body explosive power and playing ability in football.

Random group pre and post test research design was followed in this study. Experimental group I was assigned as functional training group and experimental II was assigned as Grid Training Group and Experimental Group
III was assigned as combined training group and control group was not given any special treatment and were under strict supervision of the investigator. Prior to experimental treatment, all the subjects were measured of their performance related fitness components and play ability which formed pre test scores. After 12 weeks experiments to the experimental groups on respective training, all the four groups were tested on criterion variables selected, which form post test scores. The difference between pre and post test scores was considered as the effect of respective experimental treatments. To test the statistical significance the collected data were subjected to statistical treatment using ANCOVA. In all cases 0.05 level was fixed to test the hypothesis.

The results proved that there was significant improvement in performance related physical fitness variables, agility, leg explosive power, flexibility, endurance due to functional training, grid training and combined training. However the improvements recorded on speed and upper body explosive strength due to the experimental training were not significant. As for the overall playing ability of the inter school football players, the selected experimental protocols, namely, functional training, grid training and combined training significantly improved.
5.2 CONCLUSIONS

Within the limitations and delimitations of the study, the following conclusions were based on the results and discussions made.

1. It was concluded that there was no significant improvement in performance related fitness variable, such as, speed due to functional training, grid training and combined training compared to control group of the inter school football players.

2. It was concluded that there was significant improvement in performance related fitness variable, such as, agility due to functional training, grid training and combined training compared to control group of the inter school football players. And there was no significant difference among experimental groups in altering agility.

3. It was concluded that there was significant improvement in performance related fitness variable, such as, leg explosive power due to functional training, grid training and combined training compared to control group of the inter school football players. And there was no significant difference among experimental groups in altering leg explosive power.

4. It was concluded that there was significant improvement in performance related fitness variable, such as, flexibility due to
functional training, grid training and combined training compared to control group of the inter school football players.

5. It was concluded that grid training was significantly better than functional training in improving flexibility of the inter school football players.

6. It was concluded that there was significant improvement in performance related fitness variable, such as, endurance due to functional training, grid training and combined training compared to control group of the inter school football players. And there was no significant difference among experimental groups in altering endurance.

7. It was concluded that functional training, grid training and combined training failed to significantly improve upper body explosive power compared to control group of the inter school football players.

8. It was concluded that there was significant improvement in playing ability in football due to functional training, grid training and combined training compared to control group of the inter school football players. And there was no significant difference among experimental groups in altering playing ability in football among inters school football players.
5.3 RECOMMENDATIONS

The findings of this study proved that functional training, grid training and combined training significantly contributed for improvement of performance related fitness variables among inter school football players and overall playing ability of the football players, hence, it was recommended that these training methods may be made as part of training schedule for football players.

It was recommended to the coaches and players to have continuous assessment of the improvement of performance related fitness variables and playing ability to find out the effects of different training methods suggested in this study.

It was recommended that the manipulation of game format should always consider the players' individual constraints.

It was found that functional training and grid training can serve several purposes as specific means of training for football, these techniques can be effectively used with required modifications in other games like, cricket, for improving overall performances of the players.
5.4 SUGGESTIONS FOR FUTURE RESEARCHES

The functional training protocols suggested in this study may be refined and improved further and researches may be made out to find to which extent it can prevent injuries in games situations.

Similar design of grid training (SSGs) with a more valid representation of the tactical conditions may be experimented in separate researches.

It was suggested to experiment with full-size matches and their use and compare the effect of functional training and grid training on tactical aspects of match performance in the game of football.

Separate researches may be undertaken to find out the constraints of different functional training and grid trainings.

A research to facilitate emergence of continuous interpersonal coordination tendencies during practice to benefit team game players may be undertaken.

Further researches to understand how modifying different aspects of functional training and grid training has a differential effect on the players' physiological and physical demands (heart rate, player load, distance covered, running speed, and the number of accelerations).
A study to compare with intermittent varied grid format that should help coaches to establish a better distribution of playing according to the objectives of the training may be undertaken.

Researches on the use of lower number of players (2- and 3-a-side) to increase cardiovascular effects and higher number of players (4- and 5-a-side) to increase variability and specificity according to the competition demands may be undertaken separately.