CHAPTER III

METHODOLOGY

In this chapter the methodology engineered in the selection of subjects, selection of variables, experimental design, pilot study, criterion measures, reliability of the data, reliability of instruments, tester’s reliability, subject reliability, training programme, test administration and statistical treatment have been presented.

3.1 SELECTION OF SUBJECTS

The purpose of the study was to find out the efficacy of specific packages of football drills with and without psych up strategies on selected physical fitness, game skill variables and playing ability among inter collegiate football players.

Forty five college men football players from Chennai city were randomly selected and their age ranged between 21 and 24 years. They were assigned into three equal groups. Each group consisted of fifteen subjects. Group one acted as Experimental Group I – (Specific packages of football drills with psych up strategies, Group two acted as Experimental Group II-(Specific packages of football drills without psych up strategies) and Group three acted as Control Group.

The requirement of the experiment procedures, testing as well as exercise schedule were explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. The subjects were given written information about the study and they gave their informed consent in writing.

3.2 SELECTION OF VARIABLES

The researcher reviewed various scientific literatures, books, journals, internet sources and research papers which revealed the importance of specific football drills, psych up strategies, physical fitness, game skills and playing ability for the all round
development of football players. Taking in to the consideration of feasibility, criteria, availability of instruments and the relevance of the variable of the present study, the following dependent and independent variables were selected for this study.

3.2.1 Dependent variables

a) Physical Fitness Variables
   (i) Speed
   (ii) Agility
   (iii) Explosive power
   (iv) Flexibility
   (v) Cardio vascular endurance

b) Game Skill variables
   (i) Passing
   (ii) Shooting
   (iii) Dribbling
   (iv) Kicking for distance, Right foot
   (v) Kicking for distance, Left foot

c) Playing Ability

3.2.2 Independent variables
   (i) Group I - Specific packages of football drills with psych-up strategies
   (ii) Group II - Specific packages of football drills without psych-up strategies
   (iii) Group III – Control Group

3.3 EXPERIMENTAL DESIGN

Pre test and post test randomized group design was applied to this research. Forty five college men students who participated in inter collegiate football
tournament from Chennai city were selected as subjects at random and their age ranged between 21 and 24 years. They were divided into three equal groups. Each group consisted of fifteen subjects. Pre test was conducted for all the forty five subjects on selected physical fitness variables namely speed, agility, explosive power, flexibility and cardio vascular endurance and game skill variables namely passing, shooting, dribbling, kicking for distance in left leg and kicking for distance in right leg. Playing ability was measured by experts rating. This initial test scores formed as pre test scores of the subjects. Experimental Group I was exposed to specific packages of football drills with psych-up strategies, experimental group II was exposed to specific packages of football drills without psych-up strategies, and the control group was not exposed to any experimental training other than their regular daily activities. The duration experimental period was 12 weeks. After the experimental treatment, all the forty five subjects were measured on the selected physical fitness, game skill variables and playing ability. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences, whenever the ‘F’ ratio for adjusted test was found to be significant, Scheffe’s Post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses.

3.4 PILOT STUDY

The pilot study was conducted before analyzing of training programme with ten subjects with the help of experts in the game of football to ensure the suitability, frequencies, and duration of exercise. The aim of the pilot study was to know the subjects capacity and to know the difficulty of conducting training programme and to
set a clear understanding about the duration of time, which is required for conducting the test.

3.4.1 TESTERS ASSISTANTS

The investigator was assisted by sports psychologist and football coaches. They were assisting the investigator for the conduct of test and collection of relevant data under the direct supervision of the investigator. Those who were assisting the tester were given proper instructions and practice for conducting the actual tests.

3.5 CRITERION MEASURES AND SELECTION OF TESTS

The present study was undertaken primarily to assess the “efficacy of specific packages of football drills with and without psych up strategies on selected physical fitness game skill variables and playing ability among Inter collegiate football players”

The following tests were administered to measure the selected fitness and game skill variables and playing ability. The tests were administered to the subjects before and after of the training programme.
TABLE – I
TEST SELECTION

<table>
<thead>
<tr>
<th>Sl.No</th>
<th>Criterion variables</th>
<th>Test Item</th>
<th>Unit of Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Speed</td>
<td>50 meters run (Yobu, 2010)</td>
<td>Seconds</td>
</tr>
<tr>
<td>2</td>
<td>Agility</td>
<td>Shuttle run (David Miller, 2006)</td>
<td>Seconds</td>
</tr>
<tr>
<td>3</td>
<td>Flexibility</td>
<td>Sit and reach test (Ted.A, Baumgartner, et al., 2007)</td>
<td>Centimeters</td>
</tr>
<tr>
<td>4</td>
<td>Explosive Power</td>
<td>Sargent Jump, 1921 as cited in Alan, C.Locy &amp; Douglas Hostad, 2007</td>
<td>Centimeters</td>
</tr>
<tr>
<td>5</td>
<td>Cardio vascular endurance</td>
<td>12 Minutes Run / Walk (Cooper, 1967 as cited in Yobu, 2010)</td>
<td>Meters</td>
</tr>
<tr>
<td>6</td>
<td>Passing</td>
<td>Morgan Christian General Soccer Ability Test, 1979 as cited in Yobu, 2010</td>
<td>Counts</td>
</tr>
<tr>
<td>7</td>
<td>Shooting</td>
<td></td>
<td>Counts</td>
</tr>
<tr>
<td>8</td>
<td>Dribbling</td>
<td></td>
<td>Seconds</td>
</tr>
<tr>
<td>9</td>
<td>Kicking for Distance, right foot</td>
<td>Warner Test for Soccer Skill, 1950 as cited in Yobu, 2010</td>
<td>Meters</td>
</tr>
<tr>
<td>10</td>
<td>Kicking for Distance, left foot</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Playing Ability</td>
<td>Subjective rating</td>
<td>Score</td>
</tr>
</tbody>
</table>

3.6 RELIABILITY OF DATA

The reliability of data was established by using test-retest method. To achieve this purpose, ten subjects were randomly selected and the test was administered twice after a day’s gap. Care was taken to keep all testing conditions uniformly during testing and retesting. The scores recorded for the ten subjects during the test and retest were correlated using Intra Class Correlation for the different variables. The coefficient of correlation is presented in Table – II
TABLE – II
INTRA CLASS CORRELATION CO-EFFICIENT
OF TEST – RESTEST SCORES

<table>
<thead>
<tr>
<th>Criterion Variables</th>
<th>Correlation Co-efficient ‘r’</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speed</td>
<td>0.87*</td>
</tr>
<tr>
<td>Agility</td>
<td>0.89*</td>
</tr>
<tr>
<td>Flexibility</td>
<td>0.84*</td>
</tr>
<tr>
<td>Explosive Power</td>
<td>0.85</td>
</tr>
<tr>
<td>Cardio vascular endurance</td>
<td>0.87*</td>
</tr>
<tr>
<td>Passing</td>
<td>0.88*</td>
</tr>
<tr>
<td>Shooting</td>
<td>0.84*</td>
</tr>
<tr>
<td>Dribbling</td>
<td>0.88*</td>
</tr>
<tr>
<td>Kicking for Distance, Right Foot</td>
<td>0.90*</td>
</tr>
<tr>
<td>Kicking for Distance, Left Foot</td>
<td>0.86*</td>
</tr>
<tr>
<td>Playing Ability</td>
<td>0.83*</td>
</tr>
</tbody>
</table>

*Significance at .05 level of confidence

3.7 RELIABILITY OF INSTRUMENT

Instruments such as stop watch and measuring tape were used to assess the dependent variables. A standard steel tape was used for measuring the tests. All the instruments were in good working conditions. Their calibration were tested and found to be accurate enough to serve the purpose of the study.

3.8 TESTERS RELIABILITY

Tester’s reliability was established by test-retest procedures. For this purpose two subjects were selected at random on the chosen variables, which were recorded twice under identical conditions on different occasions by the investigator.

3.9 SUBJECT RELIABILITY

Prior to the test administration, the exercise and the test procedure were explained in detail to subjects to ensure proper understanding and secure effective
cooperation so as to derive reliable data from the tests. Demonstration was done before the subjects prior to the actual collection of data. The training programme was conducted under the personal supervision of the research scholar.

3.10 TRAINING PROGRAMME

During the training period the experimental groups underwent their respective training programme in addition to their daily routine activities as per the schedule. Experimental groups namely Specific packages of football drill with psych up and specific packages of football drills without psych up underwent their respective experimental training on three alternate days per week for twelve weeks.

The duration of training were planned for 90 to 95 minutes that is from 6.25 am to 8.00 am. All the subjects involved in this study were carefully monitored throughout the training programme.

3.10.1 SPECIFIC PACKAGES OF FOOTBALL DRILLS

In consultation with experts in the field of football, the following football drills were included in the experimental training programme.

1. Passing - Give and Go
2. Circle Drill
3. In and Out
4. Shuttle Run
5. Square Passing
6. Wall Pass
7. Receiving and Ball Control - Pass and Control
8. Control and turn
9. Running with the ball - Dodge and Weave
10. Dribbling - Give and Go,
11. Circle Sprint
12. Shooting, Give and Go
13. Pass and Shoot
<table>
<thead>
<tr>
<th></th>
<th>Exercises</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>Heading - Head to Toe</td>
</tr>
<tr>
<td>15</td>
<td>Heading and Scoring</td>
</tr>
<tr>
<td>16</td>
<td>Diving and Heading</td>
</tr>
<tr>
<td>17</td>
<td>Receiving Drill – 2 versus 1</td>
</tr>
<tr>
<td>18</td>
<td>3 versus 1</td>
</tr>
<tr>
<td>19</td>
<td>2 versus 2</td>
</tr>
<tr>
<td>20</td>
<td>Small side games - 4 versus 2</td>
</tr>
<tr>
<td>21</td>
<td>3 versus 3</td>
</tr>
<tr>
<td>22</td>
<td>Grid Games</td>
</tr>
<tr>
<td>23</td>
<td>Receiving from a Throw in</td>
</tr>
<tr>
<td>24</td>
<td>Receiving from GK</td>
</tr>
<tr>
<td>25</td>
<td>Offensive Play – Depth in Attack</td>
</tr>
<tr>
<td>26</td>
<td>Penetration in Attack</td>
</tr>
<tr>
<td>27</td>
<td>Width in Attack</td>
</tr>
<tr>
<td>28</td>
<td>Offensive Improvisation</td>
</tr>
<tr>
<td>29</td>
<td>Defensive Play – Depth in Defense</td>
</tr>
<tr>
<td>30</td>
<td>Interval Training with ball</td>
</tr>
<tr>
<td>31</td>
<td>Pressure Play</td>
</tr>
</tbody>
</table>
3.11 Description of Specific Football Drills

The following are the descriptions of the specific football drills.

3.11.1 Passing Drill – Give and Go

Description

1) Player A passes to Player B, who passes to player C on the move.
2) Player C then gives a wall pass to player A on the Move.
3) The drill repeats until players A, B and C have each executed ten passes.

Figure – 1: Give and Go

3.11.2 Passing Drill - Circle Drill

Description

1) One player runs around in a circle while the other passes, using various methods.
2) The running player makes five passes with each other.
3) Then the players change places.

Figure – 2: Circle Drill
3.11.3 Passing Drill - In and Out

1) One player adjusts his position by moving in and out in order to vary the power and method used over various distances.
2) Both the inside of the foot pass and instep pass should be practiced.
3) Each player repeats the drill ten times with each method.

Description

3.11.4 Passing Drill - Shuttle Run

1) Player A passes to player B and follows the ball to take player B’s place as player B passes to player A.
2) The drill is repeated with the three players passing and following the ball, until each of the players has made ten passes without the ball stopping.

Description
3.11.5 Passing Drill - Square Passing

Description
1) The square pass and move to a new position within a 10-yard square.
2) The drill repeats until each of the players has executed ten passes without stopping the ball and while keeping it within the prescribed area.

Figure – 5: Square Passing

3.11.6 Passing Drill - Wall Pass

Description
1) Player A passes from 5 yards and player B “rebound's” the ball with the inside of the foot for his teammate to run on to.
2) The drill is repeated ten times before the players change places.

Figure – 6: Wall Pass
3.11.7 Receiving and Ball Control - Pass and Control

Description

1) Two players facing each other in the distance of 10 yards
2) Passing and control the ball with the insides of their feet.
3) The drill is repeated for ten times before the next pair of players change.

Figure – 7: Pass and Control

3.11.8 Receiving and Ball Control - Control and Turn

Description

1) Two players control the ball with the outside of their feet and turn in the same motion before they stop to return the ball to their partner.
2) The drill is repeated for ten times before the next pair of players change.

Figure – 8: Control and Turn
3.11.9 Running with the Ball – Dodge and Weave

![Image of Dodge and Weave]

**Description**

1) Inside a 10 yard square grid or a confined area, the players move about, feinting, dodging and swerving to avoid bumping into other players or contacting other balls.

2) The drill is repeated for 3 sets in duration of 60 seconds with 30 seconds interval.

3.11.10 Dribbling Drills - Give and Go

![Image of Give and Go]

**Description**

1) The player runs with the ball as in the circle drill.

2) When the player gets a signal from the center of the circle ‘C’ for the ball, the player makes a push pass to the center person and runs forward to receive the return pass and continue running with the ball.
3.11.11 Dribbling Drills - Circle Sprint

1) The player runs around the circle until the player sees a signal.
2) The player sprints across the circle with the ball and continues travelling around the circle.
3) The player should keep his head up and drive into the open space when the signal is given.
4) The drill is repeated for 3 sets in duration of 90 seconds with 30 seconds interval.

Description

Figure – 11: Circle Sprint

3.11.12 Shooting Drill - Give and Go

1) One player outside the penalty area passes to another inside.
2) The second player passes the ball back to the first player, who then makes a shot to the target (Goal post).
3) Each player should take ten shots with each foot.
4) All the players should practice until they are able to score consistently.

Description

Figure – 12: Give and Go
3.11.13 Shooting Drill - Pass and Shoot

Description
1) The two shooting players start out 20 yards apart at the halfway line.
2) They run towards the goal, passing the ball back and forth between them. When they reach the penalty area line, the players with the ball makes a shot.
3) They continue playing until each player has made ten shots with the instep of each foot.
4) The drill is repeated when the players should exchange places and continue practicing until all three are able to score consistently.

3.11.14 Heading Drill – Head to Toe

Description
1) Two players practice passing the ball by heading.
2) Player A throws the ball to player B, who heads the ball down to the ground for player A to control.
3) The drill is repeated until each player has successfully headed a pass six times.
3.11.15 Heading Drill – Heading and Scoring

Figure- 15: Heading and Scoring

Description
1) Player A serves to player B, who attempts to head the ball past player C, who is acting as the goalkeeper.
2) Each player takes six headers, and team keeps score.
3) The players should practice heading to direct the ball down off the ground in order to continue the goalkeeper.

3.11.16 Heading Drill – Diving and Heading

Figure – 16: Diving and Heading

Description
1) One player throws the ball to another player, who attempts a diving header while kneeling on the ground.
2) The diving header can be practiced from a position on all fours, also.
3) The player stretches forward to head the ball before landing in a push up position.
3.11.17 Receiving Drill - Two versus One

Description
1) The server throws the ball from the far corner of a square playing area.
2) The receiver controls the ball and passes it to his teammate before the server is able to intercept or tackle.
3) In the same situation, practice can be done with receiving by thigh, chest and head.

Figure – 17: Two versus One

3.11.18 Receiving Drill – Three versus One

Description
1) In a three versus on situation, the server ‘S’ throws the ball from the center of the grid.
2) The receiving player has to react quickly in order to control the ball.
3) The use of wedge passing and screening are necessary skills.
4) The drill is repeated for 3 times in duration of 2 minutes with 30 seconds interval.

Figure – 18: Three versus One
3.11.19 Small Side Games - Two versus Two

1) The players work in pairs.
2) The server throws the ball to his teammate, who is allowed one touch on the ball to bring it under control, screening the ball from the opponent, before picking up the ball to return it to the server.
3) When the ball is not controlled cleanly, the opponent may challenge and try to intercept the ball.
4) The drill continues with the player and his teammate throwing and receiving the ball until it is again intercepted.

Description

Figure – 19: Two versus Two

3.11.20 Small Side Games - Four versus Two

1) The object of this game, besides keeping possession of the ball is getting the ball between the defenders by trying to catch them lying square.
2) The game is repeated for two times in duration of 3 minutes with 30 seconds interval.

Description

Figure – 20: Four versus Two
3.11.21 Small side Games – Three versus Three

Description

1) The players use the goal and the center circle as targets for attacking and defending and the width of the penalty box as the field area.

2) The game is repeated for two times in duration of 3 minutes with 30 seconds interval.

Figure - 21: Three versus Three

3.11.22 Grid Games

Description

1) In a grid small side area, the players must keep possession of the ball and dribble it over an end line.

2) In one variation that produces more involvement, the players must beat one other player before they are allowed to pass the ball.

3) The coach can control the conditions in the games (2v1, 3v1, 3v2, 3v3 & 4v4) in order to accentuate running with the ball.

Figure – 22 Grid Games
3.11.23 Receiving Drill - Receiving from a Throw In

1) From a throw-in, the feints to collect the ball and runs down the line.

2) The OL (Outside Left Striker), drawing the (RB) Right Full Back with him while moving to receive the ball, trap passes the ball back to the wing half (LH), who passes down the line for the Outside Left Striker to run on to.

Figure – 23: Receiving from a Throw In

3.11.24 Receiving Drill - Receiving from a Goal Keeper

The throw goes to the OL (Outside Left Striker) coming back deep to collect the ball, who receives the ball and plays it back to the (LH) Left Half Back or turns to create a two versus one situation against the opposing full back.

Figure – 24: Receiving from a Goal Keeper
3.11.25 Offensive Play - Depth in Attack

1) In the three versus two situation the attackers are showing intelligent running off the ball to give depth.
2) The supported players also withdraw themselves to support the player who has the ball.
3) The game is repeated for two to three times with 30 seconds interval.

Figure – 25: Depth in Attack

3.11.26 Penetration in Attack

1) The forward who feed the ball to the teammates with the opponents.
2) It goes behind most defenders and creates a one on one situation, which can be overloaded quickly into a two versus one situation advantageous for the attack.
3) The move is repeated for two or three times both in left and right side.

Figure – 26: Penetration in Attack
3.11.27 Width in Attack

1) The Right Back (RB) is controlling two players.
2) The Outside Left (OL) has come infield to an already congested area.
3) Making it easier for the defense to cover and possibly intercept.
4) The drill is repeated for two or three times.

Figure – 27: Width in Attack

3.11.28 Defensive Play- Depth in Defense

1) The Right Back (RB) is in a position to watch the ball carrier and his opponent.
2) By swinging behind the Right Half, the Right Back could give cover support.
3) The drill is repeated for two or three times.

Description

1) The Right Back (RB) is controlling two players.
2) The Outside Left (OL) has come infield to an already congested area.
3) Making it easier for the defense to cover and possibly intercept.
4) The drill is repeated for two or three times.
3.11.29 Offensive Improvisation

Description
1) One player against one player and with two target (T).
2) The ball carrier should be deliberately encouraged to use his dribbling skill.
3) The investigator should emphasize committing the defender by running hard, committing the defender to one direction, and changing pace and direction and faking to reach the target.

Figure – 29: Offensive Improvisation

3.11.30 Interval Training with the Ball

Description
1) Two groups of four work alternately inside a confined area.
2) One group works for fifteen seconds, each player running and dribbling with the ball, while the other group rests.
3) The group change over and repeat the practice.

Figure – 30: Interval Training with the Ball
3.11.31 Pressure Play

![Diagram of Pressure Play]

Description

1) Sprint and Pass

1) Player A sprints forward 6 yards to meet a ball passed from B.

2) The player passes it first time to C and runs back over the line to where he started and then sprints forward again to meet a pass from C.

3) The number of passes played 30 seconds is the score.

2) Heading

1) Players B and C each have a ball and stand 10 yards apart, with player A in the center.

2) Player A has to turn, jump and head the ball back to each server alternately.

3) The service should be quick enough for the ball to be in the air as A is turning.

3) First Time Passing

1) Player A stands in the middle of the center circle with B and C outside.

2) B passes the ball to A and, at the same time, C calls for a first time pass.

3) C then passes back to A while B calls for the ball.

4) B and C can move around on the outside of the center circle calling for the ball.

5) The more time A takes to look for a target the fewer passes can be made in 30 Seconds.

4) Shuttle Run

1) 5 footballs are placed in a line, 5 yards apart, with the first ball 5 yards from the
starting line.

2) On the signal “GO”, A sprints to the first ball and dribbles it back to the start, turns and collects the second ball, and so on. The number of balls he brings behind the line represents the total score.

5) Receive and Pass

1) Players B and C each have a ball and stand 10 yards apart and 5 yards away from the goal line.

2) A stands in between them but on the goal line. When the drill starts, A sprints to receive a ball lobbed by C into the corner arc and passes it back.

3) C then turns to sprint and receive a pass from B before it crosses the goal line and passes it back repeating for 30 seconds.

4) The number of passes made is the score.

6) Shooting

1) Player B places three balls on the edge of the penalty box inside the arc. Player C returns the balls from the goal.

2) Player A has to run from outside the restraining arc and shoot a ball from the edge of the box and then run around the penalty spot and back outside the arc again before turning to shoot another ball.

3) In this way, the player runs 20 yards each shot.

4) The number of shots taken is the score for each player. (William Thomson, 1998)
3.12 PSYCH UP STRATEGIES

For a football player, factors such as physical fitness, football skills and match experience are fundamentally important in determining level of success. However, there are many psychological factors which are equally important to consider if the player is to achieve his potential. In consultation with the experts in the field of psychology the following five psych up strategies such as preparatory arousal, imagery, self talk, attentional focus and relaxation were included in the experimental training.

3.12.1 PREPARATORY AROUSAL

Preparatory arousal is the first step of the psych up strategy, the subjects are arousing themselves by using their experience in the game of football, the way they dedicate themselves during practice sessions and during competition period.

3.12.2 IMAGERY

Imagine themselves on a particular skill of their own choice. Then they are asked to imagine that they are watching other player performing the skill that they are keenly interested in and imagine themselves into the image as if they were one of the performers. Imagine themselves successfully performing the task in the scene. Finally change the sport setting and repeat the process again. The end the session by breathing deeply, opening the eyes and slowly adjusting to the external environment.

3.12.3 SELF TALK

Self talk can be in the form of words actually spoken, or in the form of thoughts that come into subject’s mind. Self talk words and phrases such as “I can”, “Focus”, “Stay with him”, “Now”, “I See the Goal Post” or “I see the target”.
3.12.4 ATTENTIONAL FOCUS

Attentional focus (Internal) is concentrating on a narrow range of internal cue, the subjects mentally rehearsing the personal role in a set piece play during competition or practice session. This rehearsal makes the subjects to focus on a particular task at the point of time.

3.12.5 RELAXATION

Relaxation technique was given to the subjects to relax both mentally and physically, for that Jacobson Progressive Muscular Relaxation Technique was utilized. It consists of a series of exercises that involve contracting a specific muscle group, holding the contraction for 5 – 8 seconds, and then relaxing. The exercises progress from one muscle groups to another. The ultimate goal of progressive relaxation is for athlete’s to develop automatically unconsciously and effortlessly identify and relax tensions that interfere with the smooth executions of movement skills. Initial practices require 25 – 30 minutes and entail relaxing all the muscle groups. (Richard. H, Cox, 2002)

3.13 DESCRIPTION OF THE TRAINING SCHEDULE

Experimental Group I was exposed to specific packages of football drills with psych-up strategies, experimental group II was exposed to specific packages of football drills without psych-up strategies, and the control group was not exposed to any experimental training other than their regular daily activities.

Every session starts with Fifteen minutes of specific warming up and conditioning. The subjects were given adequate warming up exercises both with and without ball and stretching exercises to prepare their body for the specific football drill training. The training was divided into three sessions along with psych up strategy (only for the experimental group I). The first session contains the specific
ball drills. The second session contains the technical and tactical drills and the third session for game practice and followed by warm down exercises. The specific football drills with and without psych up strategies training was lasted up to ninety minutes.

The first phase of preparing the body for an activity is to warm-up. The experimental groups had ten minutes of specific warm up exercises. Warm-ups can be conducted under the guidance of the investigator. Warm up exercises contains stretching exercises, jogging with ball, running with ball and warm-up games (with and without ball). This type of warm up leads into the theme of the day. A purposeful and effective warm-up is necessary prior to the training session. Warm-ups should be conducted progressively and logically, exercising and stretching major muscle groups before smaller groups.

After every training session subjects of experimental groups had five minutes warm down exercises by performing simple stretching without burning or a slow jogging similar to a warming up. Warm down exercise is also necessary to relax the muscle tensions in the body and also to keep then ready for the next training session.

The experimental training programmes are show in Figures 32 – 43.
Figure - 32
FLOW CHART SHOWING THE TRAINING ADOPTED FOR EXPERIMENTAL GROUP 1 - SPECIFIC PACKAGES OF FOOTBALL DRILLS WITH PSYCHUP STRATEGIES

First & Second Week

Specific Warming up and Conditioning 8 - 10 Minutes

Monday
- Training: Passing Drill – Give and Go Receiving Drill – ControlLand Turn
  - Duration: 10 Minutes
  - Interval 60 Sec.

- Training: Offensive Play – Depth in Attack
  - Duration: 15 Minutes
  - Interval 60 Sec.

- Training: Game Practice 11 V 11 Game
  - Duration: 45 Minutes
  - Interval 60 Sec.

- Psychup Strategy Preparatory Arousal
  - Duration: 5 Minutes

Wednesday
- Training: Passing Drill – Circle Drill Running with the ball – Dodge and Weave
  - Duration: 10 Minutes
  - Interval 60 Sec.

- Training: Defensive Play – Depth in Defense
  - Duration: 15 Minutes
  - Interval 60 Sec.

- Training: Game Practice 11 V 11 Game
  - Duration: 45 Minutes
  - Interval 60 Sec.

- Psychup Strategy Self Talk
  - Duration: 5 Minutes

Friday
- Training: Passing Drill – In and Out Dribbling Drill – Give and Go
  - Duration: 10 Minutes
  - Interval 60 Sec.

- Training: Offensive Play – Penetration In Attack
  - Duration: 15 Minutes
  - Interval 60 Sec.

- Training: Game Practice 11 V 11 Game
  - Duration: 45 Minutes
  - Interval 60 Sec.

- Psychup Strategy Imagery
  - Duration: 5 Minutes

Warm Down 5 Minutes
Figure - 33
FLOW CHART SHOWING THE TRAINING ADOPTED FOR EXPERIMENTAL GROUP I - SPECIFIC PACKAGES OF FOOTBALL DRILLS WITH PSYCHUP STRATEGIES

Third & Fourth week

Specific Warming up Conditioning
8 - 10 Minutes

Monday

<table>
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<tr>
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<tbody>
<tr>
<td>Passing Drill - Circle</td>
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<td>Shooting Drill - Give and Go</td>
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<tr>
<td>Small Side Game - 3 v 3 and 4 v 2</td>
<td>15 Minutes</td>
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<tr>
<td>Game Practice 11v11 Game</td>
<td>30 Minutes</td>
</tr>
<tr>
<td>Psychup Strategy Relaxation - Jacobson Progressive Muscular Relaxation Technique</td>
<td>20 Minutes</td>
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Wednesday

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<thead>
<tr>
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<tbody>
<tr>
<td>Dribbling Drill - Sive and Go</td>
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<tr>
<td>Heading Drill - Head to Toe</td>
<td></td>
</tr>
<tr>
<td>Pressure Play &amp; Receiving from Goal Keeper</td>
<td>20 Minutes</td>
</tr>
<tr>
<td>Game Practice 11v11 Game</td>
<td>35 Minutes</td>
</tr>
<tr>
<td>Psychup Strategy Attentional Focus</td>
<td>5 Minutes</td>
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Friday

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<tbody>
<tr>
<td>Passing Drill - Square Passing</td>
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<tr>
<td>Shooting Drill - Pass &amp; Shoot</td>
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</tr>
<tr>
<td>Small Side Game - 2 v 1 and 3 v 1</td>
<td>20 Minutes</td>
</tr>
<tr>
<td>Game Practice 11v11 Game</td>
<td>35 Minutes</td>
</tr>
<tr>
<td>Psychup Strategy Preparatory Arousal</td>
<td>5 Minutes</td>
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FLOW CHART SHOWING THE TRAINING ADOPTED FOR EXPERIMENTAL GROUP 1 - SPECIFIC PACKAGES OF FOOTBALL DRILLS WITH PSYCHUP STRATEGIES

Fifth & Sixth Week

Specific Warming up and Conditioning
8 - 10 Minutes

Monday

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<tbody>
<tr>
<td>Passing Drill – Give and Go</td>
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<tr>
<td>Receiving Drill – Control and Turn</td>
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<tr>
<td>Small Side Game – 4 v 2 and 3 v 1</td>
<td>20 Minutes</td>
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<tr>
<td>Offensive Play – Depth in Attack</td>
<td>interval 60 Sec</td>
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<tr>
<td>Game Practice 11 v 11 Game</td>
<td>35 Minutes</td>
</tr>
<tr>
<td>Psych up Strategy</td>
<td>Preparatory Arousal</td>
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Wednesday

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<tbody>
<tr>
<td>Passing Drill – Circle Drill</td>
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<tr>
<td>Running with the ball – Dodge and Weave</td>
<td>interval 60 Sec</td>
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<tr>
<td>Receiving from Goal Keeper</td>
<td>20 Minutes</td>
</tr>
<tr>
<td>Defensive Play – Depth in Defense</td>
<td>interval 60 Sec</td>
</tr>
<tr>
<td>Game Practice 11 v 11 Game</td>
<td>35 Minutes</td>
</tr>
<tr>
<td>Psych up Strategy</td>
<td>Self Talk</td>
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Friday

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<tbody>
<tr>
<td>Passing Drill – In and Out</td>
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<tr>
<td>Dribbling Drill – Give and Go</td>
<td>interval 60 Sec</td>
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<tr>
<td>Small Side Game – 2 v 1 and 3 v 3 Grid Games</td>
<td>20 Minutes</td>
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<tr>
<td>Offensive Play – Depth in Defense</td>
<td>interval 60 Sec</td>
</tr>
<tr>
<td>Game Practice 11 v 11 Game</td>
<td>35 Minutes</td>
</tr>
<tr>
<td>Psych up Strategy</td>
<td>Imagery</td>
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Warm Down
5 Minutes
FLOW CHART SHOWING THE TRAINING ADOPTED FOR EXPERIMENTAL GROUP 1 - SPECIFIC PACKAGES OF FOOTBALL DRILLS WITH PSYCHUP STRATEGIES

**Monday**
- **Training**: Passing Drill - Circle Drill, Shooting Drill - Give and Go
- **Duration**: 15 Minutes, Interval 60 Sec
- **Training**: Small Side Game - 3v3 and 4v2
- **Duration**: 20 Minutes, Interval 60 Sec
- **Training**: Game Practice - 11v11 Game
- **Duration**: 20 Minutes, Interval 60 Sec
- **Psych up Strategy**: Relaxation - Jacobson, Progressive Muscular Relaxation Technique

**Wednesday**
- **Training**: Dribbling Drill - Give and Go, Heading Drill - Head to Toe
- **Duration**: 15 Minutes, Interval 60 Sec
- **Training**: Pressure Play & Receiving from Goal Keeper
- **Duration**: 20 Minutes, Interval 60 Sec
- **Training**: Game Practice - 11v11 Game
- **Duration**: 35 Minutes, Interval 60 Sec
- **Psych up Strategy**: Attentional Focus

**Friday**
- **Training**: Passing Drill - Square Passing, Shooting Drill - Pass & Shoot
- **Duration**: 15 Minutes, Interval 60 Sec
- **Training**: Small Side Game - 2v1 and 3v1
- **Duration**: 20 Minutes, Interval 60 Sec
- **Training**: Game Practice - 11v11 Game
- **Duration**: 35 Minutes, Interval 60 Sec
- **Psych up Strategy**: Preparatory Arousal

**Warm Down**: 5 Minutes
Figure - 36
FLOW CHART SHOWING THE TRAINING ADOPTED FOR EXPERIMENTAL GROUP 1 - SPECIFIC PACKAGES OF FOOTBALL DRILLS WITH PSYCH UP STRATEGIES

Ninth & Tenth week

Specific Warming up and Conditioning
8 - 10 Minutes

Monday

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<tbody>
<tr>
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<td>Receiving Drill – Control Turn</td>
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<td>Small Side game 3v4, 2v1 and 3v1</td>
<td>25 Minutes</td>
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<tr>
<td>Offensive Play – Penetration in Attack</td>
<td>Interval 60 Sec</td>
</tr>
<tr>
<td>Game Practice 11v11 Game</td>
<td>25 Minutes</td>
</tr>
<tr>
<td>Psych up Strategy Self Talk</td>
<td>Interval 60 Sec</td>
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<tr>
<td>Psych up Strategy Imagery</td>
<td>5 Minutes</td>
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Wednesday

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<tr>
<td>Dribbling Drill – Give and Go &amp; Circle Sprint</td>
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<td>Shooting Drill – Give and Go and Pass and Shoot</td>
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<td>Pressure Play</td>
<td></td>
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<td>Defensive Play – Depth in Defense</td>
<td></td>
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<tr>
<td>Game Practice 11v11 Game</td>
<td>25 Minutes</td>
</tr>
<tr>
<td>Psych up Strategy Imagery</td>
<td>5 Minutes</td>
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Friday

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<td>Heading Drill - Head &amp; Scoring</td>
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<tr>
<td>Receiving from a Throw In</td>
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<tr>
<td>Interval Training with the Ball</td>
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<tr>
<td>Game Practice 11v11 Game</td>
<td>25 Minutes</td>
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<tr>
<td>Psych up Strategy Preparatory Arousal</td>
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Warm Down
5 Minutes
Figure 37
FLOW CHART SHOWING THE TRAINING ADOPTED FOR EXPERIMENTAL GROUP 1 - SPECIFIC PACKAGES OF FOOTBALL DRILLS WITH PSYCHUP STRATEGIES

Eleventh & Twelfth week

Specific Warming up and Conditioning
5 - 10 Minutes

Monday

<table>
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<tr>
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<tbody>
<tr>
<td>Passing Drill - Square Passing</td>
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<tr>
<td>Dribbling Drill - Circle Sprint</td>
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<tr>
<td>Shooting Drill - Pass &amp; Shoot</td>
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</tr>
<tr>
<td>Interval 60 Sec</td>
<td></td>
</tr>
<tr>
<td>Grid Games &amp; Receiving from Goal Keeper</td>
<td>25 Minutes</td>
</tr>
<tr>
<td>Interval 60 Sec</td>
<td></td>
</tr>
<tr>
<td>Game Practice 11 V 11 Game</td>
<td>30 Minutes</td>
</tr>
<tr>
<td>Interval 60 Sec</td>
<td></td>
</tr>
<tr>
<td>Psychup Strategy</td>
<td>5 Minutes</td>
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<tr>
<td>Attentional Focus</td>
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Wednesday

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<tr>
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<tbody>
<tr>
<td>Passing Drill - Give and Go</td>
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<tr>
<td>Dribbling Drill - Give and Go</td>
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<tr>
<td>Heading Drill - Head to toe</td>
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<td>Interval 60 Sec</td>
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<tr>
<td>Offensive Improvisation</td>
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<tr>
<td>Offensive Play - Width in Attack &amp; Depth in Attack</td>
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<tr>
<td>Interval 60 Sec</td>
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<tr>
<td>Game Practice 11 V 11 Game</td>
<td>25 Minutes</td>
</tr>
<tr>
<td>Interval 60 Sec</td>
<td></td>
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<tr>
<td>Psychup Strategy</td>
<td>15 Minutes</td>
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<td>Relaxation - Jacobson Progressive Muscular Relaxation Technique</td>
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Friday

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<td>Passing Drill - Shuttle Run</td>
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<td>Interval 60 Sec</td>
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<tr>
<td>Pressure Play</td>
<td>25 Minutes</td>
</tr>
<tr>
<td>Defensive Play - Depth in Defense</td>
<td></td>
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<tr>
<td>Interval 60 Sec</td>
<td></td>
</tr>
<tr>
<td>Game Practice 11 V 11 Game</td>
<td>30 Minutes</td>
</tr>
<tr>
<td>Interval 60 Sec</td>
<td></td>
</tr>
<tr>
<td>Psychup Strategy</td>
<td>5 Minutes</td>
</tr>
<tr>
<td>Imagery</td>
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Warm Down
5 Minutes
Figure - 38
FLOW CHART SHOWING THE TRAINING ADOPTED FOR EXPERIMENTAL GROUP II - SPECIFIC PACKAGES OF FOOTBALL DRILLS WITHOUT PSYCH UP STRATEGIES

First & Second Week

Specific Warming up and Conditioning 8 - 10 Minutes

Tuesday

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<tr>
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<td>Passing Drill – Give and Go</td>
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<td>60 Sec</td>
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<tr>
<td>Receiving Drill – Control and Turn</td>
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<td></td>
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<tr>
<td>Offensive Play – Depth in Attack</td>
<td>30 Min</td>
<td></td>
</tr>
<tr>
<td>Game Practice 11 V 11 Game</td>
<td>30 Min</td>
<td>60 Sec</td>
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Thursday

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<tr>
<th>Training</th>
<th>Duration</th>
<th>Interval</th>
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<tbody>
<tr>
<td>Passing Drill – Circle Drill</td>
<td>15 Min</td>
<td>60 Sec</td>
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<tr>
<td>Running with the ball – Dodge and Weave</td>
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<tr>
<td>Defensive Play – Depth in Defense</td>
<td>30 Min</td>
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<tr>
<td>Game Practice 11 V 11 Game</td>
<td>30 Min</td>
<td>60 Sec</td>
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Saturday

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<tr>
<th>Training</th>
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<tbody>
<tr>
<td>Passing Drill – In and Out Dribbling Drill – Give and Go</td>
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<td>60 Sec</td>
</tr>
<tr>
<td>Offensive Play – Penetration in Attack</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Game Practice 11 V 11 Game</td>
<td>30 Min</td>
<td>60 Sec</td>
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Warm Down 5 Minutes
FLOW CHART SHOWING THE TRAINING ADOPTED FOR EXPERIMENTAL GROUP II - SPECIFIC PACKAGES OF FOOTBALL DRILLS WITHOUT PSYCH UP STRATEGIES

Third & Fourth week

Specific Warming up and Conditioning 8 - 10 Minutes

Tuesday
Training | Duration | Interval
---|---|---
Passing Drill – Circle Drill | 15 Minutes | 60 Sec
Shooting Drill – Give and Go | | 
Small Side Game – 3 v 3 and 4 v 2 | 30 Minutes | 60 Sec
Game Practice 11 v 11 Game | 30 Minutes | 60 Sec

Thursday
Training | Duration | Interval
---|---|---
Dribbling Drill – Give and Go | 15 Minutes | 60 Sec
Heating Drill – Head to Toe | | 
Pressure Play & Receiving from Goal Keeper | 30 Minutes | 60 Sec
Game Practice 11 v 11 Game | 30 Minutes | 60 Sec

Saturday
Training | Duration | Interval
---|---|---
Passing Drill – Square Passing | 15 Minutes | 60 Sec
Shooting Drill – Pass & Shoot | | 
Small Side Game – 2 v 1 and 3 v 1 | 30 Minutes | 60 Sec
Game Practice 11 v 11 Game | 30 Minutes | 60 Sec

Warm Down 5 Minutes
Figure - 40
Flow Chart Showing the Training Adopted for Experimental Group II - Specific Packages of Football Drills Without Psych Up Strategies

Fifth & Sixth Week

Specific Warming up and Conditioning
8 - 10 Minutes

Tuesday

Training | Duration | Interval
--- | --- | ---
Passing Drill – Give and Go | 15 Minutes | 60 Sec
Receiving Drill – Control and Turn | 15 Minutes | 60 Sec
Small Side Game – 4 v 2 and 3 v 1 | 35 Minutes | 60 Sec
Offensive Play – Depth in Attack |  |  |
Game Practice | 25 Minutes | 60 Sec
**11 V 11 Game** |  |  |

Wednesday

Training | Duration | Interval
--- | --- | ---
Passing Drill – Circle Drill | 15 Minutes | 60 Sec
Running with the ball – Dodge and Weave |  |  |
Receiving from Goal Keeper | 35 Minutes | 60 Sec
Defensive Play – Depth in Defense |  |  |
Game Practice | 25 Minutes | 60 Sec
**11 V 11 Game** |  |  |

Saturday

Training | Duration | Interval
--- | --- | ---
Passing Drill – In and Out | 15 Minutes | 60 Sec
Dribbling Drill – Give and Go |  |  |
Small Side Game – 2 v 1 and 3 v 3 | 35 Minutes | 60 Sec
Grid Games |  |  |
Game Practice | 25 Minutes | 60 Sec
**11 V 11 Game** |  |  |

Warm Down
5 Minutes
**Flow Chart Showing the Training Adopted for Experimental Group II - Specific Packages of Football Drills Without Psych Up Strategies**

**Seventh & Eighth Week**

- **Specific Warming up and Conditioning**
  - Duration: 8-10 Minutes

**Tuesday**

- **Training**
  - **Passing Drill** – Circle Drill
  - **Shooting Drill** – Give and Go
  - **Small Side Game** – 3 v 3 and 4 v 2
  - **Game Practice** – 11 v 11 Game

  - Duration: 15 Minutes
  - Interval: 60 Sec

**Thursday**

- **Training**
  - **Dribbling Drill** – Give and Go
  - **Heading Drill** – Head to Toe
  - **Pressure Play & Receiving from Goal Keeper**
  - **Game Practice** – 11 v 11 Game

  - Duration: 15 Minutes
  - Pressure Play & Receiving from Goal Keeper: Interval: 60 Sec

**Saturday**

- **Training**
  - **Passing Drill** – Square Passing
  - **Shooting Drill** – Pass & Shoot
  - **Small Side Game** – 2 v 1 and 3 v 1
  - **Game Practice** – 11 v 11 Game

  - Duration: 15 Minutes
  - Interval: 60 Sec

**Warm Down**

- Duration: 5 Minutes
Figure 42
FLOW CHART SHOWING THE TRAINING ADOPTED FOR EXPERIMENTAL GROUP II - SPECIFIC PACKAGES OF FOOTBALL DRILLS WITHOUT PSYCH UP STRATEGIES

Ninth & Tenth week

Specific Warming up and Conditioning
8 - 10 Minutes

Tuesday

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<tbody>
<tr>
<td>Passing Drill</td>
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<td>Give and Go &amp; Circle Drill</td>
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<tr>
<td>Receiving Drill</td>
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<tr>
<td>Control and Turn</td>
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</tr>
<tr>
<td>Small Side game</td>
<td>35 Min.</td>
<td>60 Sec.</td>
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<tr>
<td>3 v 4, 2 v 1 and 3 v 1</td>
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<tr>
<td>Offensive Play</td>
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<td></td>
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<td>Penetration in Attack</td>
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<tr>
<td>Game Practice</td>
<td>20 Min.</td>
<td>60 Sec.</td>
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<tr>
<td>11 V 11 Game</td>
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Thursday

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<tbody>
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<td>Give and Go &amp; Circle Drill</td>
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<td>Drill - Give and Go and Pass and Shoot</td>
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<td>Game Practice</td>
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<td>60 Sec.</td>
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<tr>
<td>11 V 11 Game</td>
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Saturday

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<td></td>
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<tr>
<td>Head &amp; Scoring</td>
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<td>Receiving from a Throw In</td>
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<td>the Ball</td>
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<td>Game Practice</td>
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<td>60 Sec.</td>
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<tr>
<td>11 V 11 Game</td>
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Warm Down
5 Minutes
FLOW CHART SHOWING THE TRAINING ADOPTED FOR EXPERIMENTAL GROUP II - SPECIFIC PACKAGES OF FOOTBALL DRILLS WITHOUT PSYCH UP STRATEGIES

Eleventh & Twelfth week

Specific Warming up and Conditioning
8-10 Minutes

Tuesday

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<tr>
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<td>Dribbling Drill – Circle Sprint</td>
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<tr>
<td>Shooting Drill – Pass &amp; Shoot</td>
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<tr>
<td>Grid Games &amp; Receiving from Goal Keeper</td>
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<tr>
<td>Game Practice 11 V 11 Game</td>
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Interval 60 Sec

Thursday

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<tr>
<td>Dribbling Drill – Give and Go</td>
<td></td>
</tr>
<tr>
<td>Heading Drill – Head to toe</td>
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</tr>
<tr>
<td>Offensive Improvisation</td>
<td></td>
</tr>
<tr>
<td>Offensive Play – Width in Attack &amp; Depth in Attack</td>
<td>35 Minutes</td>
</tr>
<tr>
<td>Game Practice 11 V 11 Game</td>
<td>20 Minutes</td>
</tr>
</tbody>
</table>

Interval 60 Sec

Saturday

<table>
<thead>
<tr>
<th>Training</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passing Drill – Shuttle Run</td>
<td>20 Minutes</td>
</tr>
<tr>
<td>Running with the ball</td>
<td></td>
</tr>
<tr>
<td>Drill – Dodge and Weave</td>
<td></td>
</tr>
<tr>
<td>Shooting Drill – Give and Go</td>
<td></td>
</tr>
<tr>
<td>Pressure Play</td>
<td></td>
</tr>
<tr>
<td>Defensive Play – Depth in Defense</td>
<td>35 Minutes</td>
</tr>
<tr>
<td>Game Practice 11 V 11 Game</td>
<td>20 Minutes</td>
</tr>
</tbody>
</table>

Interval 60 Sec

Warm Down
5 Minutes
3.14 TEST ADMINISTRATION

The administration of the tests and the method of collecting data are explained here.

3.14.1 DRIBBLING TEST:

Figure – 44: Figure showing the Field Marking for Dribbling Test

Purpose:

To Measure dribbling ability of the football players.

Field Marking:

A circular course with a 20 yards diameter was measured and marked. Twelve 18 inches cones are located around the circle at 5 yards intervals. A 3 feet starting line was marked perpendicular to the outside of the circle.
Procedure:

On the “GO” signal, the subjects dribble a ball, which has been placed on the starting line, around the course. The subject dribbles between the cones as quickly as possible and back to the starting line. Three trials were allowed. The first clockwise, the second counter clockwise, and the third in the direction of the subjects’ choice.

Scoring:

The Final test score was the combined time of the two best trials. (Morgan and Christian, 1979 as cited in Yobu, 2010)

3.14.2 SHOOTING TEST:

Figure – 45: Figure showing the Field Markings of Shooting Test
Purpose:

To Measure Shooting Ability of the football players.

Field Marking:

Two ropes suspended from the goal cross bar 4 feet from each goal post divide the soccer goal into two scoring areas. Each scoring area was further divided into two circular targets by two hoops 4 feet in diameter. A Restraining line was marked 16 yards from the parallel to the goal.

Procedure:

From behind the restraining line, the subjects shoots stationary ball towards the target. The preferred foot may be used, and the ball was placed anywhere behind the restraining line, four practice trials were allowed followed by four consecutive attempts at each of the four target area (a total of 16 shots trials)

Scoring:

Ten points were awarded for shots going through a proper target, and 4 points were awarded for shots going through a wrong target. The final score was the total of 16 trials. (Morgan and Christian, 1979 as cited in Yobu, 2010)
3.14.3 PASSING TEST:

![Diagram of Passing Test Markings]

**Figure – 46: Figure showing the Markings of Passing Test**

**Purpose:**

To Measure Passing Ability of the football players.

**Field Marking:**

A goal 1 yards wide and 18 inches high was prepared by placing two cones 1 yards a apart with a 4 foot rope used a crossbar. Two cones were placed at a 45
degree angle from the goal line, and one cone was placed at a 90 degree angle from the goal line. All three cones were located 15 yards from the goal.

**Procedure:**

From each of the three cones subjects execute four passes into the goal, subjects were used their preferred foot when passing. Two practice were allotted from each spot.

**Scoring:**

One point was awarded for each successful pass. Ball that hit the goal cones were considered successful. The final score was the total 12 pass trials. (Morgan and Christian, 1979 as cited in Yobu, 2010)
3.14.4 KICKING FOR DISTANCE, RIGHT FOOT:

Figure – 47: Figure showing the Markings of Kicking for Distance, Right Foot

**Purpose:**

To measure kicking ability for distance with a degree of accuracy using right foot.

**Equipment:**

Football, measuring tape, Cones.

**Procedure:**

Take a running start and kick the ball with right foot as far as the subjects can down to the marked area. It will be measures at the first bounce. The subjects will have three trials and the best one will be the score.

**Scoring:**

Measure the distance of the kick to the first bounce. Record the best of 3 kicks measured to nearest meter. (Warner, Glenn, 1950 as cited in Yobu, 2010)
3.14.5 KICKING FOR DISTANCE, LEFT FOOT

**Purpose:**

To measure kicking ability for distance with a degree of accuracy using left foot.

**Equipment:**

Footballs, measuring tape, Cones.

**Procedure:**

Take a running start and kick the ball with left foot as far as the subjects can down to the marked area. It will be measures at the first bounce. The subjects will have three trials and the best one will be the score.

**Scoring:**

Measure the distance of the kick to the first bounce. Record the best of 3 kicks measured to nearest meter. (Warner, Glenn, 1950 as cited in Yobu, 2010)
3.14.6 SPEED:

Figure – 48: Figure showing the Markings of 50 Meters run.

Purpose

To measure speed

Equipment

Clapper, running area, stop watch

Procedure

Two lines are marked apart 50 meters as starting and finish line. On the command of “Go” the subjects were asked to run as fast as possible across the finish line to cover 50 meters area. The time will be recorded in \( \frac{1}{100} \) of a second.

Scoring

Score of the subject was the time taken from the start command to the subject crossed the 50 meters finish line, recorded in \( \frac{1}{100} \) of a second. (Yobu, 2010)
3.14.7 CARDIO VASCULAR ENDURANCE:

Figure – 49: Figure showing the Markings of Cardio Vascular Endurance

Purpose

To measure cardio vascular endurance.

Equipment

A track with markings, Cones or Flags, stop watch

Procedure

The test was administrated on an outdoor standard 400m track. The track lane’s in which the test was administered was free of obstacles, including other runners/walkers. The cones were placed at 50m intervals in the track to measure the distance easily. The Subjects could run individually or in groups of a dozen or more. The subjects were instructed to complete as many laps on the track as possible during the 12-minute test period, with an emphasis on pacing oneself throughout the duration
of the test. When the subjects ran the test administrator counted the laps an individual completed during the 12-minute test period, while calling out the time elapsed at 3, 6, and 9 minutes and verbally encouraging the subjects. At the end of the 12-minute period, the test administrator gave a call (whistle) to the subjects to stop, and counted the cones to determine the fraction of the last lap completed by each participant. This distance was added to the distance determined by the number of laps completed to give the total distance covered during the test.

**Scoring**

The distance covered by the subjects for 12 minutes was recorded in meters. (Cooper K.H. 1968)

**3.14.8 AGILITY:**

![Diagram of Agility Test](image)

**Figure – 50: Figure showing the Markings of Agility**

**Purpose:**

To measure the agility by completing the shuttle run as fast as possible.
Equipment:

Two parallel lines are marked 30 feet apart. Two blocks of wood or other similar object (2’’ x 2’’ x 4’’) and a stop watch are needed.

Procedure:

The subject starts behind one of the lines and runs to the other line, picks up one of the blocks, and returns it to the starting line. The first block should be placed on the starting line not thrown across the line, then the subject runs back, picks up the second block and runs back across the starting line.

Scoring:

The score is the time it takes to complete the shuttle run to the nearest tenth of a second. (David Mille, 2006)
3.14.9 EXPLOSIVE POWER:

Figure – 51: Figure showing the Markings of Explosive Power

Purpose:

To measure the power of the legs in jumping vertically upward.

Equipment:

A measuring tape and chalk.

Procedure:

The subject stands with one side to the wall, and with heels flat on the floor reaches as high as possible on the wall. The subject then jumps as high as possible. The difference is the height of the vertical jump. Two to five trials are allowed. A double jump or “crow hop” is not permitted on takeoff.
Scoring:

The number of inches between the reach and jump marks is the best trial is the score. All measurements should be to the nearest half-inch. (Alan Locy and Douglas Hostad, 2007)

3.14.10 FLEXIBILITY:

![Figure 52: Figure showing the Markings of Flexibility](image)

Purpose:

To reach forward along the sit and reach box as far as possible to allow measurement of the flexibility of the hamstring muscle.

Equipment:

Sit and Reach Box with measuring scale.

Procedure:

The subject sits on the floor (without shoe) and places his feet flat on the side of the sit and reach box where the scale is set at 23 cms. The feet are placed shoulder width apart and one hand is placed on the top of the other, so that the fingertips of each hand are even. The subject slowly reaches forward four times along the scales. Keeping the palm down and legs straight, the forth reach is held while the distance is
recorded. The test administrator can place a hand lightly on the knees to remind the subject to keep the knee straight.

**Scoring:**

The score is the farthest point reached on the scale measured to the nearest centimeter. (Ted A, Baumgartner, 2007)

### 3.14.11 PLAYING ABILITY

**Purpose**

To analyze the playing ability of the football players.

**Description**

Subjective rating of player performance involves a panel of three experts in the game of football. The three experts evaluated the player’s performance in football for 100 Marks. The framed score sheet has the subjects scores of dribbling / ball control, passing / serving, receiving / first touch, shooting / crossing / striking, speed / first to ball, fitness, defensive technique, game sense / knowledge of rules, positioning / spatial and commitment to game. The average of the three experts rating was taken as a score. Thus the scoring for the playing ability were made in detailed in Table- III
TABLE- III
SHOWING THE PLAYING ABILITY ASSESSMENT SCORE SHEET

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Playing Ability Skills</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Dribbling / Ball Control</td>
<td>10</td>
</tr>
<tr>
<td>2</td>
<td>Receiving / First Touch</td>
<td>10</td>
</tr>
<tr>
<td>3</td>
<td>Passing / Serving</td>
<td>10</td>
</tr>
<tr>
<td>4</td>
<td>Shooting / Crossing / Striking</td>
<td>10</td>
</tr>
<tr>
<td>5</td>
<td>Speed / First to Ball</td>
<td>10</td>
</tr>
<tr>
<td>6</td>
<td>Fitness</td>
<td>10</td>
</tr>
<tr>
<td>7</td>
<td>Defensive Technique and Understanding</td>
<td>10</td>
</tr>
<tr>
<td>8</td>
<td>Game Sense / Knowledge of Laws / Rules</td>
<td>10</td>
</tr>
<tr>
<td>9</td>
<td>Positioning / Spatial Awareness</td>
<td>10</td>
</tr>
<tr>
<td>10</td>
<td>Commitment to Game</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td><strong>Total Marks</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

Scoring:

Test items of S.No. 1 to 10 were scored by the experts according to the following descriptions of the playing ability skills scoring key.

**Description of Playing Ability Skills scoring key:**

1) Dribbling / Ball Control: The subject’s acquisition of the technique of moving the ball quickly, while under complete control combining pace, deception and skill using both feet.

2) Passing / Serving: To accurately and concisely pass the ball at the correct pace to a teammate. Proper passing / receiving technique, passes to feet and to space, on the ground and lofted using both the feet and all parts of the feet.

3) Receiving / First touch: Shows for the ball and receive cleanly. The subject has to use either right or left foot to trap the ball by using their body effectively to trap air balls. The subject does not wait for the ball, runs to the ball to receive it.

4) Shooting / Crossing / Striking: The ability to strike on goal with a variety of techniques from differing ranges and angles, with composure, showing the
touch to score goals. The ability to drive long passes from proper shooting technique, on goal, off passes and volleys.

5) Speed / First to Ball: The ability to accomplish techniques quickly with efficient and fast movements in all areas on the field. Overall speed with the ball. Overall speed without the ball. Speed, quickness, reaction time

6) Fitness: Overall endurance, ability to play entire match. Athletic abilities with respect to running (Speed), quick change of pace and direction (agility), leaping, and strength on and off the ball. Game fitness and shape.

7) Defensive Technique: Understands transition to defense. Demonstrates ability to contain attackers and knows when to challenge (tackle). Wins the ball under control (not just clearing). Some level of defensive support (ball, cover, support).

8) Game Sense / Knowledge of rules: How well the subject understands the tactical side of the game. Subject’s understanding of principles of attacking and defending, and rules of the game. Aware of situational play, transition between attack and defend, makes a different in the play.

9) Positioning / Spatial: A subject’s ability to read the game as it develops and to position themselves in the most advantageous area from which to support their team effectively. A subject’s understanding of their position and other positions on the field. Understands positions and format the team is playing. Adjusts dynamically and accordingly.

10) Commitment to Game: Shows up for practices, listens, makes progress, shows good sportsmanship and applies lessons. Shows a desire to play football for the love of the game. Focused at games and practices. Eager to learn. Always makes best effort.

3.15 STATISTICAL TECHNIQUE

The collected data from the three groups prior to and immediately after the training programme on selected criterion variables were statistically analyzed with suitable statistical techniques. Descriptive statistics such as mean and standard
deviation were calculated. Normality of the data of all the selected variables were analyzed to further go for analysis of covariance.

Analysis of covariance (ANCOVA) was used to find out the significant difference between experimental groups and control group. When the F-ratio indicated that there are significant differences between means, several tests may be used to identify which means are significantly different from each other. A test used for this purpose is referred to as a Scheffe’s post hoc test (David, K.Miller 2006). In all cases 0.05 level of significance was fixed to test hypothesis.

The methodology adopted in the study is shown in Figure- 53
Figure - 53
FLOW CHART SHOWING THE METHODOLOGY ADOPTED IN THIS STUDY

Subjects – Intercollegiate level football players (45)

Pre Test

Physical Fitness Variables

<table>
<thead>
<tr>
<th>Variables</th>
<th>Test</th>
<th>Unit of Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speed</td>
<td>50 Meters run</td>
<td>Seconds</td>
</tr>
<tr>
<td>Agility</td>
<td>Shuttle run</td>
<td>Seconds</td>
</tr>
<tr>
<td>Explosive Power</td>
<td>Sargent jump</td>
<td>Centimeters</td>
</tr>
<tr>
<td>Flexibility</td>
<td>5k and reach</td>
<td>Centimeters</td>
</tr>
<tr>
<td>Cardiovascular</td>
<td>12 minutes run/ walk</td>
<td>Meters</td>
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</table>

Game Skill Variables

<table>
<thead>
<tr>
<th>Variables</th>
<th>Test</th>
<th>Unit of Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passing</td>
<td>Morgan Christian General Soccer Ability Test</td>
<td>Counts</td>
</tr>
<tr>
<td>Shooting</td>
<td>Counts</td>
<td>Counts</td>
</tr>
<tr>
<td>Dribbling</td>
<td>Seconds</td>
<td>Seconds</td>
</tr>
<tr>
<td>Kicking for Distance, Right Foot</td>
<td>Warner test for Soccer Skill</td>
<td>Meters</td>
</tr>
<tr>
<td>Kicking for Distance, Left Foot</td>
<td>Warner test for Soccer Skill</td>
<td>Meters</td>
</tr>
</tbody>
</table>

Playing Ability

<table>
<thead>
<tr>
<th>Variable</th>
<th>Test</th>
<th>Unit of Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Playing Ability</td>
<td>Subjective Rating</td>
<td>Score</td>
</tr>
</tbody>
</table>

Experimental Group I
Specific Football Drills with Psych up Strategies (n=15)

Experimental Group I
Specific Football Drills without Psych up Strategies (n=15)

Control Group
Not Exposed to Experimental training (n=15)

Post Test on Physical Fitness Variables, Game Skill Variables & Playing Ability

Statistical Analysis
Descriptive Statistics, ANCOVA and Scheffe's Post Hoc Test

Results, Discussions and Conclusions