CHAPTER V
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

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. 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.

Pre test was conducted for all the forty five subjects on selected physical fitness variables namely speed, agility, explosive power, flexibility and cardiovascular 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 experimental period was for 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 hypothesis.

5.2 LEVEL OF SIGNIFICANCE

The purpose of this study was to find out the efficacy of specific packages of specific football drills with and without psych up strategies on selected physical fitness, game skill variables and playing ability among inter collegiate football players. The data collected on selected criterion variables were subjected to statistical analyze using analysis of covariance (ANCOVA) to find out the significant difference if any, between the groups on selected criterion variables separately. In all the cases, .05 level of confidence was fixed to test the significance, which was considered as appropriate.

The results of the study proved that there was significant improvement in selected fitness variables namely speed, agility, flexibility, explosive power and cardiovascular endurance and game skill variables namely, passing, shooting, dribbling, kicking for distance, right foot and kicking for distance, left foot and playing ability due to football drills with psych up strategies than the specific football drills without psych up strategies.
5.3 CONCLUSIONS

Within the limitations and delimitations of this study, the following conclusions were drawn:

1. The results of the study indicates that the specific packages of football drills with psych up strategies improved the selected physical fitness variables namely, speed, agility, flexibility, explosive power and cardio vascular endurance among intercollegiate football players.

2. The results of the study shows that the specific packages of football drills with psych up strategies improved the selected game skill variables namely, passing, shooting, dribbling, kicking for distance, right foot and kicking for distance, left foot among intercollegiate football players.

3. The results of the study shows that the specific packages of football drills with psych up strategies improved playing ability among intercollegiate football players.

4. It was concluded that the specific packages of football drills with psych up strategies was better than the specific packages of football drills without psych up strategies in improving selected physical fitness variables, game skill variables and playing ability among inter collegiate football players.

5. Further it was also concluded that the specific packages of football drills without psych up strategies improved the selected physical fitness variables, game skill variables and playing ability when compared to control group.
5.4 RECOMMENDATIONS

The following recommendations for further research are based on the results of this investigation and the related literature

1. This study proved that the specific packages of football drills with psych up strategy helps to improve the physical fitness, game skill variables and playing ability significantly, so it is recommended that a similar study may be conducted to other games and sports.

2. It is recommended that further study be designed to investigate the effects of football drills training in an elite subject population.

3. It is recommended that further study be designed to investigate the effects of football drill training programme based on gender.

5.5 SUGGESTIONS FOR FURTHER RESEARCH

The investigator suggested the following recommendations for further research

1. The same study may be conducted on school boys with basic football drills.

2. The same study may be conducted on different age groups.

3. A similar study may be conducted for longer durations with both morning and evening sessions.

4. A similar study could be attempted by manipulating independent variables, gender and mode of training.

5. A similar study may be undertaken and its influence on other psychological variables may be assessed.

6. The study confined itself to study the effects of men footballers of inter university level.

7. A similar study may be conducted among women inter collegiate football players.