Chapter v

5. SUMMARY, CONCLUSION AND RECOMMENDATION

5.1 SUMMARY

The purpose of the study was to the “effects of Harness Running, Sand Running, Weight - Jacket Running and Weight training on the performance of soccer skills in relations to the level of physical fitness”.

100 (one hundred) junior division district level soccer players were selected as the subjects for this study. The age level of subjects ranged from 14-18 years.

For the present study experimental design was adopted on the basis of random group design. Equal numbers of tasks were assigned randomly to five groups of twenty subjects each. The experimental treatments were also assigned randomly for the four experimental groups (Harness Running group, Sand Running group, Weight-Jacket Running group, Weight training group). The four experimental groups were administered four different kinds of training programmes for the development of physical fitness variables (50 yard dash, Standing broad jump, Shuttle run, Pull-up, Sit-ups, 600 yard dash, ) and soccer skills variables (dribbling, shooting and kicking). No treatment was given to the control group. The first group was trained with the method of Harness Running (group-A), the second group with the Sand Running (group-B), the third group with Weight – Jacket Running (group-C) and the fourth group with Weight – Training (group-D). The distance was chosen for each of the training was 80 meters.
The pre test data on the above said variables was collected before the training.

The training session was conducted thrice a week i.e. on Monday, Wednesday, Friday, for Harness Running and Sand Running Group and Tuesday, Thursday, Saturday for Weight – Jacket Running Group and Weight–Training group. Test programmes were taken before and after an experimental period of 10 weeks. The subjects were advised not to take part in any voluntary sports programmes or unusual physical exhaustion so that physical activities remained uniform for all the groups chosen for the study.

After the completion of ten weeks training programme collection of data of all the five groups on physical fitness variables (50 yard dash, Standing broad jump, Shuttle run, Pull-up, Sit-ups, 600 yard dash, ) and soccer skills variables(dribbling, shooting and kicking) was made as the data of the post test.

To find out the existence of significant difference between means of initial and post test data of control group on 50 yard dash, Standing broad jump, Shuttle run, Pull-up, Sit-ups, 600 yard dash, dribbling, shooting and kicking “ANCOVA” test was applied.

Analysis of covariance was employed to compare the effect of training on Harness Running Group, Sand Running Group, Weight – Jacket Running Group and Weight–Training group on 50 yard dash, Standing broad jump, Shuttle run, Pull-up, Sit-ups, 600 yard dash, dribbling, shooting and kicking of junior level soccer players of Burdwan district. Further, to compare paired mean difference where F ratio is significant, the post hoc test (LCD Test) was used. The level of significant was kept at 0.05 levels.
The analysis exhibits that the difference in 50 yard dash, Standing broad jump, Shuttle run, Pull-up, Sit-ups, 600 yard dash, were found significant among groups. The calculated F ratio for 50 yard dash is 2.86, standing broad jump 2.84, Shuttle run 2.56, Pull-up 2.95, Sit-ups 2.60 and 600 yard dash 2.68, respectively. The tabulated F-value was 2.47 from the post-hoc test; the result indicated the existence of significant difference in 50 yard dash between Harness Running Group and Control Group (0.23 > 0.2) between Sand Running Group and Control Group (0.25 > 0.2) between Weight - Jacket Running Group and Control Group (0.26 > 0.2) between Weight Training Group and Control Group (0.27 > 0.2) at 0.05 level of confidence. In Standing broad jump the result indicated that the significant difference between Harness Running Group and Control Group (0.67 > 0.03) between Sand Running Group and Control Group (0.06 > 0.03) between Weight - Jacket Running Group and Control Group (0.07 > 0.03) between Weight Training Group and Control Group (0.04 > 0.03) at 0.05 level of confidence. In Shuttle run the result indicated the significant difference between Harness Running Group and Control Group (0.24 > 0.18) between Sand Running Group and Control Group (0.22 > 0.18) between Weight - Jacket Running Group and Control Group (0.27 > 0.18) between Weight Training Group and Control Group (0.21 > 0.18) at 0.05 level of confidence. In pull-up the result indicated the significant difference between Harness Running Group and Control Group (0.88 > 0.77) between Sand Running Group and Control Group (0.95 > 0.77) between Weight - Jacket Running Group and Control Group (1.01 > 0.77) between Weight Training Group and Control Group (1.24 > 0.77) at 0.05 level of confidence. In sit-ups the result indicated the significant difference between Sand Running Group and Control Group (1.79 > 1.46) between Weight - Jacket Running Group and Control Group (2.08 > 1.46) between Weight Training Group and Control Group (1.90 > 1.46)
at 0.05 level of confidence. In 600 yard dash the result indicated the significant difference between Weight - Jacket Running Group and Control Group (0.05 > 0.04) between Weight Training Group and Control Group (0.07 > 0.04) at 0.05 level of confidence.

Among skill test variables, in dribbling the ball the F ratio was found 2.56, in Shooting at the goal the F ratio was found 2.56, and in kicking for distance the F ratio was found 2.58 which were significant. The tabulated F-value was 2.47 from the post-hoc test; the result indicated that the existence of significant difference in dribbling between Weight - Jacket Running Group and Control Group (0.8 > 0.51) at 0.05 level of confidence. In shooting for accuracy the result indicated that the significant difference between Sand Running Group and Control Group (1.22 > 1.10), between Weight - Jacket Running Group and Control Group (1.55 > 1.10), between Weight Training Group and Control Group (1.39 > 1.10) at 0.05 level of confidence. In kicking for distance the result indicated the significant between Weight - Jacket Running Group and Control Group (2.5 > 1.60) between Weight Training Group and Control Group (1.93 > 1.60) at 0.05 level of confidence.

5.2 CONCLUSIONS

Within the limitations imposed by the subjects and experimental condition and on the basis of the results of this study, the following conclusions were drawn.

1. There was no significant difference in any one of the six physical fitness variables like 50 yard dash, standing broad jump, sit-ups, pull-up, shuttle run, 600 yard dash and three soccer skills like as dribbling, shooting, kicking, in initial and post taste data of the control group.
2. Weight-Jacket Group produced better performance in 50 yard dash than other four groups.

3. In shuttle Run weight-jacket group was more effective in decreasing the time taken than all other training groups.

4. Weight-jacket group was more effective than all other training programme in standing broad jump.

5. Weight training group was more effective in increasing the number of pull-up than all other training groups.

6. Weight-jacket group was more effective in increasing the number of sit-up than other three experimental and one control group.

7. Weight training group was more effective than all other groups in 600 yard run/walk.

8. Weight-jacket group produce best performance in dribbling and shooting.

9. Weight-Jacket group was executed significantly better Performance in kicking than that of other three groups.

10. No improvement in the case of control group which was a reflection of inactivity.

5.3 RECOMMENDATION

In the light of the conclusions drawn the following recommendations have been made.
1. Comparison of performance of physical fitness components of soccer players due to the effect of various soccer training programme may be investigated.

2. Comparison of various physical and performance variables as the result of various soccer training programme may be investigated.

3. The comparison of performance of important soccer skills due to the effects of various soccer training programme may be investigated.

4. Investigation may be made in order to find out the relationship of physical fitness and skill abilities of soccer players.

5. Teachers of physical education and coaches may use combined loads of training namely – Harness Running Group, Sand Running Group, Weight-Jacket Running Group and Weight Training Group for the development of physical fitness and selected soccer skills.

6. In such further study the intensity, duration and frequency of load may be specifically increased.

7. Training programme may be carried out on the untrained athlete of different age groups and sex.

8. Training programme may be carried out on fully residential groups and for a period of longer duration.
RECOMMENDATION FOR FURTHER RESEARCH

1. A similar study incorporating other physical fitness variables and soccer skills among the college level male soccer players may be conducted.

2. A similar study may be conducted with large number of sample.

3. A similar study may be conducted for female students.

4. A similar study may be conducted at different geographical area students.

5. Such research may be conducted for students of different age groups.